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TYRO TIMES



THE BREAKING THROUGH ISSUE

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TYRO times is a quarterly publication created by TYRO Support Services. The vision is to share testimonials, events, inspirational stories, family and offer relationship coaching. You will discover each is edition packed with testimonials from real people who are experiencing the life changing TYRO curriculum around the world.

TYRO is Latin for novice, apprentice, someone learning something new, a warrior. We are an international organization dedicated to empowering individuals and organizations through programs and content that produces life-changing outcomes. Discover more about the work we do at tyro365.com.



FIRST WORD

**A Word from the
founders of TYRO,
Ron & Cathy Tijerina**

Dear Readers,

We are thrilled share with you another edition of TYRO TIMES. As you open the pages of TYRO Times, you will embark on a journey dedicated to the heart of every family—the enduring bond that strengthens us and the legacy that fuels our aspirations. In a world of constant change, the significance of family remains steadfast, providing us with the foundation to overcome challenges and celebrate the triumphs found in each day.

Within these pages, you'll find articles that showcase the many ways families come together, inspire one another, and triumph over adversity. From heartwarming tales by the Tijerina's - sharing generational wisdom passed down to the courage displayed in the face of life's trials, we hope you will find TYRO Times to be a source of inspiration and motivation to overcome the challenges you are facing today.

TYRO Times is a publication dedicated to help men and women reach their greatest succsss in life. As we delve into the diverse tapestry of family life, let us remember the positive impact we can have on one another. Each choice

we make, each embrace we share, adds to the legacy we're building—one that echoes through generations. Let this magazine be a testament to the strength of your own family bonds and a reminder that every step you take contributes to a legacy that will be cherished for years to come.

Each choice we make,
each embrace we share,
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building—one that echoes
through generations.

So, dear readers, let us keep fighting for our legacies, embracing the power of love, understanding, and unity. TYRO Times is here to celebrate your journey, providing you with stories, insights, and perspectives that will uplift your spirit and reaffirm the importance of family in a rapidly changing world.

Thank you for joining us on this incredible adventure. Here's to strengthening families and forging legacies that stand the test of time!

Warmest wishes,

Ron and Catherine Tijerina





LOVE & CREATIVITY

We can spend our whole life searching for love.

Watching movies that show couples madly “in love”, looking at our friends’ best love moments on social media and seeing magazine covers at the grocery check out - “How we found true love”. It’s something we all crave, but for some reason, it seems very few people ever find it. That’s why I think there are so many songs written about love. Artists sing about how they are the one for you, but you’re with the wrong person, or how could you break my heart when I gave you everything. I think Johnny Lee describes our issue perfectly, “Looking for love in all the wrong places. Looking for love in all the wrong faces.” We tend to search for the right person who will make us feel warm and fuzzy and when something happens that causes those feelings to disappear, “Well, I guess this person doesn’t love me like I thought.” So, we begin to self-sabotage the relationship, build resentment, or begin to be unloving towards them.

When it comes to love and relationships, other people and ourselves will always do something that is the complete opposite of love. Have you ever made a mistake and beat yourself up? Replaying the moment and thinking about how ridiculous that was. If you could go back you would do this or that and then things would be different. Has someone, no matter how nice you are, given them compliments, or gotten them a gift, still treated you like you don’t really matter? Odds are a huge YES to both. This is why we can no longer view love as an emotion.

I have always heard and read that love cannot be an emotion don't have any love in our hearts for ourselves, then we cannot expect to be able to offer love to someone else. One of the biggest blockers of love is unforgiveness. If we are holding a grudge towards ourselves, then we will never be able to step into our greatest love potential. We must let go of the past, know there is nothing we can do to change it, and move forward into the future. Learn from our mistakes and strive to become better.

Love is such a curious thing. It's not really something you can explain - or at least explain easily. Has a young child ever asked you, "How do you know you are in love?" Sure, we can give the common and corny answers - You'll just know it. It's a feeling unlike anything else. To a kid, and even to myself, those are such lame answers. I believe we can answer that better. To me love is the ultimate sacrifice and most rewarding way to put someone else's needs above your own. To forgive unconditionally. To truly feel their pain when they are hurting. To celebrate their victories like your favorite sports team just won the superbowl. Now, naturally I am guilty of falling short, but I try to do a little bit better each day and when I mess up I try to course correct as quickly as I can.

That is the great thing about love between people - especially when one fails. Love has the power to cover a multitude of wrongs. That means that love is greater than forgetting an anniversary. Love is greater than why you won't put your shoes away. Love is greater than not saying the right thing. Love will overcome all my shortcomings, your shortcomings, and yes even our significant other's shortcomings.

Now that we have a good understanding of love and that love is more than a feeling (noun) we need to use our creativity in how to demonstrate true love.

