

2014 Faces of Leadership
Dream UP!

West Virginia's Promise-The Alliance for Youth AmeriCorps VISTA Notes & Pictures

Supervision: You need to do it right!

Respite: EVERYDAY

Structure PLAY in your life!

* Don't hang out with negative people*

Smell the water, look at the trees, look at the sun!

Stay connected with your kids!

Manage stress, anxiety with pets and animals

The moment you work harder than play you WILL burn out!

We exchange "play" for "work" Stop!

Some reasons we stop "playing"trauma, dysfunctional family....

Thoughts control your feelings, feelings control your behavior

Don't spend any time worrying about what you can not change!

Life will change when you see it different

Be Hopeful!

Exercise-increases blood flow to your brain, which increases good chemicals throughout your brain/body

We are better problem solvers if we keep a positive attitude

You have wonderful things in your life, but can't see it... due to looking outward!

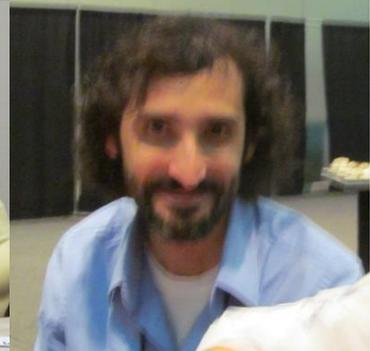
I don't want to just live & survive, I want to LIVE & THRIVE!

Problem will be there, but you will be healthier to deal at right time if you think positive side.

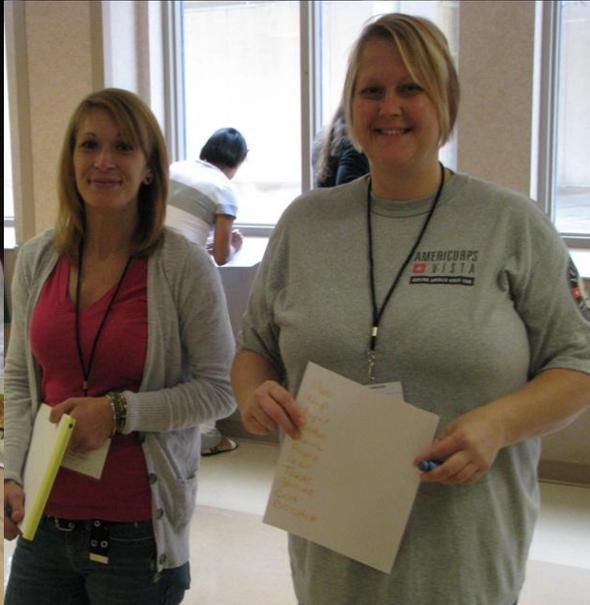
Being happy doesn't mean everything is perfect, it means you have decided to look beyond the imperfections.

To change your mental position, change you physical position.

Mental, Emotional Development- requires 12 hugs in 1 day!



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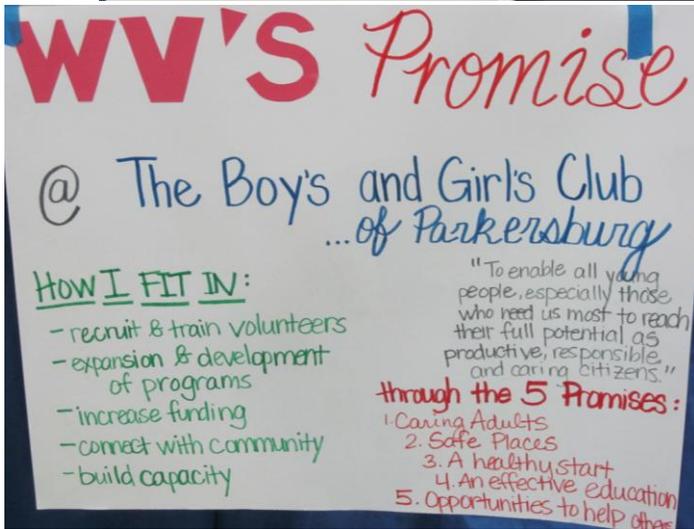
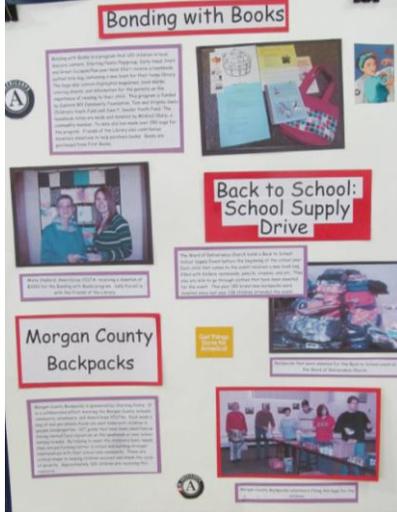
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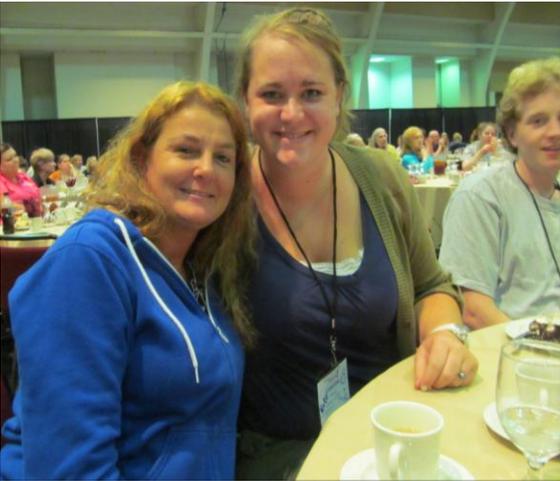
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