

## Benched

Vernon was a highly skilled athlete, yet he was not selected to play on the field. As a result, the bench on the sidelines became his designated space—a place where he chose to withdraw. In that moment, Vernon felt disconnected, believing that this was where he truly belonged, as he struggled to find purpose in his present circumstance, benched.

## Vernon's N.O.W

Although Vernon's passion faded due to the coach's decision to keep him off the field, he ultimately found his role and a sense of connection in his present situation. He came to accept his place, discovering a renewed purpose in the moment. Vernon found his N.O.W.



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## DOIN' BIG THINGS N.O.W

**Making the most of N.O.W!**

“When you feel your goals are impossible, that makes you normal; attempting to achieve them regardless is what sets you apart and makes you unique.”

—Vernon King





## Speaker:

**VERNON KING, JR.**

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## What is N.O.W

We **N**avigate | We **O**vercome | We **W**in

### ● We **N**avigate

| Choose your destination |

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### ● We **O**vercome

| Prepare for detours |

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### ● We **W**in

| Embrace/Recognize  
achievements and growth |

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"IF A QUOTE BY VERNON  
RESONATES, DROP IT HERE."

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**"It's Your Life, You should Love it"**

