

Empowering Individuals Living with a Brain Injury to Empower Themselves for Support Group Leaders

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Preface

In my opinion, the mission of a support group is to both encourage and empower self-advocacy. To give those attending the tools, insights and motivation to thrive. Thrive, despite whatever the struggles and challenges that they may be facing in life.

Although Second Chance to Live is written to individuals living with the impact of brain injuries, what I share in this article can be used by any support group to encourage, motivate and empower those attending to self-advocate for themselves.

What I share below is from my observations and experience. My experience as an individual living with the impact of a brain injury, an invisible disability, 170 support group presentations and group facilitations.

As you read the below the information may it help you to connect the “dots”, Help you to connect the dots and in the process help you support what is invisible. Invisible to many, yet actively impacting the lives of the individuals. individuals who are a part of your support group interaction

The Beginning of Self-Advocacy

Following a brain injury, the way in which the individual relates to themselves, other people and their environment changes. Because of these changes knowing how to advocate for themselves may seem like a mystery. Because of this mystery, individuals may knowingly or unknowingly give their power away.

Growing in Awareness of Myself

In my experience, I discovered that I needed to grow in awareness before I could begin to accept and value myself. In the process, of accepting and valuing myself I was able to determine what I really needed and begin the

process of owning my power. In the process I became aware of what I needed to do to start and begin to excel in my life in ways that worked.

To Enhance my Ongoing Recovery Process

I need to involve my mind body, spirit, soul, emotions, dimensions and complexities.

Self-Advocacy Defined

“Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination.” According to the Parent Center Hub for Information and Resources.

Grieving What I Can Not Change -- 5 stages of Grieving -- Denial, anger, bargaining, depression and acceptance

Self-Advocacy grows as I grow in Awareness, Acceptance and take Action, one Day at a Time.

Practicing self-advocacy involves owning the power in every facet of my life. If I do not own my power (over what is in my power to control) I will give my power away to other people. People who may not know how to or want to advocate for what I need to develop in life, well-being and relationships.

To Be Able to Advocate for Myself

Practicing self-advocacy means that I need to take responsibility for every facet of my being: my mind, body, soul, spirit, emotions, dimensions and complexities.

If I do not take personal responsibility for these facets of my life, I give other people the ability to take away that power. The power to develop as an individual through my mind, body, spirit, soul and emotions.

Developing a Learned Helplessness

If I do not own my power (in my mind, body, spirit, soul and emotions) I will develop a learned helplessness. I will live my life in quiet desperation.

“Most men lead lives of quiet desperation and go to the grave with the song still in them. Henry David Thoreau

Strength through Struggle

If I do not take responsibility in my mind, body, spirit, soul, emotions, dimensions and complexities, like the caterpillar that becomes a butterfly, my wings will not be strengthened to fly. And if my “wings” (body, soul, spirit, mind and emotions) are not strengthened, I like the butterfly will not possess the strength to fulfill my purpose through my life, well-being and relationships.

Very Important to Know how You Learn

Are you a Visual, Auditory or Kinesthetic Learner or a Combination? Get tested to discover how you best learn. How you learn after your brain injury may be different than before your brain injury.

How Can I Advocate for Myself to Empower My Mind, My Body, My Soul, My Spirit and My Emotions?

First and foremost, in the process of self-advocacy is to realize and embrace that I am not a diagnosis or a prognosis. I am not my brain injury, my invisible disability, my deficits or limitations. I am not what other people may want me to believe about myself.

Understanding Who We are after a Brain Injury, not what Other People may want, need or say We are after a Brain Injury

Through my experience of living with a brain injury (various medical, vocational, human service, other human service systems and now artificial intelligence (AI) systems) have sought to define who I am. Sought to define who I am through a diagnosis, prognosis, label, stereotype, stigmatization and even as a victim. But the reality is that I am none of them. A brain injury is merely an event, not a destiny. As a result, I get to determine my destiny

through my whole person. My mind, body, spirit, soul and emotions and how I understand life through dimensions and complexities. So do you, my friend.

Define who you are as an individual, despite what other people or a “system” may say, want, need or lead you to believe.

