

NOTES  
Setting Your Sight on the Future TeleProgram  
Week 1 – Self Knowledge  
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**Self Knowledge:**

How well do you know yourself?

What do you value? What are your priorities?

How do you honor the priorities in your life and live what you value?

**Message:**

1. Knowing who you are and what you value makes it easier to be intentional about the choices you make. An intention is a determination to act on something in a particular way.
2. Spina Bifida is a characteristic but does not define you.
3. Setting priorities might come after an “AhHa” moment – a new discovery about how you need to adapt to a changing life.

**Discoveries:**

Be scientific – Try, evaluate – did it work or meet my expectations? Making adjustments can change the outcome.

**Group Comments:**

- “To Do” lists with stars or deadlines highlighted is helpful in getting things accomplished
- Writing down fitness accomplishments – tracking-keeps your goal and success in view and motivates for staying on track and improving.
- “I made ME a priority. I made a dramatic choice to care for myself! “
- “If you get over-extended – you can’t help yourself.”

**Best Life Lessons: ? Think about and save for week 2**

New book – Wheat Belly by Dr. William Davis – [www.wheatbellyblog.com](http://www.wheatbellyblog.com)