Imagine you are a teacher. You go into a class full of kindergarten students. You tell your students, "Raise your hand if you are creative!". How many hands would go up? More than likely, ALL of them. And they wouldn't just raise their hands. They would throw their hands up like Miley Cyrus and all the butterflies would fly away. Now, imagine you teach a class of seniors. You tell them to raise their hand if they are creative. How many hands would go up? Not very many. Somewhere



along our journey in life we learn that we are not that creative and limit ourselves out of embarrassment of what others might say or think. "Put your hand down, Brandon. You're not creative." I have come to a place in my life that fear of what people think of me in the creative field won't stop me from raising my hand. So, if no one has said it to you today, in the past week, or ever... YOU ARE CREATIVE! I believe everyone has the ability to be creative if we take a little bit of time to shut off the world and think.

Now that we have established the fact that you are creative, let's talk about connecting love and creativity. Each day presents us with new opportunities to show our love in a creative way towards our family, spouse, kids, and friends. Think about what makes them happy. Is it a surprise backrub, a funny joke text, a hug, a present, or a phone call during lunch break to check in on how their day is going? Whatever it is, think about how to add a little spice to it. That way the excitement of the ding on their phone won't go away after time. It's so easy, for all of us, to really appreciate something when it's new and shiny, but then the "magic" fades and it becomes expected. The excitement can disappear if we're not careful. So, how can we add new spices everyday and not get tired? By taking a little bit of time to think of something new and exciting. It doesn't have to be something super fancy. Before you send a fun joke text, research a funny joke about a tv show you know they like to watch or before you call think about something they did yesterday that you really appreciated and tell them before you ask about their day. Whatever it is, go above and beyond in how you love. By pouring love & creativity out, you will be replenished.



Family Projects

Six DIY family-friendly projects for your family



As your family dynamic changes over time, it is crucial to take intentional time to connect together, play together and dream together. Here are a few ways we have discovered that will help your family grow stronger together.

As a parent, one of the most important things you can do to help your children grow is spend intentional time with them. But with the busyness of life, and taking care of the necessities of life it can be difficult to think about having fun together as a family. As your family dynamic changes over time, it is crucial to take intentional time to connect together, play together and dream together. Here are a few ways we have discovered that will help your family grow stronger together.

Cook a Meal Together

Whether it is a family-favorite recipe or something new, family time in the kitchen is a great place to grow. Young or old, there is a job for everyone in the kitchen. Get creative and have fun!

Treasure Hunt

If your family needs to get off their feet, plan a treasure hunt. Hide items around the house and encourage your family to find them. These can be simple or elaborate. From inexpensive toys, to candies and gift cards, this can be a fun way to generate a fun competition and family time.

Create a Family Game

From creating a custom board game or puzzle, to a new word quiz or activity, a family game is the perfect way to engage your family's creative side. With a few crafting supplies, you can create

a game that can become a new family tradition. For inspiration, go to your library and check out a few books on this subject.

Paint Stones

Painting stones is a very old tradition found in many cultures. More recently, many communities paint words of encouragement on stones and place them in various places. This activity is a fun way for your family to see the world around them and teach them the invaluable lesson of encouraging others.

These moments define who
your family is and what it
family will look like.

Make a Bookcase

Making furniture or other DIY projects can be one of the most fulfilling family projects. Not only can it be a great bonding experience, it will help teach your family practical skills and learn the gratification of accomplishing what you set out to do. Get your family together and plan out this activity together.

Write a Book Together

An activity that will be long remembered is writing a family book. Whether your children are 3 or 30, taking time as a family to write a book is one of the best ways to bring your family together and learn to share your family story. Next time your family is together, take time to start writing out your family's story, giving each person the opportunity to tell their side of the family journey. You will be amazed at how it will come to life.

Family time will create a unique bond that only comes from doing life together as a family. From the small daily tasks to the big events, making memories and bonding as a family will create special moments in time. These moments will define who your family is and determine what your family will look like going forward. Take time



why you're not connecting
With Your Kids



Discover why many families struggle connecting with their children as they grow up and learn tools to re-connect with them on their journey into adulthood.

There are many missed opportunities each day. Many of us simply live a too distracted life, and in turn, miss out on the little (yet big) moments. From missing out on giving an encouraging word to letting precious moments pass us by, there are many reasons why you might not be connecting with your children. As a family, staying connected is the glue that holds us together. If you, like many families, feel you are not connecting, there is hope. Here are a few ways to make sure you are putting your best foot forward with your family.

Listen to Them - Communication is the special sauce in every relationship. Your relationship with your children is no exception. Many times, children are going through more than they realize and need someone to talk things through. Take some one-on-one time every couple days to check in with each of your children and see how they are doing.

Don't be a Silo - As a parent, it can be tempting to put up a wall to protect your children from the world. Although one of your most important roles as a parent is to protect your children while they are growing, it is important to teach them as well. If you have to make a hard decision, and your children are affected, include them in it. If you are upset with them, explain to them why you are.

Slow Down - Families nowadays are running so fast, that it can make it difficult for families to connect. From sports and school commitments,

to community, social and other opportunities, many families find themselves putting family time as the last priority. When you plan time for your children to read books, build forts and have down time, your family will have healthy time to decompress.

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Hug More Often - Social science has determined it's important for your children to have at least 12 hugs or social interactions with their loved ones each day. When you connect with your child by way of validation or connection, you build a nurturing environment that creates a healthy place of growth.