If interested, into my own journey and process with brain injury for the past 59 years:

[Second Chance to Live Author's Autobiography in Bullet Points](#)

Understanding Who We are Beyond a Brain Injury

Below I will share what I learned about how my brain injury impacted my mind, body, spirit, soul and emotions. What helped me to make sense after my brain injury, that may help you to also make sense after your brain injury. Make sense of your life and experiences through the way that you “see” and understand what is happening in your life. Happening in your life, so as to help you thrive in life, because you are not your brain injury.

Dimensions — ethical, spiritual, relational, neurological, intuitive, experiential, pattern-based, historical, future-oriented, systems-aware.

Complexities — ambiguity, vulnerability, emotion, layered meaning, non-linear communication, relational complexity, correction, human experience, trauma-informed care, agency, dignity, connection, healing and hope

How we Experience our Life after a Brain Injury through our Mind, Body, Spirit, Soul, and Emotions

Mind is generally understood as the aspect of the human being involved in awareness, thinking, understanding, reasoning, learning, memory, imagination, attention, perception, and decision-making. Psychological and philosophical frameworks often describe the mind as the means through which individuals gather and interpret information, recognize patterns, form beliefs, consider choices, and develop understanding of themselves and the world around them. The mind is also connected to identity, relationships, experience, and meaning. It does not operate separately

from the rest of the individual, but interacts continuously with the body, spirit, soul, and emotions as the individual experiences, interprets, adapts to, and participates in life.

Body is generally understood as the physical aspect of the human being through which the individual experiences and participates in the material world. The body includes the brain, nervous system, senses, movement, physical health, biological processes, and the capacity to physically engage with one's environment and other people. Through the body, individuals see, hear, touch, move, communicate, experience physical sensations, and participate in activities of daily living. The body also interacts continuously with the mind, spirit, soul, and emotions. Physical experiences influence how individuals perceive and respond to life, just as thoughts, emotions, relationships, stress, trauma, meaning, and lived experiences are expressed and experienced through the body.

Spirit is often described as the non-material aspect of the human being connected to meaning, purpose, faith, conscience, inner orientation, and relationship to something beyond oneself. Many spiritual and theological frameworks describe spirit as the aspect of the individual connected to God, deeper meaning, or the sacred. Other perspectives describe spirit more broadly as connection to life, purpose, transcendence, and the search for meaning beyond material existence.

Soul is commonly described as the deeper inner essence or identity of the individual. Across psychology, philosophy, and theology, the soul is often associated with person hood, self-hood, mind, will, identity, memory, and the deeper lived self beneath external appearance. Some traditions describe the soul as including mind, emotions, and will, while others describe the soul more broadly as the enduring inner life and continuity of the human being across experience, suffering, adaptation, and change.

Soul, I believe gives energy (chi).

Emotions are generally understood as deeply personal responses connected to feeling, experience, relationship, meaning, and bodily as well as psychological processes. Psychology and counseling frameworks often describe emotions as involving both mind and body while helping

individuals interpret. Interpret process, adapt to, and live through their experiences. Emotions are not merely reactions needing control or management. They are deeply connected to how human beings experience love, fear, hope, grief, joy, trust, loss, connection, and the meaning of life itself.

Dimensions that Help You and I to Orient ourselves after our Brain Injury

Ethical Dimension — The ethical dimension concerns how the individual is treated, respected, protected, and valued. It influences every other dimension by shaping whether trust, dignity, safety, and agency are preserved or diminished. Ethics affect spiritual meaning, relationships, neurological regulation, intuition, lived experience, pattern recognition, historical understanding, future possibilities, and the systems within which the individual participates.

Spiritual Dimension — The spiritual dimension concerns meaning, purpose, values, conscience, identity, and what gives life significance beyond circumstances. It influences the ethical, relational, emotional, historical, and future-oriented dimensions by shaping how the individual understands suffering, hope, forgiveness, resilience, and purpose throughout recovery.

Relational Dimension — The relational dimension concerns how the individual experiences connection, belonging, trust, acceptance, and participation with others. It influences emotional well-being, ethical treatment, neurological regulation, vulnerability, agency, healing, and hope because every interaction has the potential either to support or diminish the individual's recovery.

Neurological Dimension — The neurological dimension concerns how the brain and nervous system process information, regulate emotion, interpret sensory input, support communication, attention, memory, and adaptation. Neurological realities influence every other dimension because they affect how the individual experiences, understands, communicates, and responds to life without defining the individual's worth or identity.

