

# **“Me First”**

## **A Focus on**

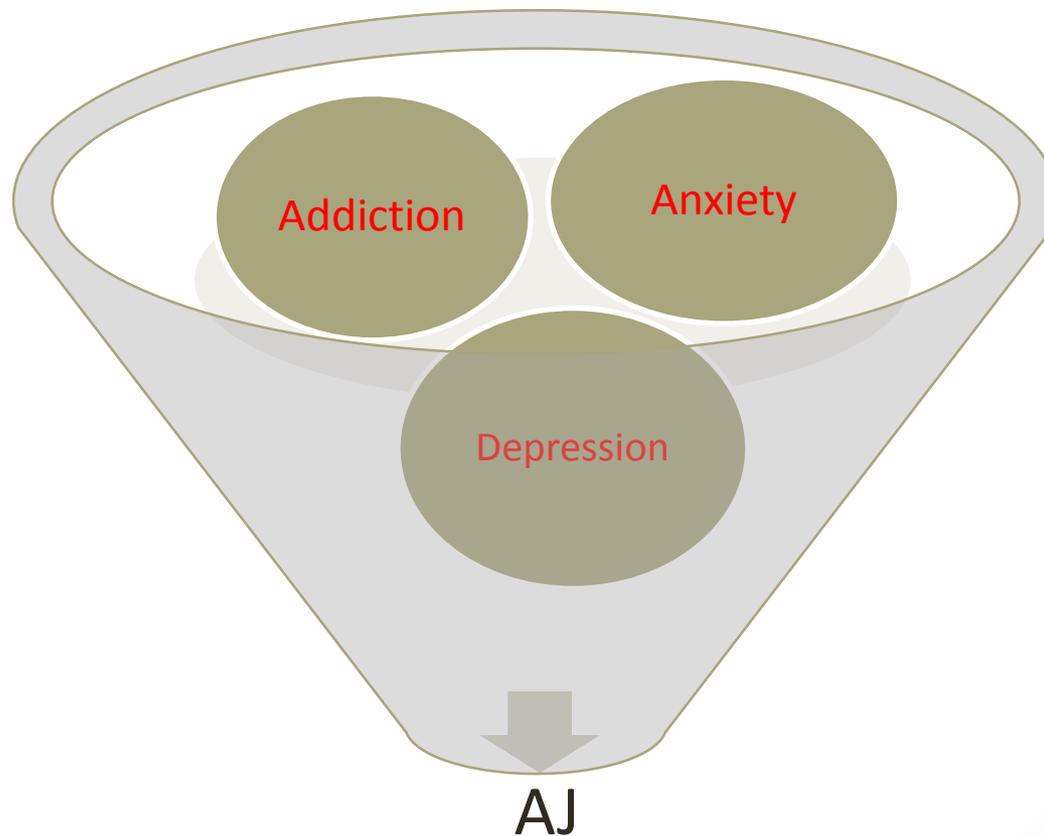
# **Internal Well-Being**

Program Education Series

Session 1: The Basics

# Personal Thoughts

The idea of “Me First”, A Focus on Internal Well-Being, was born out of my experiences as an individual of faith living with realities that almost destroyed me.