Stop Multitasking - Be intentional to listen to what your children have to say. Stop what you're doing to look at your kids when they are talking. This will not only help your child feel validated, it is an opportunity to catch critical non-verbal cues you otherwise might miss.

Parenting vs Friendship - Balancing the tight-rope walk of living the parenting role of nurturing and protecting, and being a fun, supporting parent can be a challenge. With the many hats a parent wears, it can be hard to switch at the right time and be all your child needs from you. Take time to reflect on different scenarios with your children and consider what your children needed from you at that moment.

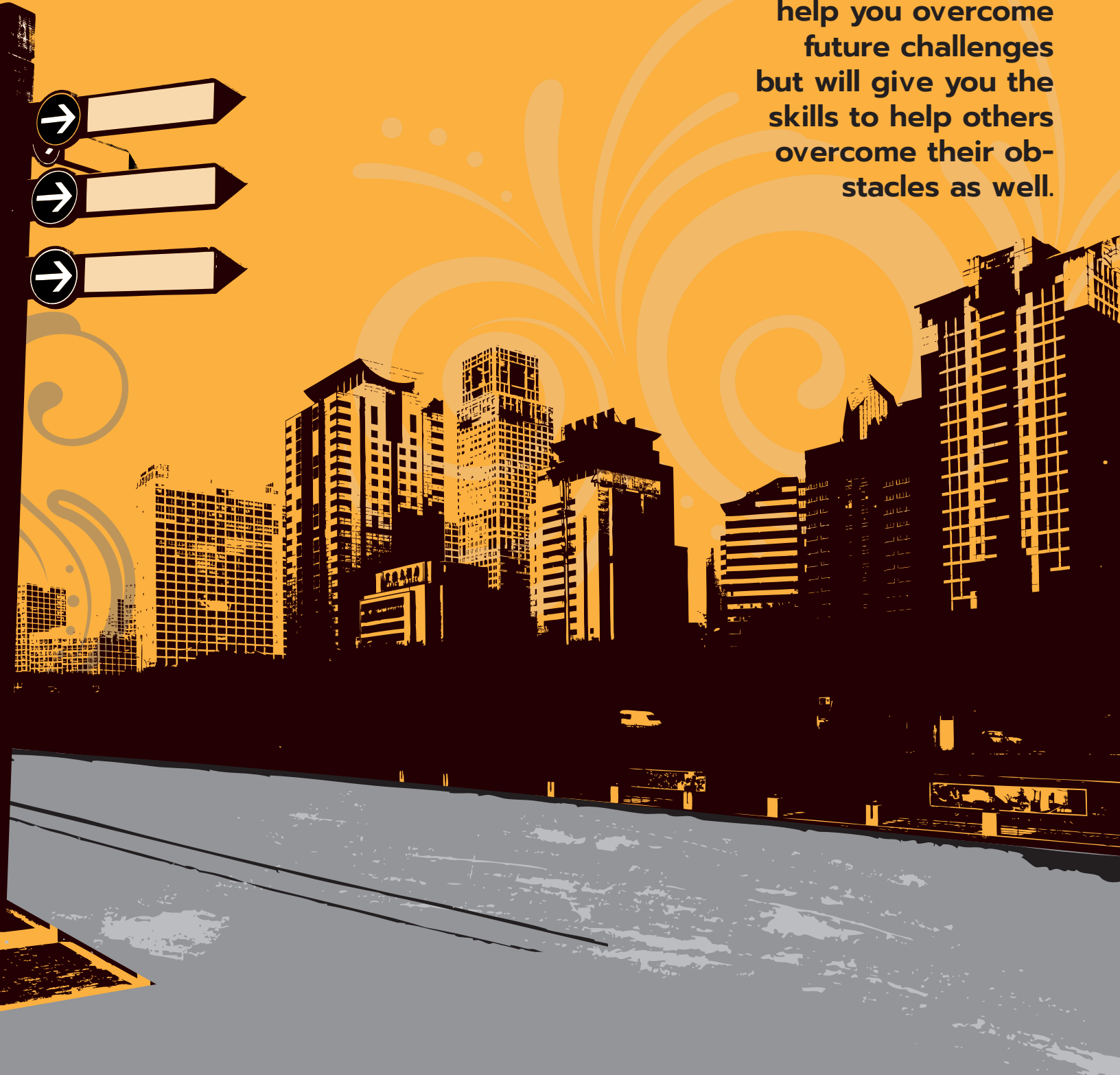
It can be difficult for many families to connect. In fact, many families' trauma or negative experiences can lead to more trauma. Parenting is not about being perfect, it's about being the best you can be for them, and allowing yourself time to grow.



SEASONS THAT STAY TOO LONG



The challenges you face will not only help you overcome future challenges but will give you the skills to help others overcome their obstacles as well.



How many times have we found ourselves in a season that felt like it never ended? In the aftermath of a loss, a divorce, or navigating a prison sentence, seasons like this can feel like it never ends. For many, it feels like people are experiencing one hardship after another. For those seasons that linger too long, it can feel despairing to keep going on. If you feel like there is no escape, there is hope.