Intuitive Dimension — The intuitive dimension concerns awareness, insight, perception, and knowing that emerges through lived experience before it can always be fully explained. Intuition influences ethical decisions, relationships, experiential learning, pattern recognition, and future choices by providing awareness that often precedes conscious reasoning.

Experiential Dimension — The experiential dimension concerns the individual's accumulated lived experiences that shape understanding, learning, adaptation, and identity. Experience influences every other dimension because lived reality provides context that cannot be replaced by observation, theory, diagnosis, or generalized knowledge.

Pattern-Based Dimension — The pattern-based dimension concerns recurring observations, adaptations, behaviors, relationships, and experiences that become recognizable over time. Patterns influence understanding by providing context across the experiential, historical, neurological, relational, and systems-aware dimensions while remaining subordinate to the uniqueness of the individual's lived experience.

Historical Dimension — The historical dimension concerns the individual's life experiences, relationships, injuries, losses, achievements, trauma, learning, and development across time. History influences every other dimension because past experiences continue to shape present meaning, identity, relationships, neurological adaptation, spirituality, and future possibilities.

Future-Oriented Dimension — The future-oriented dimension concerns possibility, purpose, growth, adaptation, hope, and the individual's vision of what may yet become. It influences present choices, motivation, healing, relationships, ethical participation, and resilience by orienting recovery toward continued growth rather than limitation.

Systems-Aware Dimension — The systems-aware dimension concerns the families, communities, healthcare systems, educational systems, workplaces, technologies, cultures, and institutions that influence the individual's life. Systems influence every other dimension because they

either create opportunities for participation, dignity, healing, and support or introduce barriers that complicate recovery.

Complexities that help you and I to Understand our Life experiences after Our Brain injury

Ambiguity — Ambiguity is the presence of uncertainty, incomplete understanding, or multiple possible meanings within an individual's lived experience. It influences every dimension by requiring patience, ethical restraint, curiosity, and openness rather than premature certainty.

Vulnerability — Vulnerability is the individual's openness to being affected physically, emotionally, spiritually, psychologically, socially, or relationally. Vulnerability influences trust, healing, relationships, ethical participation, agency, and hope because recovery requires risking engagement despite uncertainty.

Emotion — Emotion is the individual's affective experience that reflects meaning, relationship, loss, joy, fear, grief, hope, frustration, love, and countless other responses to life. Emotion influences every dimension because it shapes perception, communication, decision-making, relationships, spirituality, neurological regulation, and healing.

Layered Meaning — Layered meaning recognizes that experiences, conversations, behaviors, and events often contain multiple interconnected meanings simultaneously. Layered meaning influences every dimension because reducing lived experience to a single explanation frequently loses important aspects of the individual's reality.

Non-Linear Communication — Non-linear communication recognizes that individuals often communicate through associations, lived experiences, emotions, memories, relationships, and multiple interconnected ideas rather than sequential order. It influences understanding by requiring flexibility across the neurological, experiential, relational, historical, intuitive, and ethical dimensions.

Relational Complexity — Relational complexity recognizes that every relationship contains multiple interacting experiences, expectations,

histories, emotions, roles, and influences. It affects every dimension because relationships shape identity, trust, healing, communication, agency, vulnerability, and hope.

Correction — Correction is the ongoing process of recognizing, refining, adjusting, and improving understanding or participation when new awareness becomes available. Correction influences every dimension because growth depends upon remaining receptive to learning rather than defending previous assumptions.

Human Experience — Human experience encompasses the totality of the individual's lived reality across mind, body, spirit, soul, emotions, relationships, culture, history, and daily life. Human experience influences every dimension because it is the context within which all recovery occurs.

Trauma-Informed Care — Trauma-informed care recognizes that trauma influences how individuals experience safety, trust, communication, relationships, identity, regulation, and participation. It influences every dimension by emphasizing safety, collaboration, trustworthiness, empowerment, choice, dignity, and the avoidance of re-traumatization.

Agency and Dignity — Agency is the individual's capacity to make meaningful choices and participate in directing their own life. Dignity is the inherent worth of the individual independent of ability, diagnosis, or circumstance. Together they influence every dimension because preserving agency and dignity allows recovery to remain centered on the individual rather than on external control.