# Personal Thoughts

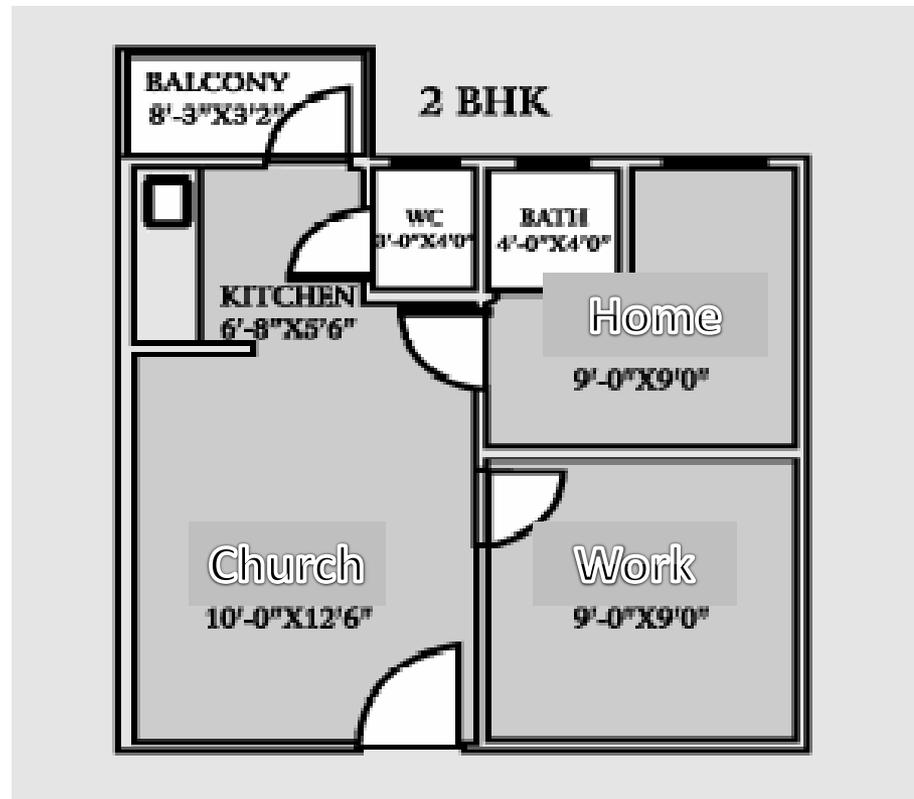
While seeking help for myself, I discovered the following:

- It was very difficult to make my personal needs a priority
- Personal tragedy or major issues caused temporary changes in my life, but they were short lived
- I made everyone and everything else a priority over my own well-being
- I spoke of truth to others, but I lived in falsehoods and ignored my own realities

# The Room

The process of change begins with the acceptance of certain truths that occupy the rooms of our lives.

We live with them, but choose to ignore them or fail to realize the serious impact they are having on our well-being.



# The Room

Truth #1: We ALL have issues that plague us



# The Room

Truth #2: Unaddressed issues clutter up our rooms with things that interfere with healthy development



# The Room

Truth #3: Unhealthy development can make the abnormal acceptable



# The Room

Truth #4: **Accepted** abnormalities can distort our view of life and disturb the fabric of our relationships



# The Room

Truth #5: We can ignore our realities, but the end result can be catastrophic



# Facing the Reality

- What is your state of well-being?



# Changing the Game Plan

Putting “Me First” begins a new thought process as it relates to how we treat ourselves.

This leads to internal changes, some of which are listed below:

- **Making yourself a priority**
- **Getting beyond the ideals and opinions of others**
- **Realizing it is a biblical mandate**
- **Accepting the reality that I need help**
- **Becoming a balanced vessel that is transparent**

# Changing the Game Plan

## **Become a student, not a patient!**

Making ourselves first, accepting our reality, and a willingness to learn benefits us in the following ways:

- We gain deeper knowledge about ourselves
- We learn the truth about our disorders and other issues, treatments, and solutions
- Establish transferable knowledge

# Undeniable Results

As a result of going through the process of healing, we experience:

- A different level of faith
- Greater clarity for daily living
- Greater spiritual empowerment
- A very different view of family, friends, congregants, etc.
- A state of well-being that fuels our desire to see others healed
- A desire to share our story
- See the importance of support programs in the church, partnerships with service providers and clinicians

# The Question?

- What are YOU willing to do to address the issues/situations in YOUR LIFE?

# The First Step

Be bold enough to seek help!

Resources:

- Clinicians
- Other clergy or friends that have experienced healing
- Programs or organizations such as CTAAFSC

THE ONLY  
PERSON WHO  
IS GOING TO  
GIVE YOU  
SECURITY AND  
THE LIFE YOU  
WANT IS YOU.

# Information

“Me First” Family & Individual Guidance Program

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