#### **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.



For more fun, motivational videos and practical advice, follow Vernon King



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"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



# **DOIN' BIG THINGS**

N.O.W

Making the most of N.O.W!



## **Speaker:**

**VERNON KING, JR.** 

Founder of MYC | Ed.D. Educational Psychology and Technology | M.A. Child & Adolescent Psychology



Vernonkingjr.com

### What is N.O.W

We Navigate | We Overcome | We Win

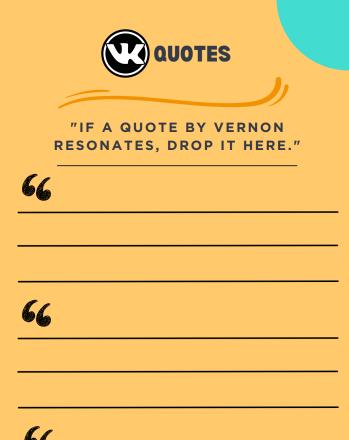
We Navigate| Choose your destination |

We Overcome| Prepare for detours |

We Win

| Embrace/Recognize achievements and growth |





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