Connection — Connection is the experience of meaningful participation with others, oneself, community, purpose, and for many individuals, God. Connection influences every dimension because healing occurs within relationships, belonging, understanding, and participation rather than isolation.

Healing and Hope — Healing is the ongoing process of growth, adaptation, restoration, and integration throughout life. Hope is the expectation that meaningful life remains possible despite adversity. Together they influence every dimension by sustaining purpose, resilience,

engagement, learning, relationships, spirituality, ethical participation, and continued recovery.

Important for Me to Understand – After my Brain Injury

How my **Body, Soul, Spirit, Mind, Emotions, Dimensions and Complexities** impacts (after brain injury) my **Self-Esteem, Self-Acceptance, Sense of Achievement, Hope, Serenity, Purpose, Dreams, Sticking up for Ourselves and Relationships with Ourselves, the God of our understanding and with other People**

I Am Responsible for my own Self-Advocacy

“Don't quit. Never give up trying to build the world you can see, even if others can't see it. Listen to your drum and your drum only. It's the one that makes the sweetest sound.” Simon Sinek

“If you want to improve your self-worth, stop giving other people the calculator.” Tim Fargo

“If you take responsibility for yourself, you will develop a hunger to accomplish your dreams.” Les Brown

To Understand and be Aware So that I can Advocate for Myself

Building Self-Esteem – Defining for Myself

Understanding We are Not Alone – To Figure “it” Out by Ourselves

Self-Acceptance – What to Do Now?

Defining and Celebrating Success – Changing the Way we look at the celebrate Success

Understanding and Creating Hope in Our Lives in our New Normal

Having Peace in Our Lives – What Does this Mean for us, not what it means to anyone else

Finding and Living Our Purpose – Increasing Clarity and Focus

Fulfilling Dreams – Where Do We Go from Here in ways that work for Us to Achieve Dreams

Recognizing and Overcoming Bullying so that we can Own our Power,
instead of giving it away

Having a Relationship with Ourselves, the God of our understanding and
other People

**Questions that helped me to identify if I was owning or giving
away my power. Questions that helped me to learn how to
advocate for myself.**

**Answering these questions for yourself may help you to both own
your power and advocate for yourself.**

What is limiting me?

What can I do about what I perceive is limiting me?

What am I telling myself?

Am I being bullied?

What am I doing for improve the quality of my life?

Whose shame am I carrying?

Am I at peace with my past?

Am I focusing on symptoms or solutions?

How am I cultivating hope?

Why do I react?

What is defining my worth and value?

Am I judging my insides with other people's outsides?

What critical attitudes do I have toward myself and other people?

What am I doing to move from being a survivor to a thriver in my life?

What am I doing to accomplish my goals?

Am I identifying with people or comparing myself to them?

What is keeping me stuck?

Is the group that I am in helping or hurting me?

What is keeping me in a ‘box’ of limitation?
What do I do when I face adversity?
Am I waiting for someone to accept me before I can accept myself?
What am I doing to create hope in my life?
Is my anger hurting or helping me?
Am I lying to myself?
Is my brain injury making me bitter or better?
Am I living with helplessness or hopefulness?
What am I doing to replace negative thinking with positive messages?
What am I doing to empower the relationship that I have with myself?
Has drama replaced living and why?
How am I looking at adversity?
Am I living with limitations or opportunities?
Is my brain injury awareness making me bitter or better?
Am I moving from being bitter to becoming better?
Where do I “fit” after my brain injury?
Am I OK with being a “square peg” in a world of “round holes”?
Have I given up too soon?
Why do I feel misunderstood and shunned?
Am I at peace with God and myself?
Whose truth am I living?
Am I dependent or independent?
What can I do to become more independent?
Am I living in a “box” given to me or in a “box” that I created for myself?
Am I / do I challenge my brain injury awareness?

Am I asking “Why Me” or “Why not Me”?

Am I looking at “what isn’t” instead of “what is”?

How can I stop fighting against myself?

What is holding me back?

When will I find my destiny?

How do I keep from being pulled back into a “victim mentality”?

What is my destiny beyond the “box” of traditional employment?

How am I going to accel in my life?

What am I doing to create dreams in my life after my brain injury?

How am I looking at success?

How do I now learn after my brain injury?

What can I do when circumstances change my plans?

