

Toronto **abi** Network  
conference  
— 2024 —  
Connecting • Learning • Inspiring

## OMG What's Next?

Tips to Initiate Positive Change,  
Transform Trials into Triumphs, & Land  
Butter Side Up with A Healthy Outlook

Toronto **abi** Network

With award-winning author Jane Enright

©Jane Enright 2024

December 5<sup>th</sup>, 2024

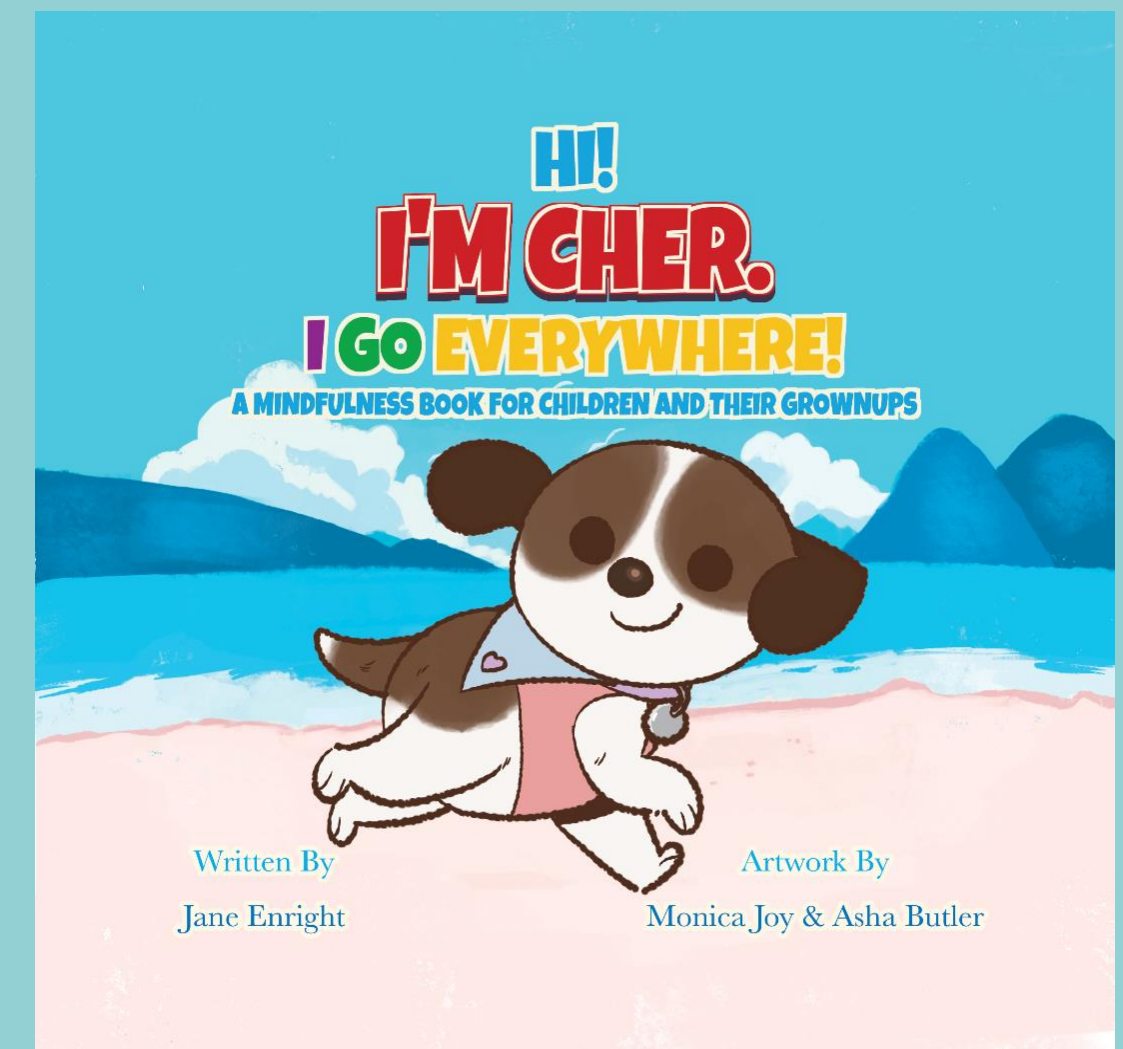
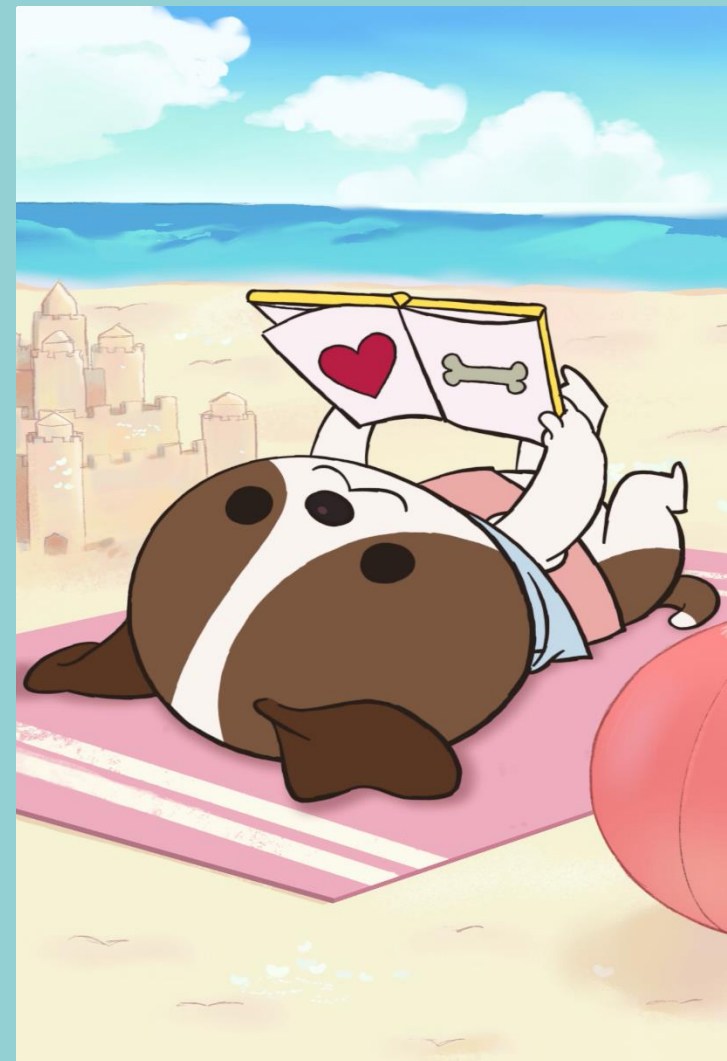
