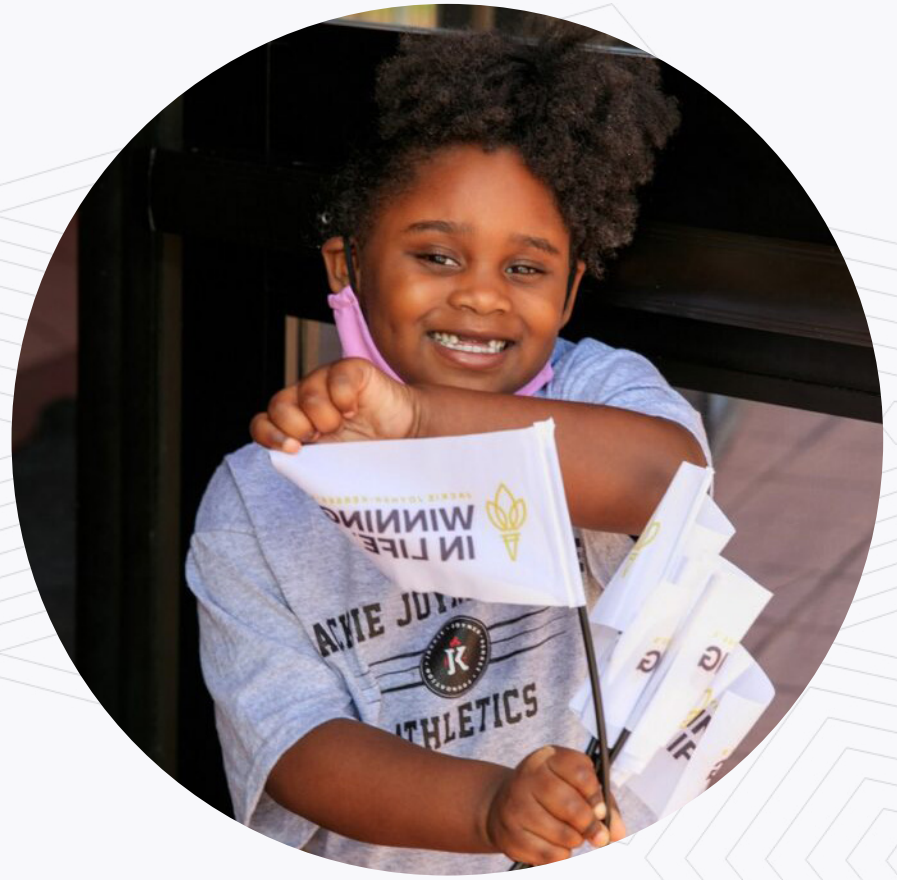




# JACKIE JOYNER-KERSEE'S WINNING IN LIFE®

JJK Winning in Life is Jackie's way of sharing the mind, body and spirit approach to life with children and youth throughout this country so they too can be winners in life.

*Jackie Joyner-Kersey*



86%

Reported they improved athletic/physical skills



91%

Reported they learned to find ways to achieve their goals

93%

Reported they learned to find ways to achieve their goals

#### CONFIDENCE

Having confidence in your ability to do something increases your motivation.

#### COURAGE

It is not always easy to stand up for what we believe in, even when we know it is the right thing to do.

#### RISK-TAKING

Taking risks can be positive or negative.

#### CRITICAL THINKING

Critical thinking can benefit you on the playing field, in the classroom, and in social situations.

#### DETERMINATION & GRIT

Determination is when you have the resolve to carry out a task or achieve a goal.

#### DESIRE

Desire is a strong feeling of wanting or wishing for something to have, happen, or attain.

#### DEDICATION

When we are dedicated, we model devotion and commitment to a purpose or task.

#### COMMITMENT & HARD WORK

Commitment is defined as sticking with something, even though it might not be fun or easy.

#### GOALS

It is important for you to learn how to set and attain goals in the different areas of your life.

#### PASSION

Passions are strong emotions. It is important to take time to think about what is important to you and what you are passionate about

#### SELF-RESPECT

Self-respect means demonstrating a sense of pride in oneself.

#### SERVICE

It is important to learn how to give back and understand the importance of doing so.

#### VALUES

When you take time to reflect upon your values, you will be better equipped to make good decisions.

#### WELLNESS

Embracing good nutrition, exercise, positivity, and enough sleep is vital for well-being.