I Do Not Have to Figure this Out on my Own

In my experience and through my process I discovered a set of ways. A set of ways that have helped me to be my advocate in my ongoing brain injury recovery process. These set of ways may also help you to be your advocate in your ongoing brain injury recovery process, one day at a time.

"Inch by inch, life's a cinch. Yard by yard, it's very hard" John Bytheway

These ways have helped me to be able to accept the things that I cannot change, change the things I can and let go of the rest to a loving God. To a loving God to help me to sort out, to fulfill my purpose and to be of service.

“Adventure is not outside man. It is within.” George Eliot

“Believe in yourself. Go after your dreams and don’t let anyone put you in a box.” Daya

Benefits Gained through my own Self-advocacy

Accepting my Reality

Creating my New Normal
Changing the Things, I Can
Defining Success for myself
Finding and Living my Purpose
Owning my Power to be of Service
Developing My Brain / Body Connection
Discovering How to Make my Life Magical, One Day at a Time
Examine the Messages that I am Listening to and telling myself
Advocating for Myself in my Mind, Body, Spirit, Soul and Emotion
Cultivating a Healthy Relationship with myself, a loving God, people
Grieving the Guilt and Shame of my brain injury / invisible disability
Understanding Why I feel Misunderstood / Shunned to Find Freedom
Creating and Continuing to Develop my Own Unique Genius in Life

Benefits Gained through working the 12 Action Steps of Brain Injury Recovery

My Perspective

When I reached a point in time when I could no longer defend or deny the impact of my brain injury and invisible disability I began to grieve.

“Nothing in the universe can stop you from letting go and starting over.” Guy Finley

Application

1. Admitted that we are powerless over the impact and effects of our brain injury and invisible disability. That our lives have forever changed because of our brain injury. Although we are powerless over the impact of our brain injury and our invisible disability, we are not helpless. As a result, we no longer need to feel like a victim

or that we are helpless to change because of our brain injury/invisible disability.

My Perspective

By realizing that all my efforts to try to change what could not be changed, I surrendered. By surrendering I became open and willing.

“We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.” E.M. Forster.

Application

2. Came to believe that a power greater than ourselves could help us to accept what we are powerless to change (the impact of our brain injury and our invisible disability). Consequently, we can rely on the power that many of us have found to be God. We can rely on a loving God to help us to stop sabotaging and undermining our lives, well-beings and relationships by trying not to be impacted by a brain injury. We can rely on a loving God to help us to accept ourselves and to create a good life for ourselves.

My Perspective

Through accepting my inability to change what I simply could not change; I made a decision to ask for help from a power greater.

“Decision is the spark that ignites action. Until a decision, nothing happens.” Wilfred A. Peterson

Application

3. With the awareness that we need this power in our lives, we can make a decision to ask Him to lead and guide our process and journey. We no longer have to figure things out on our own. Instead, we can ask Him to help us own our power. Own our power as an individual living with a brain injury and an invisible disability. Own our power through what we can do, not what we can't do. Own our power (what is in our power to control) in our mind, body, spirit, soul and emotions in ways that work for us, a little at a time/ one day at a time.

My Perspective

By asking for help, I began to examine patterns of what got in the way of my ability to create hope in my life, well-being and relationships.

“As long as a man stands in his own way, everything seems to be in his way.” Ralph Waldo Emerson.

Application

4. With the help of a loving God, we can begin to examine areas of our lives that no longer work for us. That undermine and sabotage our lives, our well-beings and our relationships. With the help of a loving God, we can look for patterns. Patterns such as defense mechanisms in which we strive to defend, answer and explain what we can't do. Patterns that keep you and I believing/feeling that we are victims of our brain injury, our invisible disability and our circumstances.

My Perspective

As I examined what got in the way of my life, my well-being and my relationships I realized that needed to learn how to trust.

“Accept what is, let go of what was, have faith in what will be.” Sonia Ricotti

Application

5. We no longer have to remain isolated/alienated because of what we are no longer able to accomplish with because of our brain injuries and invisible disabilities. By admitting to ourselves, a loving God and another person what we are unable to accomplish, we can come out of the shadows of isolation and break free from feelings of alienation. Alienation from ourselves, a loving God and other people, because of what we can no longer accomplish. By letting go of these expectations we can learn how to trust, again -- a loving God, ourselves and other people.

My Perspective

By realizing that I needed to trust, I discovered that I needed to let go of what no longer worked for me to discover what works for me.

