

Finding Your Everyday Grace

○ PROGRAM OVERVIEW

- 45 Minute Session
- Find yourself in the stories of ordinary people handling life's extraordinary struggles
- Take time to reflect on your defining moments and understand how they have shaped your life.
- Decide for yourself how these moments will impact your future.

○ WITHIN EVERYONE'S ORDINARY EXISTS THE EXTRAORDINARY.

We will all experience moments of loss and grief, joy and success. How we use those experiences will define our future. Perspective is everything.

Listen to the everyday stories of ordinary people dealing with life's challenges. Find yourself in their stories and commit to creating your own definition of your life events.

"Within everyone's ordinary exists the extraordinary. Take time to acknowledge your extraordinary and decide today to live a life with everyday grace."