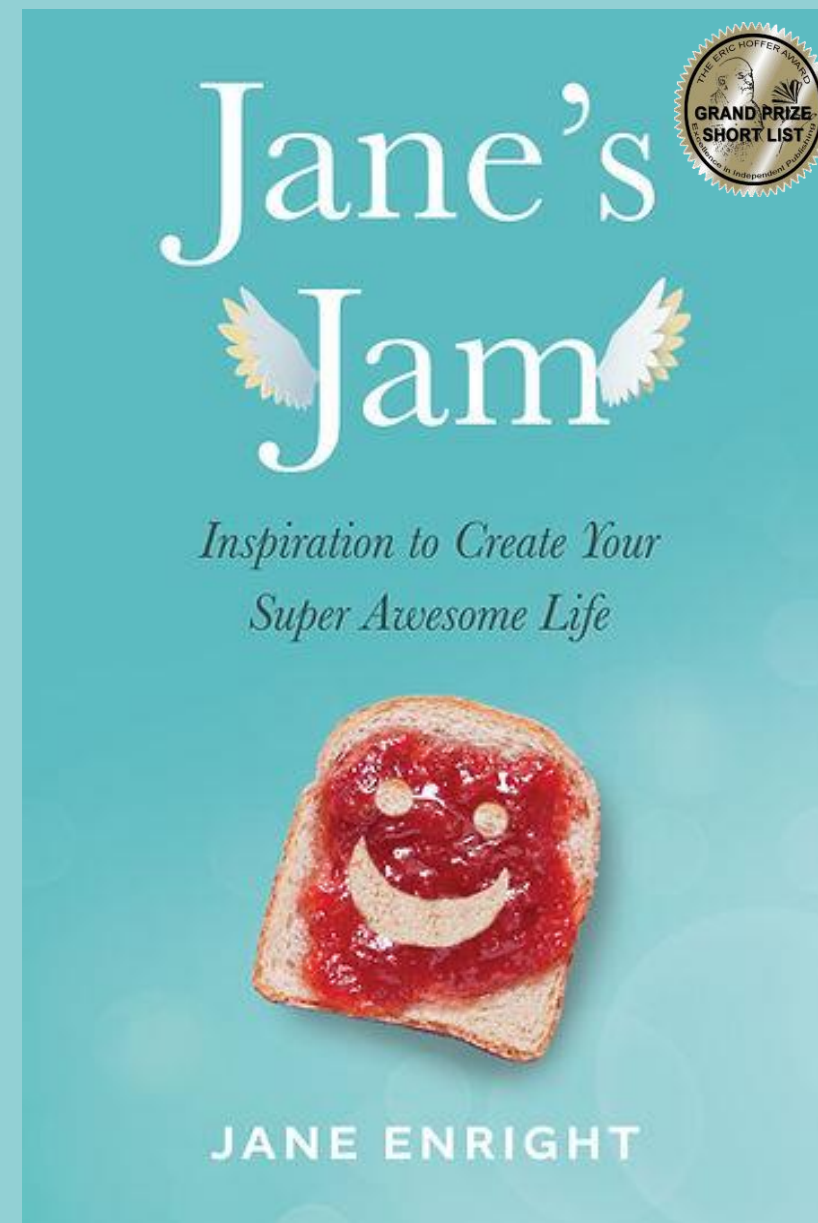
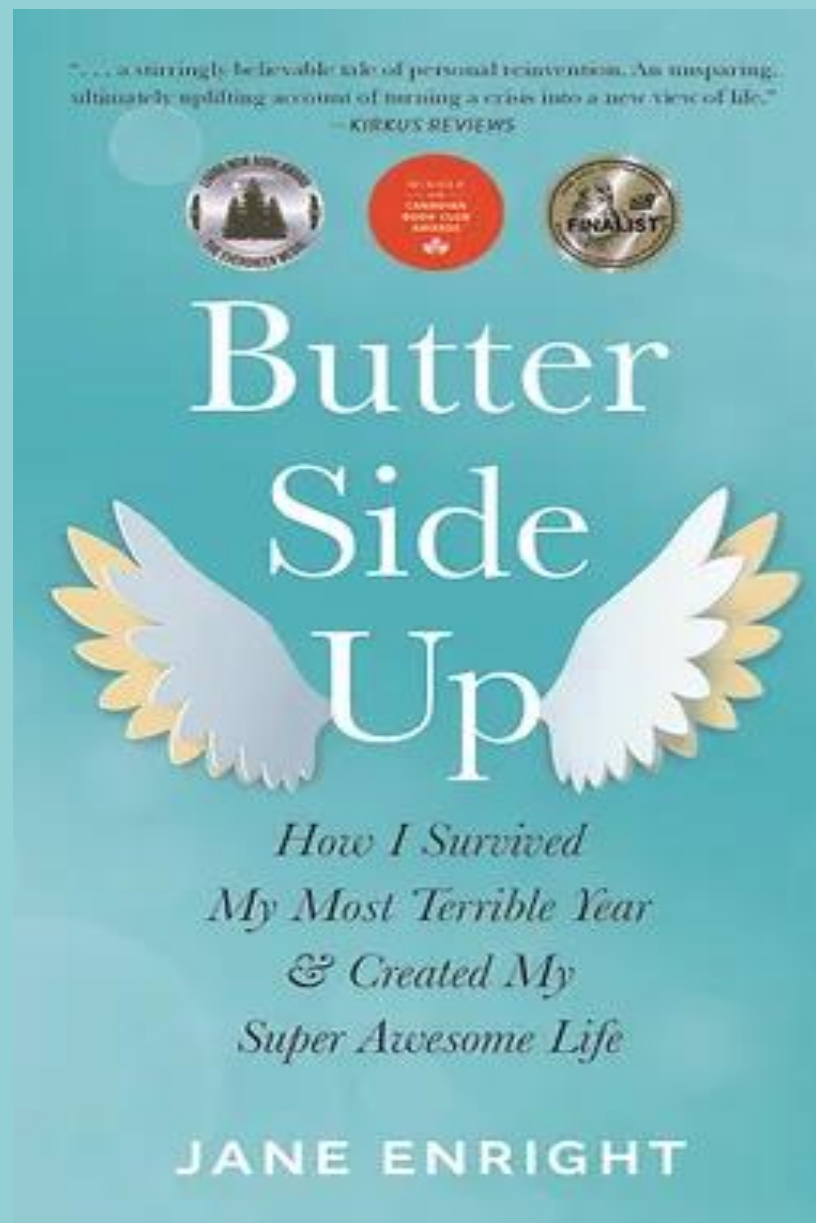
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“The past in just a chapter,  
not the whole book”

