



# Choose Your Own Adventure

Tracie Kenyon



What is  
“progress”?

## Vocabulary for Progress

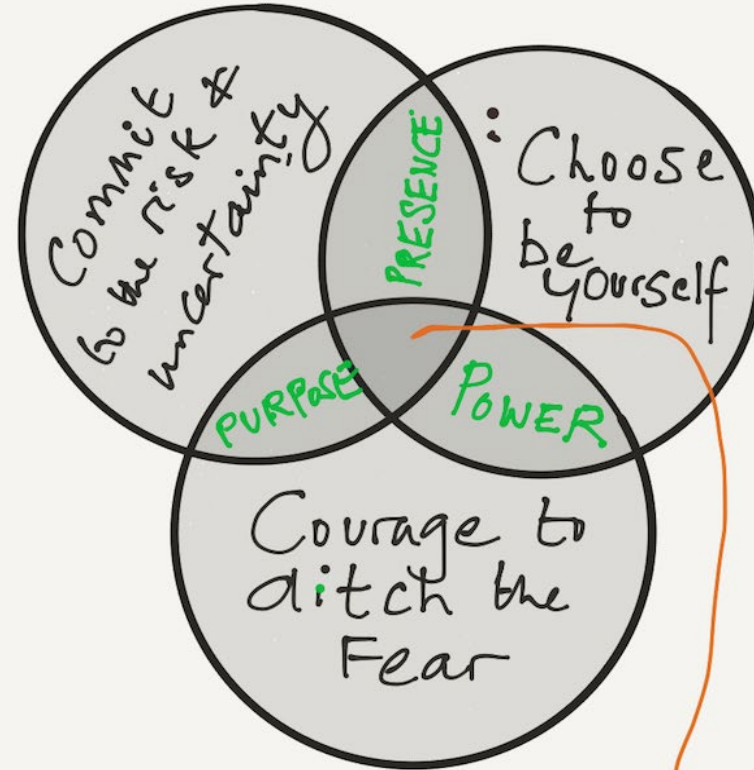
- **Noun:** improvement, movement forward, growth
- **Verb:** to get better, to develop, to advance

Who remembers these?



Vulnerability  
is the  
intersection  
of choice,  
courage, and  
commitment

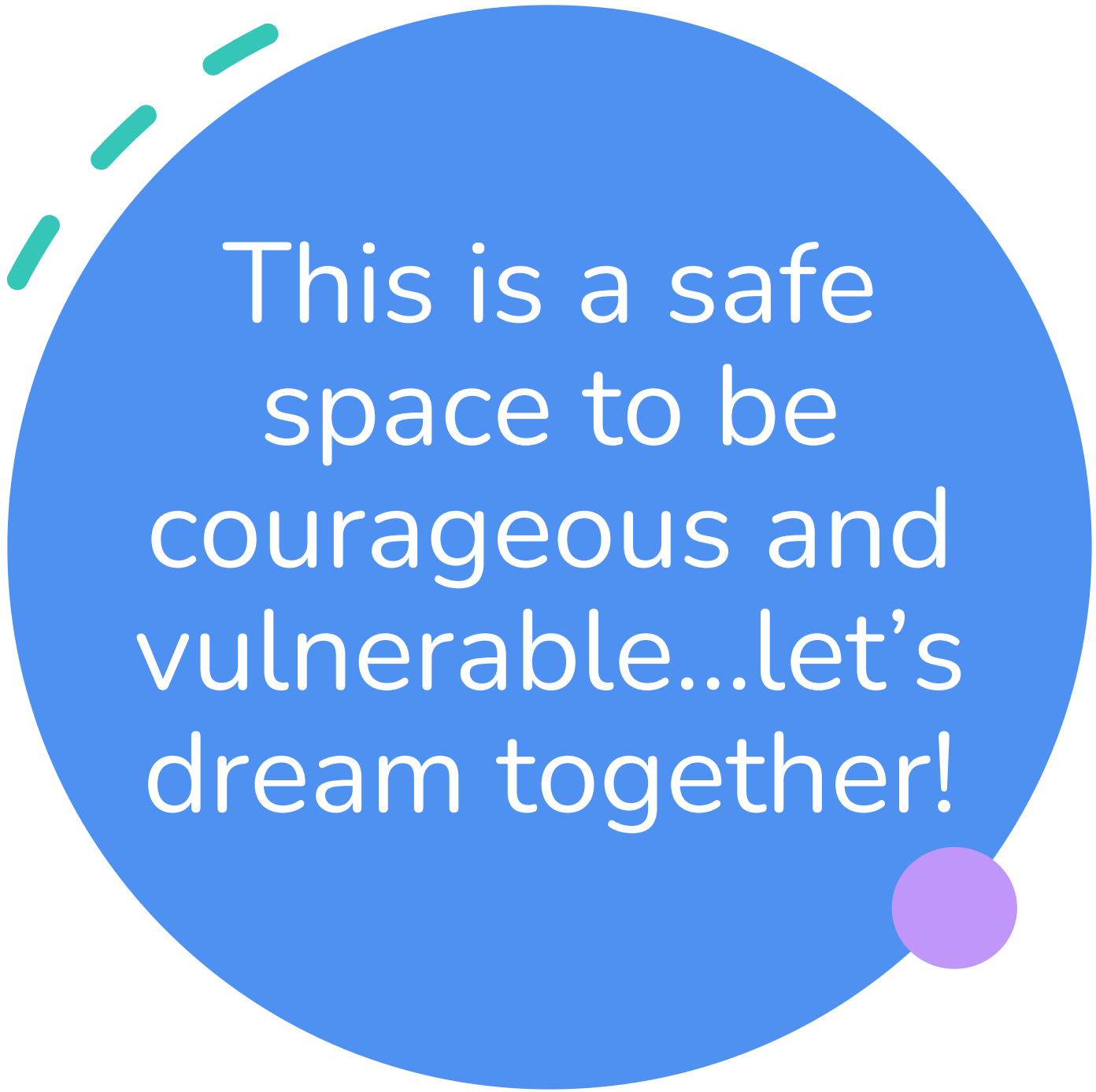
## VULNERABILITY



CONNECT  
POWERFULLY

# Courage and Vulnerability






This is a safe  
space to be  
courageous and  
vulnerable...let's  
dream together!



# Agenda

- Choose
  - Your
  - Own
  - Adventure
- 



CHOOSE



Change of any sort  
requires courage.

Mary Anne Radmacher

 quotefancy





# Choice Activity




YOUR



# Who are YOU?





# How are you living your values?

Wheel of Life

OWN



ADVENTURE



and so the  
adventure  
begins →

Setting  
goals...



Take the  
**FIRST STEP**  
in ***FAITH.***  
You don't have  
to see the  
**WHOLE**  
***STAIRCASE,***  
just take the  
first step.

-Martin Luther King, Jr  
1929 - 1968



“It is not the critic who counts; not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually **in the arena**, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself in a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.”

—Theodore Roosevelt  
Speech at the Sorbonne, Paris, April 23, 1910





Thank  
you!

Remember...it's your life,  
get into the arena!