“Nothing is a waste of time, if you use the experience wisely.”

Auguste Rodin

Application

6. Through being sick and tired of being sick and tired of getting the same results, we become willing to try something different. Become willing to try something different to get different results in our lives and relationships. Through being willing, we can ask a loving God to help us to stop doing things that no longer work for us. Doing things that get in the way and sabotage of our ability to get on with creating a good life for ourselves. In the process, we become entirely ready. Entirely ready to let go of what no longer works for us living our lives.

My Perspective

To discover what would work for me, I needed to let go of my will to ask a loving God to lead, guide and direct my discovery process.

“Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice.” Wayne Dyer

Application

7. Through being ready to let go of what no longer works for us, we can be actively involved. Actively involved in the process of discovering how to use our gifts, talents and abilities. Discovering how to use our gifts, talents and abilities through trial and error. In the process, we can find ways that will fit our gifts, talents and abilities. We can humbly ask a loving God to help us in/with this process of self-discovery. In the process of letting go and self-discovery we can find and have/experience peace in our lives and relationships.

My Perspective

By examining the patterns of what no longer works for me, as I live my life, I am able to make peace with what no longer works for me.

“If you take responsibility for yourself, you will develop a hunger to accomplish your dreams.” Les Brown

Application

8. Through letting go of what no longer works we can pursue what works for us. In the process, we can stop being a prisoner to our deficits and imitations. Instead of trying to not be impacted by our deficits and limitations, we accept them. As a result, we are able to stop fighting with and against ourselves. Stop fighting with ourselves and other people by trying to prove that we do not have those deficits and limitations. As we stop fighting with our deficits and limitations, we gain the freedom to run our own race. In the process, we become the individual that we choose and decide to become in our lives.

My Perspective

I am able to make peace with what no longer works for me in my life, well-being and relationships by changing the way I use my energy.

“If you do not like something, change it. If you cannot change it, change the way that you think about it.” Mary Engelbreit

Application

9. We can let go of the life that we had planned to create the life that works for us. In the process, we can learn how to own the power in our mind, body, spirit, soul and emotions. Own our power through the use of our time and energy. In the process, we can create our new normal in ways that work for us. In ways that work for us, through being an advocate for, in our mind, body, soul, spirit and emotions.

My Perspective

As I seek to change the way that I interact in my life and relationships I continue to be aware of what no longer works for me each day.

“Time stays long enough for anyone who will use it.” Leonardo da Vinci

Application

10. And the good news is that we don't have to figure out how everything will fit together. Fit together as we seek to own the

power in our mind, body, spirit, soul and emotions. Instead, we can take the process, one day at a time, one step at a time. In the process, we can ask a loving God to lead, guide and direct our steps, one day at a time. In the process, we can trust the process. Trust that the dots will connect forward as we learn how to use our gifts, talents and abilities. Learn to use our gifts, talents and abilities in ways that work for us.

My Perspective

Because I realize that brain injury recovery is an ongoing process, I ask a loving God to guide, lead and direct my process, each day.

“If you feel like you don’t fit into the world you inherited it is because you were born to help create a new one.” Ross Caligiuri

Application

11. We can ask a loving God to give us direction each day. We can do the footwork, while letting go of the outcomes by trusting the process, a loving God and ourselves. We can learn to trust through doing the footwork and letting go of the outcomes. We can let go of the outcomes one day at a time. We can trust that more will be revealed to us with time. We can ask and trust that we are being guided in the direction of fulfilling our purpose, to be of service.

My Perspective

As I continue to ask a loving God to lead, guide and direct my process in ways that work for me, I encourage others to do the same.

“Ideas do not always come in a flash but by diligent trial-and-error experiments that take time and thought.” Charles K. Kao

Application

12. As we grow in the understanding of ourselves (with the help of a loving God) we continue to use our gifts, talents and abilities. Use our gifts, talents and abilities in ways that work for us. In the process, we learn from our circumstances, our experiences, our lessons and opportunities. Learn from them, instead of being threatened by our circumstances, experiences, lessons and

opportunities. In the process, we create hope in our lives, well-beings, relationships. In the process, we create our destinies one lesson, one experience, one opportunity and one day at a time. In the process, we share hope.

“Regardless of your lot in life, you can build something beautiful on it.” Zig Ziglar