LEARNING TO OVERCOME HARD SEASONS

Resilience is the strength to overcome these hard seasons. This fortitude is the steely resolve that gives one the ability to rebound from life's setbacks. This strength can be created through trials and testing. Although these hard seasons may feel like an eternity, they too shall pass. Learning to put hard seasons past us means we will need to go on a journey of healing.

LEARNING TO GRIEVE

Grief is a natural and normal part of life. Grief allows for you to process your emotions and acknowledge the pain you are feeling. The process of grief can lead to the acceptance you need to move out of your season.

THE PRINCIPAL OF ACCEPTANCE

When faced with trauma, we are faced with essentially two decisions, to accept or deny it. Denial of trauma only leads to a prolonged season of pain and resentment. Acceptance, however painful, is a giant step that takes you past your grief and into healing. This process of healing may take longer than you want, but it is the daily act of acceptance that leads to healing in your life. As you begin to accept the things you have no control over, you can prioritize your emotions without letting your past trauma and pain hold you back from moving on.

GAINING PERSPECTIVE

Perspective offers us the opportunity to see this moment in our life from another point of view. When you take a step back from your "season",

you can see that not only others may be going through a similar experience, but that others have walked through this before you. Perspective will empower you to see the light at the end of the tunnel and grasp the hope needed to move past a difficult season.



TAKE CARE OF YOURSELF

As anyone who has made it through a hard season can attest, you need to take care of yourself. Sometimes, people who are going through a challenging season might feel like self-care is a waste of time. One thing that covid-19 has taught us is that taking care of one's personal health is more important than we even realize. From mental burnout, to physical and emotional health is a real concern, especially in a difficult season of life. Take time to do something just for you every day.

INVEST IN OTHERS

As you begin the process of healing, it is important to invest in others. When you actively help others, you take back a sense of control in your life. Helping others will give you purpose and will empower others to overcome their difficult season as well.

The reality is that all of us experience hard times. Disappointment, loss, grief and hardship are things common to all men. The challenges you face will not only help you overcome future challenges but will give you the skills to help others overcome their obstacles as well.



Finding Peace During Hard Times

Hard times are part of the human experience. From financial or emotional, to a loved one's incarceration sentence, there are many reasons why one may feel they are in hard times. These seasons life may seem to linger on forever, without any sense of relief or signs that it will let up. As you seek to overcome a challenging season, you may even feel like you have no control or way to change your reality. If you feel like this, one of the best things you can do for your mental and overall health is to find peace in the midst of it.

Release What You Cannot Control. There will be moments in your life you will encounter moments you can't control. These moments can hold us captive if we allow it, often keeping us from living our best lives. Learning to let go of things that are out of your control will free you from that burden.

Let Go of Trauma. Trauma can hold you back from enjoying life. In fact, more than half of Americans have experienced life-impacting trauma throughout their life. If left unchecked, trauma can seemingly put life on hold. For those of you who are dealing with trauma, find a way to let it go.

Don't Go It Alone. Many people make the mistake of trying to go through a hard time by themselves. There may be times where being alone is necessary, and certainly a part of the healing process, but no one should have to fight a hard season by themselves. If you are able, find someone who you can trust to walk through it with you. As you build a support system, consider who will cheer you on and empower you and include them in your life.

Healing Power of Forgiveness. When harm has been done to us, it can send us in a negative cycle of bitterness. When we



hold onto bitterness, it can keep us bound. But, when we release

wrongdoing we release the burden that bitterness brings.

Learn to Laugh Again. It has been said that laughter is the best medicine. In fact, laughter is proven to reduce stress, prevent heart disease, boost your immunity to disease, relieve anxiety and tension. As you work to find joy in life, take time to revisit things that bring a smile to your face.

As you seek to overcome a challenging season, you may feel like you have no control or way to change your reality. If you feel like this, one of the best things you can do for your mental and overall health is to find peace in the midst of it.

Take a Social Media Break.

With all the negative news, influencers and headlines, it can be discouraging to constantly revisit these negative voices. It can be tempting to be so immersed in negative voices that it disrupts your ability to find peace in your life. In fact, many studies have shown that long term exposure to social media has a similar impact on the brain as that of drug use or gambling. It might be time to take a break from social media, the news or other outlets that may be impacting your mental health.

Practice Kindness. When we begin to think beyond ourselves, we can create new patterns in our life. Whether it is random acts of kindness or commit-

ting to supporting a non-profit organization, finding ways to improve the world around us can push us into a new season of gratitude and hope for our future.



Shift Your Thinking. Hard times, be it a week, a month, year or decade, can create a negative routine in your life. Especially in prolonged seasons of hardship, it can put you in a negative cycle in your life. If you are in this boat, it is time to shift your thinking. When you move your thoughts away from negative thoughts and focus on positive, you have the opportunity to see the world around you differently.

Regardless of what season you find yourself in, you can overcome any obstacle life throws at you. We hope these steps will serve as tools on your journey to recovery. For more resources, check out www.tyro.blog.

why you keep messing up

“Why is it that when we go to do something or hear about something that truly excites us - excites us to our core, we don’t pursue it?”

