



KATE PINTOR ”

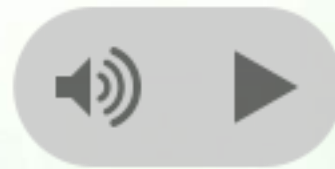
BUSINESS MADE PERSONAL



**Power of Pain Foundation
MidWest Expo & Conference
Chicago August 9, 2014**



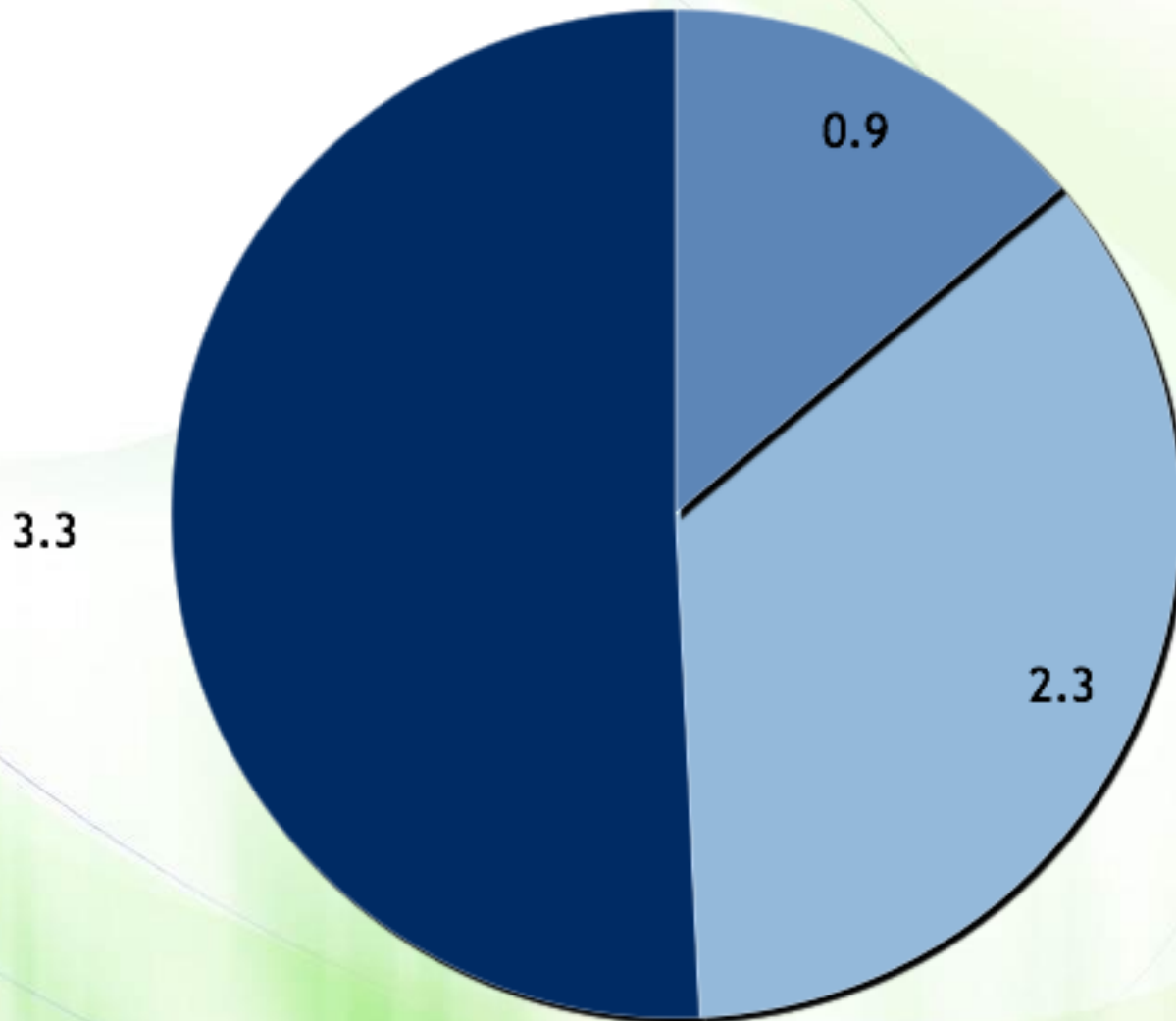
Life Beyond Pain



**“The seed of suffering in you
may be strong, but don't wait
until you have no more
suffering before allowing
yourself to be happy.”**

Thich Nhat Hanh

Reality Check



What we **BELIEVE** about
OURSELVES
affects our **PAIN**.

L I F E is 10%
what happens to us
and 90%
how we respond to it...

Chuck Swindoll

What we **BELIEVE** about **PAIN**
impacts the **QUALITY**
of our lives.

value

PAIN
can make you
FORGET
Who You Are

Consider the **LABELS**
that have
DEFINED you

words create **IMPACT.**

Attacking Thoughts

I can't contribute the way I am needed to.
My kids will grow up bitter and resentful.
I am a burden.
I will never/always...
I have no future.
I have less chance of happiness than others.
I will end up without friends .
My spouse will leave me.
I can't enjoy what I am good at.

What about
your **STRENGTHS?**

*What if it were
possible... to Adapt...
and Tap into the
HUGE resource within
each us?*

Who Am I Anyway?

Meaning of my name

Roles I play in my life

Type of Worker

Type of Student

Type of Parent

Type of Friend

What it takes to live in pain

Experience of being loved

A word cloud centered on the name 'Mary'. The name 'Mary' is enclosed in a blue rectangular box. Surrounding it are various descriptive terms: sister, mother, lover, friend, daughter, brave, courageous, peaceful, warrior, graceful, gentle, hardworking, diligent, responsible, funny, good listener, and caring. The background features a blue-to-green gradient with abstract, flowing shapes.

