

Mental Health Moment

Presented by the Counseling Department

Opportunity

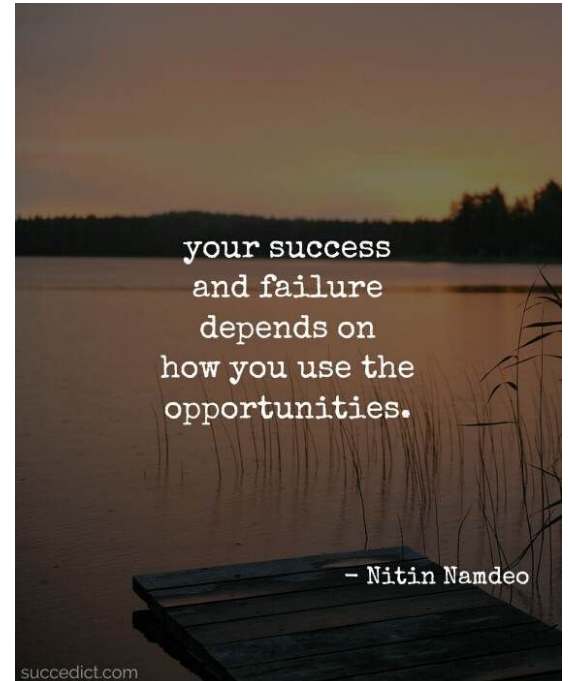
Sometimes in life things don't always go our way- we make mistakes, take missteps along the way and we need to right our errors. And sometimes things happen that we don't feel like we have a lot of control over which is very true for many of us throughout this last year. Regardless of why we are in the situation we are in, we can take advantage of opportunities afforded to us in order to correct our path. Opportunity can help us fix the immediate situation, but we can also learn a lot about ourselves. Opportunity can often lead to amazing growth where we gain insight about our character, reflect on our strengths and weaknesses, and grow our relationship with others. Opportunity may be knocking for you now. Whether that opportunity is in summer learning, or a major life change at a new school, new home, or a summer job, the opportunity is presenting itself to you to seize the moment and do something amazing with it.

We don't have to enjoy the negative experiences in our lives, but we can find hope in an opportunity to learn and do something new. We can change ourselves, we can think differently, we can heal from hurts, we can grow, we can find new ways of being. If this summer is a summer full of opportunity, I encourage you to take hold of the reins, sit firmly in the saddle, and take the ride. You never know if this opportunity is the exact thing you need to change the trajectory of your life!

Carpe diem!

Vicki L. Williams, M.A.

Professional School Counselor



*“Don't resist
chances.
Take them like
vitamins.”*

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who you once were.
It's about who you
are now, and who
you have the
potential to be.

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doubt
KILLS MORE dreams
THAN failure EVER WILL
-SUZY KASSEM-

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I AM OPEN TO OPPORTUNITY
MY GOALS ARE COMING TRUE
I AM LIVING TO MY FULL
POTENTIAL
I AM GRATEFUL
I AM SUCCESSFUL
I AM DETERMINED
I AM READY FOR BIGGER AND
BETTER THINGS

the sierra guide

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IF YOU DO NOT GO AFTER
WHAT YOU WANT, YOU WILL
NEVER HAVE IT.

IF YOU DO NOT ASK, THE
ANSWER WILL ALWAYS BE NO.

IF YOU DO NOT STEP
FORWARD, YOU WILL ALWAYS
REMAIN IN THE SAME PLACE.

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You can dream about it, or
you can work to
make it happen

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BEGINNING
COMES FROM
SOME OTHER
BEGINNING'S
END.

DAN WALSH