We all have heard it. The small voice in our head that says, “Go for it!”. The simultaneous felling of fear and excitement has the potential to let us down or take us to new heights. We start to think about ways that we could make this new career, new person, or new hobby a part of our life. Then we begin to hear differing advice, but from the same voice saying to us: “You’re not smart enough, good enough, and you don’t deserve it.” Once those words are said, we are in trouble!

Why is it that when we do something or hear about something that truly excites us - excites us to our core, we don’t pursue it? We let the same voice that told us to go for it, quickly talk ourselves out of it. It’s like we can feel our excitement slowly being choked out. The crazy thing is all of this is happening in our heads - our minds. We don’t even give ourselves time to share our ideas with someone else before we quell our dreams before they have the chance to grow.

If this has ever happened to you, welcome to the club. However, you don’t have to stay in this club. There is a way out. You don’t always have to be your best friend and your worst enemy.

You have the power to stop messing things up, stop listening to your negative thoughts, and go beyond what you thought was possible.

Let’s address three common reasons why you keep messing up.

Limiting belief (family beliefs)

Oftentimes our childhood experiences and lessons ingrain certain beliefs in our mind. Without



even knowing it, those experiences or lessons can dictate our behavior towards finances, relationships, and self-worth. For instance, if your parents' mindset was to buy junk cars, run them into the ground and then move to another car that may only last them a couple months and repeat the process, then buying a new car seems out of reach for you. Or, if your parents lied about their financial situation, it may leave you with a skewed perspective on money. Take time to think about what limiting beliefs you are carrying and create a plan to change how you will do things for yourself and your family.

Negative Self-talk

Self-talk is so important in our life. It ultimately becomes the deciding factor in whether we win or lose the battles we face. Each and every day we wake up with a new slate. However, many miss this opportunity for a fresh reset. After a couple minutes of being awake, many quickly slip right into negative self-talk. "Your day is going to be terrible." or "There's no point in getting out of bed cause today will be the same as yesterday." In order to change this habit, you will need to replace any negative images about yourself with positive ones. This conscious decision to talk positive about yourself will transform who you are and how you react to the stresses of life.

Negative self-talk will hold you down in your own pity and stop you from moving forward.

Next time you sense negative self-talk creeping into your mind, pause for a moment and think about what

Accountability acts as a vital bridge between our goals and the reality we seek to shape, **ensuring that we remain committed and responsible** for the paths we choose.

triggered it. After spending some time thinking about the trigger, take time to understand what you are going to have to do to stop that feeling or thought from stealing more of your joy from your life. Life is too short to beat yourself up. Trust me there are plenty of other people out there waiting in line to put you down.

No Accountability

Accountability stands as a cornerstone of personal and collective growth, serving as the adhesive that binds intentions to actions and aspirations to achievements. It acts as a vital bridge between our goals and the reality we seek to shape, ensuring that we remain committed and responsible for the paths we choose. Without accountability, progress falters, and potential remains unrealized. This principle cultivates a sense of ownership, fostering trust within teams, relationships, and ourselves.

When we hold ourselves accountable, we acknowledge our commitments, strive for consistency, and demonstrate our reliability. To reach higher heights, you will need to enhance personal accountability and establish a clear system of goal-setting and regular self-assessment. By breaking down larger objectives into smaller, manageable steps and consistently evaluating your progress, you will create a tangible framework that empowers you to track and celebrate your accomplishments while staying true to your intentions.

Messing up isn't a problem or something that should be avoided. Messing up is the process by which we learn what not to do. If you keep waking up dreading the day, then it's time to change your beliefs and your self-talk. Success comes in all forms, but it will require you to hold yourself accountable to living with purpose each and every day.

Family Activity

TYRO

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TYROyouth.com






Coming Home Angry

A blog from TYRO Co-founder, Catherine Tijerina

“I do not know why I even come to see you! All we ever do is argue. Every. Single. Time. I cannot wait for this visit to be over so I can get out of here and away from you!”

If you were with your husband before he went to prison, I am sure you have either said these words or had this thought during a prison visit. Visiting is hard. It is demeaning to be treated like a potential criminal while going through security; it is even more emotional after you enter the visiting room! You expect that security will analyze every move you make. You did not expect your husband to interpret every word you say.

As a result, you found yourselves in arguments that started as simple misunderstandings. Things got hot before you realized the trigger, and you were in a significant disagreement over it. You were defending your point on something pretty insignificant compared to everything else you are both facing right now. You are probably



asking yourselves why you keep fighting at every visit when all you want is to be together.

Here is the reason- it is easier. It is easier to walk away from someone you are mad at than leave someone you long to be with.

It is easier to disagree about the finer points of daily life than to deal with the big issues that threaten your relationship, legacy, and family. That molehill is not nearly as intimidating as the mountains all around it. So, you fix your sights on the molehill and make that the place you stand your ground because it is a battle that seems easy to win.

The other issues loom as enormous dark shadows all around you. It is scary, painful, and difficult to muster the energy to tackle them. You subconsciously convince yourself that you cannot win the war, so you focus on the inconsequential and make it into a battle you can control. Because you know that the only thing you have any control over is yourself.

