



# #1: VICTIMS, SURVIVORS, CHAMPIONS

What is the difference in your mind between victims, survivors, and champions?

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Based on what the *Old You* has believed about you, which one are you? (and you can't really say that you aren't any of these three because you haven't had trauma, or you think you became something else. Either, you don't have what you want because of your history (victim), you have settled for *some* of what you want (survivor), or you have *triumphed* as a result – and you are winning the game of life!) Which one are you? Why or why not?

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If you are a champion, every mistake you make is a lesson preparing you to win... if you are not a champion, every mistake you make is evidence that you are not a champion, and probably can't be one...

- Facebook, September 6