

VICTORIA SCANLON'S THREE STEPS

TO BRINGING YOUR A-GAME

SHINE A LIGHT INTO YOUR OWN DARKNESS

Lighting up the darkness is at the heart of Women United. Your greatest ability to inspire and empower others comes through your own adversity and lighting up your own darkness.

Be willing to share that vulnerable part of yourself, speaking honestly and openly about your struggles, so that you can in turn help others.

CHOOSE GRIT

Sometimes our journeys involve us walking uphill, barefoot in the snow (both ways) - even in Florida! Grit is the ability, through faith and determination, to pull yourself back up, to stand up after falling down, and to bring more resolve and wisdom because of what you faced.

We do not celebrate the adversity itself, but as women who have faced adversity, you bring various gifts because of your history and your resilience.

YOU HELP OTHERS BEST WHEN YOU HELP YOURSELF FIRST

Look at what you put in your body. Opt for healthy organic food that gives your body the fuel and energy it needs.

Sleep is at the center of it all. Wind down before bedtime by avoiding bright lights and blue light. Meditation and yoga can improve your quality of sleep.

Exercise is an effective anti-depressant and helps to resolve the build-up of stress chemicals in your body.

2022 WOMAN OF DISTINCTION