“You cannot control how often or how long you get to see each other or when your man gets to come home.”

You cannot control how often or how long you get to see each other or when your man gets to come home. However, you can manage your attitude. When you decide to tame it, you will find joy in the

most difficult times. If you let it run wild and react to every challenge with an attack, you will remain miserable and in conflict with your spouse. Honestly, the fights are not worth the lack of effort they require. Read that sentence again. It is true. You will change your behavior when you realize that allowing your emotions to dictate your actions and interactions with your spouse is tearing your relationship apart. It might be too late to repair the damage. You must adjust your attitude and behavior to save your marriage and family.

Saying goodbye over and over and over and over again SUCKS. I know what it feels like to have your life controlled by other people. The sense of helplessness and hopelessness may even attack you at every visit. I also know the joy of pushing through to find the precious moments during prison visits. I know how to build connections and focus on MY RELATIONSHIP instead of my hardship.

Changing your focus is a skill you must develop to save your marriage. Even more than that, changing your attitude will develop resiliency. To thrive, reach your dreams, and build your legacy, you must activate resiliency in your life. It is a matter of hope vs. despair, success vs. failure, triumph vs. tragedy. You have the power to establish your family's legacy.

If you want to change your goodbyes into an experience

that encourages you, you need to change your attitude. You must see your farewells as a time to invest in your relationship. When you do that, you leave with your hearts filled to overflowing. This fullness in your hearts will carry you to your next visit. Neither you nor your partner will feel empty and lonely. The end of your visits can, and must, hold the promise of “until next time, my love!” When you leave the presence of your spouse longing for them, you can hold onto that fulfillment as you face every challenge you encounter between your visits. Your new goal is to fill up your partner and yourself during these visits so you leave feeling completely satisfied. I know it is easy to get caught up in focusing on everything you do not have right now.

You will need to work hard to change your perspective on investing in your family. But I also



know you can do it. The investment of your time and energy will be well worth it! Here are some things you can begin to do right now that will help you end your visits on a high note (without leaving you in a pool of grief!)

First, plan your visits. We have all heard the saying, “if you fail to plan, you plan to fail.” It is especially true when it comes to visits. You cannot just show up and hope for a great visit. Take the time to plan what you will wear, what you will eat together, and what you will do or topics you will discuss during your time together. I used to think of this as our family getaways or dates. That mindset helps you get excited about making the most of your time together.

Involve your husband. It is vital to include your husband as you plan the visits. There will be things that are important to him that you will

want to plan to include in your time together.

Decide when to resolve conflicts. Take the time to discuss with your partner how you feel about leaving angry and how committed you are to making your relationship strong. Together, decide when you will resolve conflict so it doesn't overtake every visit. Ron and I used to have a weekly call to discuss the conflict. We could write letters to each other between those weekly discussions. Still, we did not poison our relationship by pulling conflict into every interaction we had with each other. Keep the battles contained, and you will find that your time together will be so much more fulfilling!

Be real. Do not pretend that you are OK if you are not OK. Give each other permission to cry, be sad, happy, or excited about things that do not involve the other. It is normal to experience the full range of our God-given emotions, and you need to acknowledge that you are not constantly experiencing life similarly.

Be grateful. This may sound trite, but I mean it. You can choose to live your life being grateful for the things you have and the time you get to spend with each other. You can also live to be ungrateful, disappointed, and bitter as a victim of your circumstances. Nobody else can make that choice for you. So, choose to be grateful and watch your satisfaction with your relationship increase dramatically.

Remember the most important thing - your relationship. Being right won't matter next week, but how you treat your spouse will matter even years later. Focus on kindness, compassion, and connection during your goodbyes.

Keep working toward your forever family and lasting legacy!

I am rooting for you!

Cathy Tijerina

For more stories, visit www.tyro.blog.

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LOOKING FORWARD - NOT AT THE PAST

Discover practical steps to overcome trauma and grief.

“

There is a natural cycle of grief that allows one to overcome life's traumatic moments. Many times, people find a way to move past a traumatic event, but what about the many others who feel “stuck” in their past? If you feel like this, there is hope for tomorrow.



Forward progress is one of the most natural parts of life. It is the way we not only achieve our dreams, but it is the most common way we track the seasons of life. From a restless toddler longing to walk, to a teenage yearning to the seeming freedom that comes with the next season of life. This natural progression is how we are designed to operate but, for many, it can seemingly be put on hold because of our past.

For many people, one's future progress is stunted based on trauma from our past. This may be a result of grief, anxiety, depression or shock. When these symptoms begin to set in, it can overtake you. From the loss of a loved one, to the pain of mistakes made, grief has a way of turning every positive thing in one's life sour. There is a natural cycle of grief that allows one to overcome life's traumatic moments. Many times, people find a way to move past a traumatic event, but what about the many others who feel "stuck" in their past? If you feel like this, there is hope for tomorrow.



