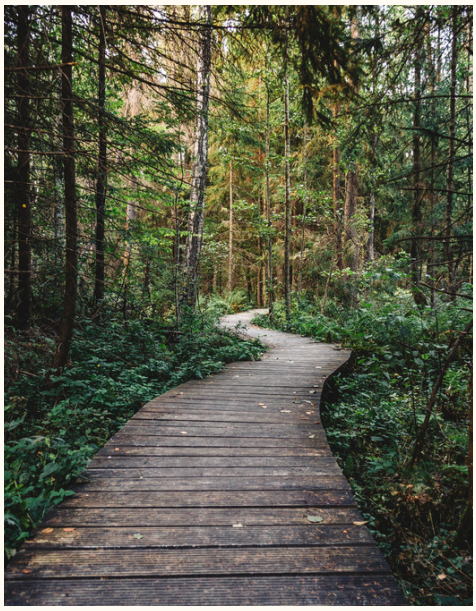
WELCOME TO OUR

Monthly Newsletter

we're so glad you're here!



An IWR Update

We often get asked, "What's happening with IWR?" At the heart of our mission is the third fundamental: "Faith without works is dead, and you must fall in love with the process." Building an organization from the ground up is no small task, and we are committed to doing it right to ensure it serves people effectively. Just as in life, having a solid foundation is crucial for strength and progress.

We are devoted to laying that foundation with care and resilience, believing that our careful planning and effort will lead to meaningful, lasting impact.

Building on our commitment to a solid foundation, we are excited to share that the workbook is now in hand, and the teacher's manual has been written and is currently in the editing and publishing phase. We are also diligently working on developing a comprehensive series of video courses that will complement both the manual and the workbook. These resources are designed to equip instructors with the tools they need to effectively teach and inspire within various facilities. Our goal is to ensure that every aspect of our program is thoroughly prepared, providing a solid framework for educators to guide others with confidence and clarity.

An IWR Update

As we advance to the next stages, we want to express our heartfelt gratitude to each of you who have supported us from the very beginning of "IWR." Your steadfast encouragement has enabled you to see firsthand the dedication and hard work that have shaped our journey. Thanks to your belief in our mission, we are confident that "IWR" will not only endure for years to come but also positively impact countless lives. We deeply appreciate your ongoing commitment and look forward to achieving even greater milestones together. Thank you for being a crucial part of our journey.

Inspiration Corner

"Go confidently in the direction of your dreams! Live the life you've imagined." — Henry David Thoreau

A Clinical Perspective

Addressing Chapter Three; Your Journey

By Dr. Richard Erhardt

I thought I would touch on a few of the concepts in Chapter Three “Rooted in Understanding that Life is Challenging and that’s Okay” of the Workbook.

Concepts to touch
a) Mindset
B) Starting Point
C) Authenticity

One's mindset goes beyond the concepts presented here. However, these ideas will likely influence various aspects of one's life. In this section of the workbook, the goal is to emphasize the importance of having a clear intention for personal growth. It all starts with one step: grasping where you currently stand. Picture it like starting a new sport, say waterskiing for some fun. t's unrealistic to expect that the moment you decide you love waterskiing, you'll effortlessly glide on water. Just like with any new skill, there will be falls and stumbles as you hone your abilities.

Recognizing your starting point is crucial—imagine standing on the dock, envisioning yourself on waterskis (not on snow skis), acknowledging the journey ahead with its ups and downs, yet eager to dive in and learn. So, let's focus on where you begin. Your mindset must acknowledge that you're commencing a transformative path. Anticipate challenges, setbacks, but remember, overcoming obstacles is vital for personal growth. Once you grasp the journey ahead, you can take the second step among many.

With this foundation set, let's delve into a critical aspect: authenticity. Staying true to oneself might be the toughest part, akin to staying aligned with your core values, your "true north." While adjustments are acceptable on your journey, they must serve a purpose. Remain loyal to your mindset, reflect on your starting point, and venture forth. The specifics of your action plan are unique to you; it is your journey, after all. To support your authenticity, consider engaging an accountability partner. This ally can aid you in staying true to your path, offering constructive feedback and guidance. This practice is proven effective in various life domains to facilitate personal growth, fostering authenticity and constructive growth.

Ultimately, strive to lead an authentic life—moving towards your aspirations without being swayed by societal norms or expectations. Embrace the journey; it's brief and should be a canvas for you to become who you aspire to be. WISHING PEACE.

Testimony Spotlight

By Ali Galuszka

The ripple effect is truly powerful! I would like to share a testimony to the effect of the I Will Rise and You Will Too mindset. I have been a part of the IWRYWT organization for some time now, and it has greatly impacted my life in several ways. For now though, I wanted to share a further effect. As an adult education teacher, I have begun infusing IWRYWT into daily lessons. My students are adults of all ages, all areas of the world, and are learning English. Most recently in the health unit, we started a list of positive sayings or phrases we could say to ourselves to promote positive thinking. I do not think that practices like this are done enough. After brief hesitation, the students wanted to continue adding to the list, and complemented each other at how meaningful their answers were. We talked about how these phrases make us feel and how they can change our mentality. It may seem like a small activity, but the impact is profound!

Thoughts & Questions

We would love to hear feedback from our followers of the journey. Any questions you may have regarding I Will Rise And You Will Too please feel free to email us!!!
How can we be a better organization for you?
All positive criticism and feedback is welcome.

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