

Peer Coaching Milestone #2

Karen White

Over the past two weeks, Karen has dealt with a lot of family pressure but is setting her a new vision she has had to face disorder from the closest one to her. Karen has come to the reality that it is ok to say no to some of the pressures that her family member has tried to place on her. Moreover, with great resistance, it has challenged her to stay focused on herself and knowing when it belongs to her or it is someone's problem other than hers. Truly, this past week has been a real reality having to say no hurts but to be victorious in her personal life it is a must. Meeting her goals in the timeframe that has been set is making a positive difference in the completion with compassion making her win in life.

“The Role model” has helped her as well as the Grow model leading her to focus on being the best Karen she can be. We spoke that little by little we go and grow. She stated she feels like she is growing spiritually, mentally, emotionally, physically, and economically. Before, she was feeling as if she did not do for her family she was not being compassionate. But understanding the difference of being used and having compassion is a fine line in the relationship. Karen has made the decision that she is in charge and that having the freedom to grow is very self-fulfilling, in taking over the way she is dealing with her friends, family, and church members. In addition, her attitude and abilities have had a great impact on how she sees the potential being developed into reality.

Above all, her present living environment has changed, and it is working out for her in countless ways. Her health concerns are now being worked on she has changed her eating

habits and is looking to get in a gym with a pool, this will allow her to have a low impact work out that will not let her overdo it. Furthermore, the time management piece is coming together, and this is giving her more focus on personal career development. After all, her vision is coming to pass as she stands in faith with her values and beliefs that she can do all things with God's help in leading her and guiding her as walks on this journey called life. Coming to the reality that it is pain and pleasure that drive humanity is no joke. Truly, in speaking with Karen it takes some pain to get to the pleasure in one's life. It may be painful sometimes in saying no, but it will and does set us free from people that are not helping us reach the high call we have on our lives as Christians. In our last inference, Karen and I concluded that this change will come more effortlessly if we would be honest with ourselves and humble and present a new plan unto the Lord in doing so we have seen great results.