Before we dive into how to move past the negative aspects of one's past, it is important to recognize that there is much to be learned from your past. Not only will it allow you to avoid missteps in the future, but avoiding one's past is avoiding part of that person. In truth, it is important to embrace your past, and acknowledge it is part of who you are today. But, we must not allow our past to keep us from looking forward.

What is Holding You Back? In order to look forward in your life, one must identify what has held you back in life. From toxic relationships, to limiting mindsets and ideas about yourself. Take time to identify these persons, places and things in your life that are harmful to you.



Create New Habits. It is often said that old habits die hard. While that may be true, it is crucial to establish new patterns in one's life. From old routines, to coping mechanisms and traits, your habits will shape your outcomes. It may seem impossible to overcome your past, but by taking one step at a time, and one day at a time, you can overcome any obstacle that comes your way.

Take Small Steps Forward. Many times, people hold themselves back in life. This may be for many reasons, but one of the biggest reasons is there is too much pain from one's past. But the thing about forward progress is it naturally moves you away from your past. Taking small steps towards your future will allow you to move towards your goal and away from anything in your past that might hold you back.

See the Big Picture. When we are consumed by grief, anxiety, bitterness, or regret, we may find ourselves unable to see that others care about us. Never believe the lie that no one cares about you or the situation you are facing. The reality is that there are people who love and care about you and want to see you succeed. Take time to look around you for people who want the best for you and make an effort to include them in your life.

Know Your Value. Many people everyday find themselves stuck in a rut. This rut may stem from bad habits or perceived value of themselves that leaves them feeling discouraged or invalidated. Don't allow what others have spoken over you or lies you have believed about yourself to stop you any longer. The reality is that your value does not come from what others think of you, but rather what you think of yourself.

HOW TO CONNECT WITH ANYONE

Steps to create genuine connections and live a healthier, more successful life.



For many of us, the struggle to connect with others is real. With the ever-growing task of making human connections in a world driven by digital avatars, many people often struggle letting their guard down long enough to make meaningful connections with others. In reality, making human connections requires skill and practice. Here are a few ways to develop skills to connect with anyone.

Be Yourself // Many are motivated by how we are seen. It can be tempting to appeal to others in the way we think we want us to look. In reality, humans are looking for real, sincere connections. When we make an effort to be authentic we invite human connection.

Listen to Yourself // As you create new connections, it's important to listen to yourself. You are the best judge of character for yourself, so take your own emotions into consideration.

Respect Others Boundaries // When you get to know others, you will quickly learn that everyone has their own personal limits. From personal space, to conversational faux faux, it is important to observe other's boundaries and respect them.

Practice Small Talk // When fostering new relationships, it can be tempting to be too

inquisitive up front. This can lead to couples distancing themselves from you. One of the best ways to build new relationships is practicing small talk. Small talk generates healthy conversations and creates an on-ramp to peoples lives.

Use Genuine Emotions // There are many times in a relationship that you may be tempted to hide your emotions. While it is important to manage one's emotions, people are looking for authentic

"As you create new connections, it's important to listen to yourself. You are the best judge of character for yourself, so take your own emotions into consideration."

relationships. When you are talking to others, be intentional in your emotions. Practice genuinely showing support, empathy, and excitement for others.

Be a Good Listener // As you are growing in your connection skills, one of the best skills to develop is listening. When you develop the skill of listening, it validates others. People like to be around good listeners. In fact, you will find that listening is one of the best skills you will discover in building relationships.


Practice Eye Contact // They say eyes are the window to the soul. Attentive listening, including maintaining eye contact while listening, shows you care about what they have to say. Eye contact also shows the other person you are happy to be with them.

Don't Forget to Smile // Who doesn't like a smile? For some, a smile may take intentional effort, for others this will be a natural reaction. Regardless, offering up a smile can help invite the other person into the conversation and show them you want to talk.

Connecting with people can be exciting, and intimidating at the same time. In reality, all relationships take time, effort

and emotional investment. As you begin to implement these steps, give yourself time to learn these new skills and implement them. With these tools at your disposal, you can be equipped to connect with anyone at any time in your life. Be confident with the knowledge that you are capable of making long-lasting and fulfilling connections.

Connecting with people can be exciting and intimidating.



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HOW TO STOP HATING ON YOURSELF

How many times have you put yourself down? This can happen without even realizing it. Often, when a mistake is made or we are met with an obstacle, people do one of two things, blame others or blame oneself.

It is a natural reaction to place blame. It often leads to mistrust, frustration, and scarred relationships. There is, of course, an alternative solution to placing blame on others or oneself, and that is self-regu-

lation. While our choices undoubtedly affect an outcome, our reaction to any given situation will affect the way we perceive the world around us and how others perceive us.

It can be difficult to stop hating on yourself, but it is possible.

Stop Putting Yourself Down

When we put ourselves down, we limit our ability to overcome the obstacles the day throws at us. This means that we have the opportunity to not only make the most of everyday, but improve our mental health and change our perspective of the world around us.

Take Control of Your Thoughts

The first step is to be mindful of your thoughts. When you notice negative thoughts about yourself, take a step back and challenge them with evidence that contradicts them. For instance, if you tell yourself that you're not good enough, remind yourself of the successes you've had and the compliments you've received. This powerful act will transform and empower you to believe in yourself once again.



