Elmbrook Schools
become what's next

PAUL WESSELMAN: (((THE RIPPLES GUY)))

RIPPLES of RESILIENCE: Conquering Challenge & Change

iSUMMIT 19
AUGUST 1, 2019

I FEEL like IT'S THANKSGIVING... & I'M DESSERT...

HERE NOW x3
breathe

YOU ARE important BECAUSE YOU ARE HERE, NOW.

I'M sorry & ...
I WAS THAT KID...

CLAP HA HA HA WHOOSH ...MMM

- LAUGHTER IS good FOR YOU!
- BREATHING IS fabulous & I RECOMMEND IT HIGHLY!
- MMM... GRATITUDE LIFTS YOUR MOOD & LASTS
- MEDITATION & MINDFULNESS
- EXERCISE — You have to PUT ON clothes, TOUCH EQUIPMENT, & PLAY MUSIC — THEN I feel GOOD! — SHOW TUNES! ...SHH... I'M GAY, BUT YOU ALREADY KNEW THAT.
- RELEASE & LET GO

SPEND SOME MORE TIME WITH people WHO LIFT YOU UP!
CONNECT

WHY ARE YOU sitting THERE?

TOO MUCH MILK — IF COLLEGE STUDENTS NOT BRINGING BEST SELF, I WOULD ask THEM WHAT THEY NEED.

SEEK COMFORT — SEE CHALLENGE

COMFORT CHALLENGE

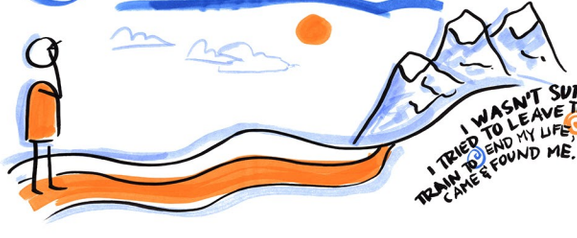
REAL learning TAKES PLACE WHEN WE HAVE balance OF BOTH.

IF YOU AREN'T DOING WELL, ASK YOURSELF, DO I NEED comfort OR CHALLENGE?

Once upon a time...

PAULIE, I KNOW YOU'RE SCARED & TIRED, BUT IF YOU CAN FIND STRENGTH & COURAGE, THIS WILL MAKE A GOOD STORY!

CHOICES I MADE:
1. LET GO
2. GET KEY & HOLD ON
3. LOOK FORWARD



I WASN'T SUPPOSED TO BE HERE. I TRIED TO LEAVE THIS PLANET, I GOT ON A TRAIN TO END MY LIFE, BUT 3 OF MY TEACHERS CAME & FOUND ME. THEY SAVED ME.... SO... THANK YOU!

WHAT IS IT TIME FOR YOU TO let go OF?

FIND A WAY TO mark THE OCCASION

WHAT SMALL SOMETHING CAN YOU SET DOWN ...before YOU LET GO?

WHAT WILL IT BE IMPORTANT FOR YOU TO HOLD ON TO?

IDEAS TO — CONNECTIONS TO MAKE — ACTIONS TO TAKE

WHAT WILL IT BE USEFUL TO LOOK FORWARD TO?

SELF CARE IS NOT SELFISH, IT IS GOOD STEWARDSHIP

balance IS BEST
RIGHT KIND & RIGHT amount OF HELPING.

RIPPLES WEEKLY email 1/15/19

WE HAVE NO IDEA THE RIPPLES OUR ACTIONS MAKE.

QUOTE (RIPPLES) — SWITCH 2x & SHARE.
THE QUOTE THAT IS MEANT TO FIND YOU WILL.
SOMETIMES THE QUOTE IS MEANT FOR A LITTLE sister.

WE WERE ALL THE SAME ONCE

MONA LISA BOYS & GIRLS TO THE unseen...

YOU ARE SO MUCH MORE... & WE ARE STILL THE SAME.

THANK YOU!

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