Mary

sister

mother

lover

friend

hardworking

responsible

daughter

diligent

brave

funny

good listener

courageous

graceful

gentle

caring

peaceful

warrior

The Truth

- You are Uniquely Designed

The Truth About Us

What we tend to forget...

- You are Uniquely Designed
- You are more than enough ... just as you are

The Truth About Us

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- You are Valuable

The Truth About Us

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- What if the things that interest you in life comprise that gift that you are to others

The Truth About Us

What we tend to forget...

- You are Uniquely Designed
- You are more than enough ... just as you are
- You are Valuable
- What if the things that interest you in life comprise that gift that you are to others
- If you don't contribute the gift of YOU, who in your world will miss out on something spectacular?

vision

Rediscover WHO you are...

**Renewing HOPE is fueled by
our imagination, our curiosity
and our faith.**

***Practice Generosity and
Small Simple Kindnesses***

Share Skills -Volunteer

Mentor

Choose a new career path

Gain more education

Imagination and Perseverance
are two of the greatest
resources

we possess when the world
says there are no more
options.

***Renew your
Mind***

**We shall from the heart itself
draw the means of
inspiration and survival.**

Winston Churchill

***Try
Forgiveness***

Remember RULE #6

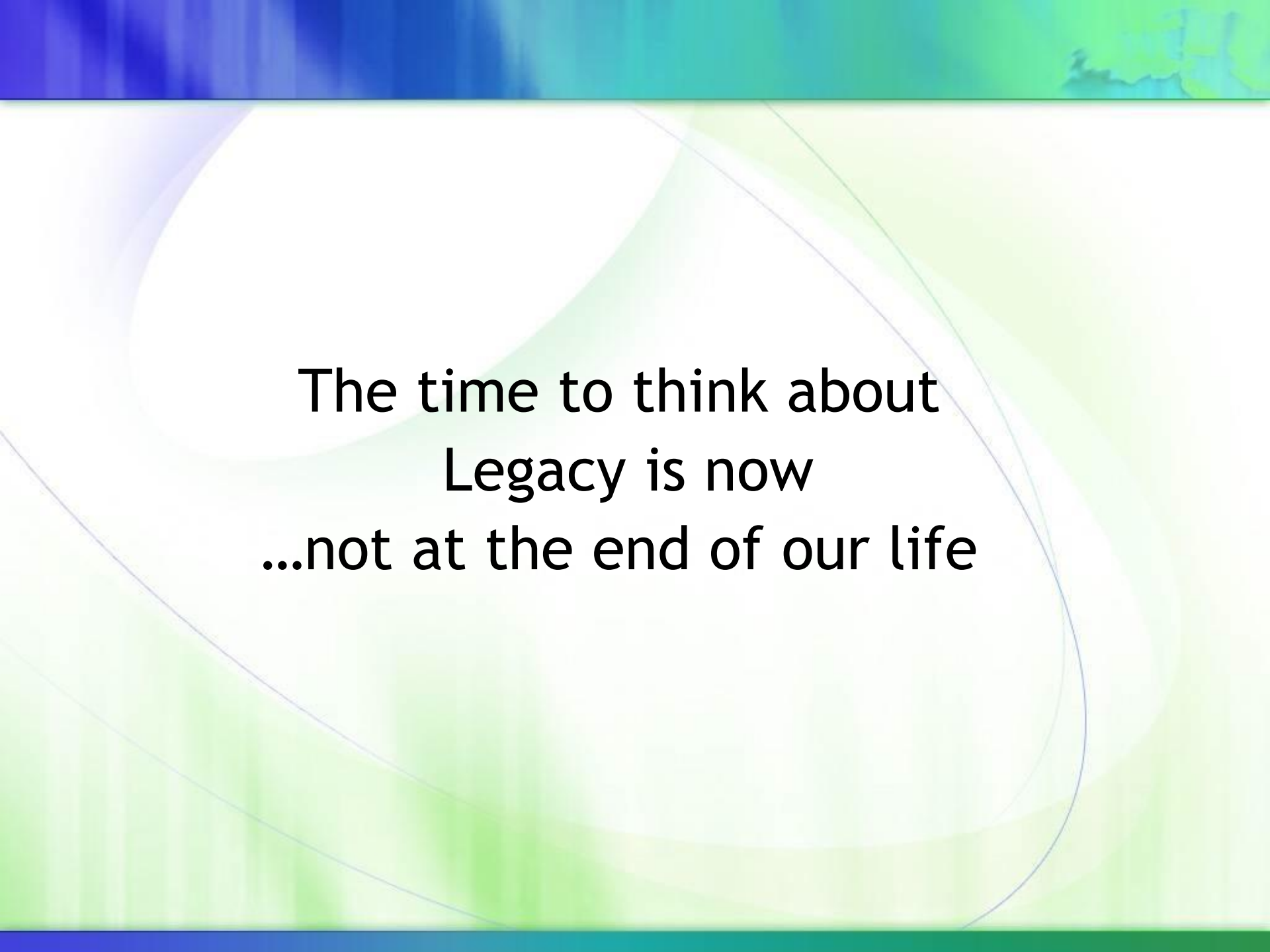
Remember RULE #6:
*Don't Take Yourself Too
Seriously*

To truly laugh, you must
be able to take your pain, and
play with it!

Charlie Chaplin



Share your Wisdom...
VOICE



**The time to think about
Legacy is now
...not at the end of our life**

“Our notions about happiness entrap us. We forget that they are just ideas.

Our idea of happiness can prevent us from actually being happy.

We fail to see the opportunity for joy that is right in front of us when we are caught in a belief that happiness should take a particular form.”

Thich Nhat Hanh



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