Give Yourself a Break

This is the practice of self-compassion, and it is one of the most powerful tools on your journey to personal wellness. Speak to yourself like you would to a friend who was struggling with the same issue. Try to be gentle and remind yourself that everyone makes mistakes and deserves forgiveness. Start telling yourself you deserve another chance, and make every effort to drown



out negative voices that might say otherwise.

Discover the Root Cause

Finally, work on identifying the root cause of your feelings of self-hatred and address it. If you're feeling overwhelmed by stress, practice relaxation techniques and develop healthy coping strategies. If you're feeling insecure about your appearance, focus on the aspects of yourself that you do like or that you can improve upon.

Find Healthy Ways to Self-Regulate

While it is natural to be upset when we are disappointed, hurt, betrayed or the like, it is our reaction to these situations that make all the difference. A natural reaction to this is to cope with it. There are many forms of coping, some are healthy while others are not. From meditation, to exercise, therapy to binge watching TV, there are many solutions to reducing one's stress and producing a healthy lifestyle.

In truth, it can be no small feat to overcome bad habits. From stress eating, to over-reacting to bad news, it is a challenge to regulate your emotions and produce a positive self image. **But, with time and effort, you can learn to be kinder to yourself and reduce the amount of self-hatred you experience.**

how to

Stop Being a Hater

Break the habit of negativity and start a new cycle of positivity in your life.

//

By following these steps, you can start to break the habit of being a hater and start to see the world in a more positive light.

It can be difficult to stop being a hater, especially if it has become a habit.

Sometimes life has a way of making you cynical. This cynicism often results in leaving you unable to celebrate others. While it may not seem like celebrating others affects your own future, when you are not celebrating others, then people are less likely to celebrate you.

If you find yourself in a pattern of negative thoughts, it can at times stem from a lack of affirmation. This absence can also cause skepticism towards others. Regardless of the reason, you can create something new. However, it is possible to break the pattern and start being positive. Here are some tips that may help:

Identify the triggers: Understand what makes you feel negative about certain things. Once you become aware of what sets off your negative thoughts, you can begin to take steps to manage them.

Find a healthier outlet: Find activities that make you feel good and help you to express your emotions in a positive way. This could be anything from physical activities like running or yoga, to creative pursuits such as writing or painting.

Get to the root of the problem: Ask yourself why you are feeling the need to be negative. Is it because of something in your

You can start breaking the habit of being a hater

life that you can change? Is it out of fear or insecurities? Once you understand the underlying cause, you can start to address it in a constructive way.

Make an effort to be more positive: Make a conscious effort to look for the good in people or situations. It can help to reframe your thoughts in a more positive light.

Seek professional help: If you find that you are struggling to break out of the negative cycle, it might be a good idea to seek professional help. A therapist can help you to understand the underlying issues and provide you with tools to manage your negative thoughts.

By following these steps, you can start to break the habit of being a hater and start to see the world in a more positive light.





How to get a job (and keep it)



Although it may seem challenging, getting a job is the easy part, the hard part is keeping it.



You will be well on your way
to having a long and
successful career.

Over the past three years, the world has seen its fair amount of challenges. With the end covid, we are exiting out of one of the most challenging seasons for businesses. From navigating lockdown protocols, to working through staffing shortages, it may have been discouraging trying to find a job.

Although job searching can be difficult, the reality is job seekers have more opportunities than ever before. From job search websites, to talent scouting agencies, there are more chances than ever to land a job. If you are looking for a job, seek help at your local job search agency or online job search website.

Although it may seem challenging, getting a job is the easy part, the hard part is keeping it. Here are some tips to help you stay employed:

Be Punctual:

Showing up to work on time and ready to start the day is essential to success in any job. If you have a habit of being late, it may require some effort, but it is well worth it.

Be Reliable:

Make sure you are always available to work when you are needed. Your employer will notice and appreciate your work ethic.

Be Professional:

One of the most common challenges employees face is navigating drama and gossip from co-workers. Treat your co-workers and supervisors with respect, and avoid gossip and drama.



Stay Focused:

It can be easy to get distracted. Distractions are everywhere, lurking around every corner, waiting to railroad your day. When you are on the clock, remain mindful of your job duties and complete tasks in a timely manner.

Be Open to Feedback:

The reality is that no one likes criticism, but it is one of the most important ways to embrace personal growth. Take criticism constructively and use it to improve your performance.

Take Initiative:

One of the biggest keys in your personal professional development is taking initiative. Demonstrate your commitment to your job by looking for ways to go above and beyond.

Communicate:

This may mean different things for different personalities. But communication is one of the most critical keys to help you keep and maintain your job. As an employer, finding a person who can communicate clearly and effectively is a skill that will separate you from the other candidates. This starts at the resume and ends with the last interview, so be sure to prepare yourself to communicate before your interview starts. If you have any issues or concerns, don't hesitate to open up the lines of communication with your supervisor.

By following these tips and being proactive about your job, you will be well on your way to keeping your job and being successful in the workplace!

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