

June 2005

Perseverance

Have you ever felt overwhelmed with everything in your life? Have you ever felt like nothing was going your way? Chances are you have experienced some level of this in your life. There are some of you who may still be struggling to get through the difficult times you're having in your home or school life.

What you may not realize is that each obstacle you face and overcome will shape your attitude and your mind set in life. These challenges have shaped me into the person I am today. I am still experiencing obstacles in my life, but they are easier to overcome because of my will power, positive attitude, and perseverance that began earlier in my life.

I didn't make the cheerleading team in high school, I wasn't a straight A student either. Actually, I struggled to graduate in my senior year of high school, but I graduated. I wasn't always the perfect weight either! As an adult, I have faced rejections with book proposals that I've submitted to publishers, not being selected for the job I wanted, not passing an important test, not submitting the best papers in school, and much more!

I am not Dr. Nina because I know everything and had the perfect life. I do what I do today because of what I had to endure in life, and because I had the opportunity to work with teens and young adults, especially those who were at risk. I do what I do because everyone didn't have the support I had, and I want you to have support if you are feeling alone, and having problems getting through the tough times you may be facing.

I want you to have a place where you can go to find help and support from others on the bulletin board. This is the reason it's available to you. I want to offer the resources to encourage you to never give up in life, school, or anything else!

God Bless you on your journey.

Dr. Nina