

OWNING WHO YOU ARE

By Donna Deos

Do you know who you are? Who you *really* are? Do you like that person?

Are you tired of others trying to tell you who you are? Do they tell you things you don't like and don't believe? Why do you hang out with these people? Why do you listen to them?

It's time for you to own who you really are and stop listening to who others tell you who are. They are only doing this because they want and need you to fulfill a role for them. However, this may not be a role you wish to fulfill for them any longer.

That's okay! Time changes things. Living, learning and growing changes things, and it changes us. What we used to think, say, do and like are now very different from how they used to be. Did you like Brussels sprouts or spinach as a kid? I didn't either. Do you like them now? Maybe, maybe not. I'm sure there are other examples of how you have changed over the years.

The more we change the more uncomfortable we can make the people around us. Unless, they are changing and growing with us.

I saw a funny cocktail napkin that drives home the point I am heading toward. It says "Thank you to the ones who came into my life and made it better... and to the ones who left and made it amazing!"

Sometimes people come into our lives to help us become better people and sometimes they come into our lives to help us realize we are already pretty great and don't need to be, say and do the things they want us to.

Another quote I've liked over the years is "If you can't be a good example, then you can serve as a horrible warning." Some people (each of us at different times) can be the horrible warning we need. Sometimes, others provide that service or example for us. We all need the horrible



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warnings so we see the things that make us shine way above that.

Confidence comes from many places. Sometimes it is from our successes, sometimes it is from our failures. Often, if we are paying attention, we can learn from the successes or failures of others. This last option affords us to avoid having to live through the failure ourselves. However, failure is sometimes the greatest and most lasting lesson we can have.

So, who are you? What have you done and become that really makes you proud? Even if other people put it down – if it makes you happy and proud, that is what matters. If you make the world a better, brighter, happier place simply by being in it, then you are rocking it, my friend. Keep up the good work.

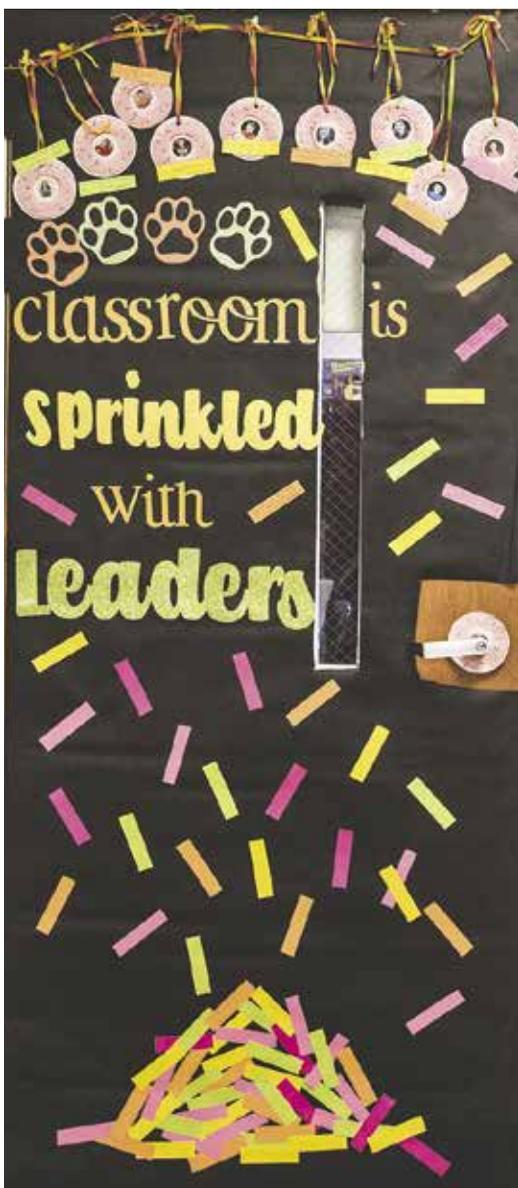
I know, that you know, there are things that you do and say that really make yourself and others feel better and go out and do good things. You are making a difference each and every day and you should feel proud about that. No matter what "they" might say. Who cares about what they think anyway? If they aren't helping to lift you up, you don't need them in your life. Now, don't go doing anything drastic just yet. Sit with this for a while first. Just realizing who the people are in our lives that don't lift us up is enough of a first step. Doing something about it comes later! Happy May! Donna

BOW MEMORIAL SCHOOL DOOR DECORATION CONTEST

by Nancy Rheinhardt

Schoolcation before Vacation. This weeklong event was sponsored by Peer Outreach Club, coordinated by school counselors, Mrs. Estefan and Mr. Rider. The goal of the club is to build leadership in students and build a positive school community and culture.

The Donut Door pictured on the left was the PAWS door, Positive Acclimation to the World for students winner which is the middle school's special needs classroom. **All photos courtesy of Eric Anderson**



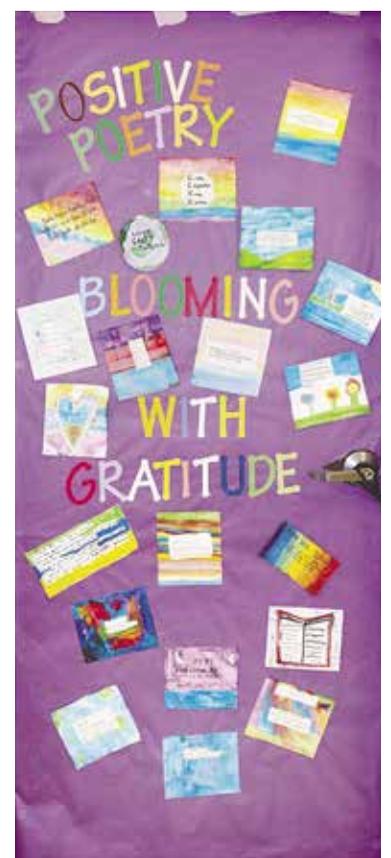
Donut Door – PAWS Door



Tree Door – Grade 8



Sponge Bob Door – Grade 8



Poetry Door - Grade 5