Jane Enright

[Janeenrightauthor.com](http://Janeenrightauthor.com)



Just keep writing...  
Just keep writing...



How do you know you can't do it?  
You just need to try.

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The greatest discovery of all time is that a person can change their future by merely changing their attitude.”

--Oprah Winfrey

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The average human being spends 2.5 billion seconds on Earth.  
How do you want to spend your time?

-

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“It’s not just the years in our life, it’s the  
life in our years.”

---Abraham Lincoln

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“My crystal ball is in the shop. I don’t have all the answers, however I’m trying to think more positively.”

----Butter Side Up

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“Vulnerability is your superpower  
--Brene Brown





WELCOME TO  
**ACCEPTANCE**

ENJOY YOUR JOURNEY

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OMG



MINDFULNESS



OUTSIDE IN  
THINKING



GRATITUDE

7/13/20XX

7

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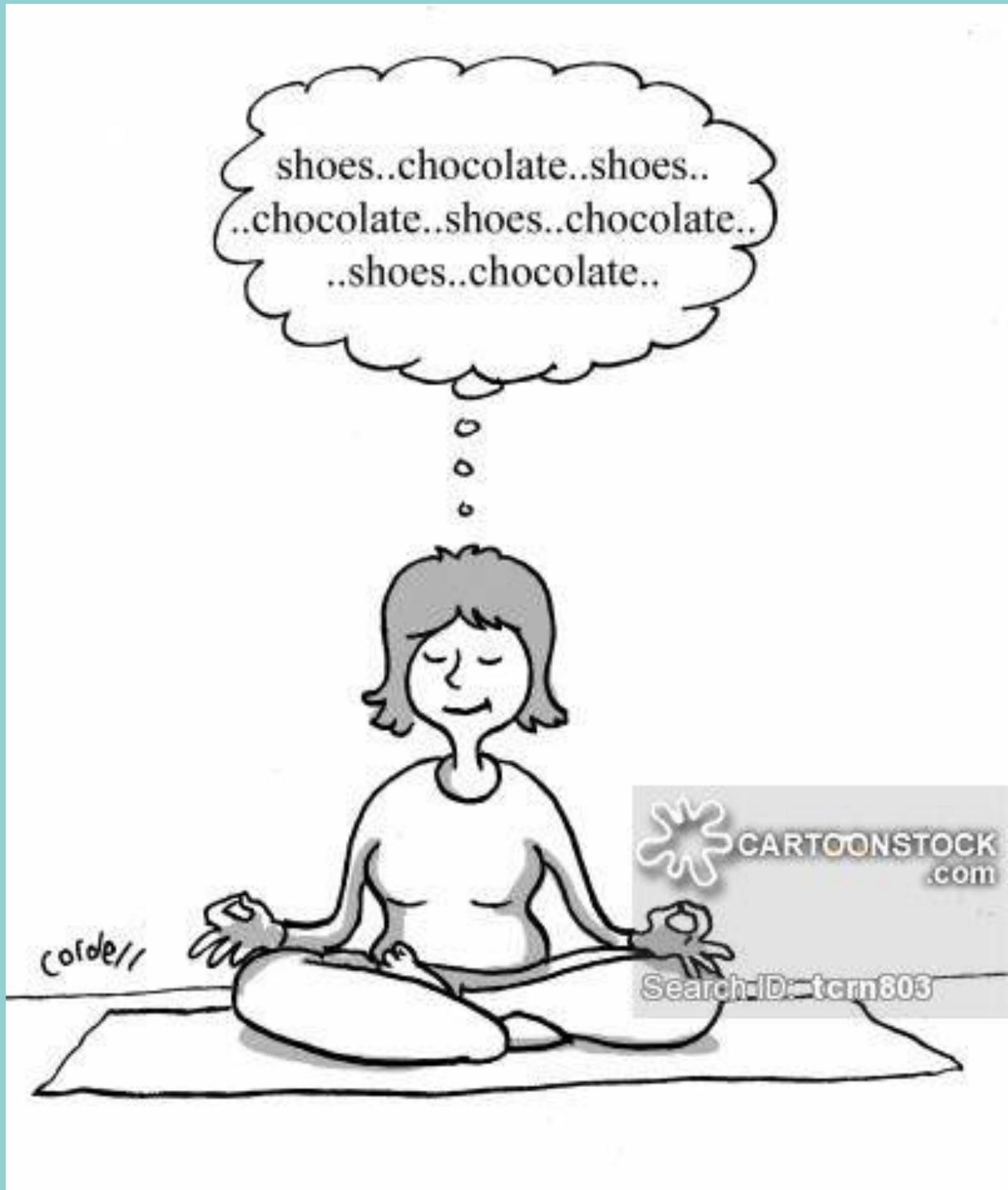


“Nobody likes a change except a wet  
baby”

---Peter Drucker

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# MINDFULNESS

“Mindfulness keeps us out of depression about the past, and anxiety about the future.”

“Mindfulness is making up your mind to stay in the present...taking things one day at a time, in a manageable way by living more intentionally, being careful what you let in-or do not let into your life along the way.

-----Jane's Jam



Fondation  
Brain Canada  
Foundation



Adopt the Six Pillars of Brain Health  
[braincanada.ca](http://braincanada.ca) [brainchanges.org](http://brainchanges.org)



Source: Dr. Matthew Galati-[brainchanges.org](http://brainchanges.org)







Gratitude





“Gratitude makes sense of our past, brings peace for today, and a vision for tomorrow.”

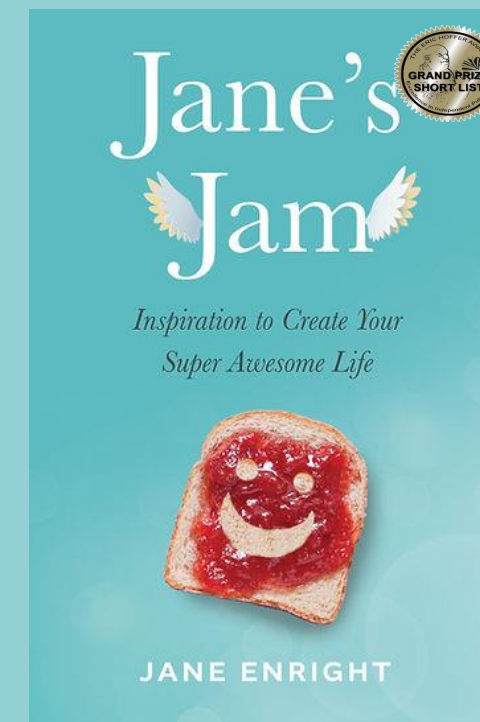
--Melody Beattie

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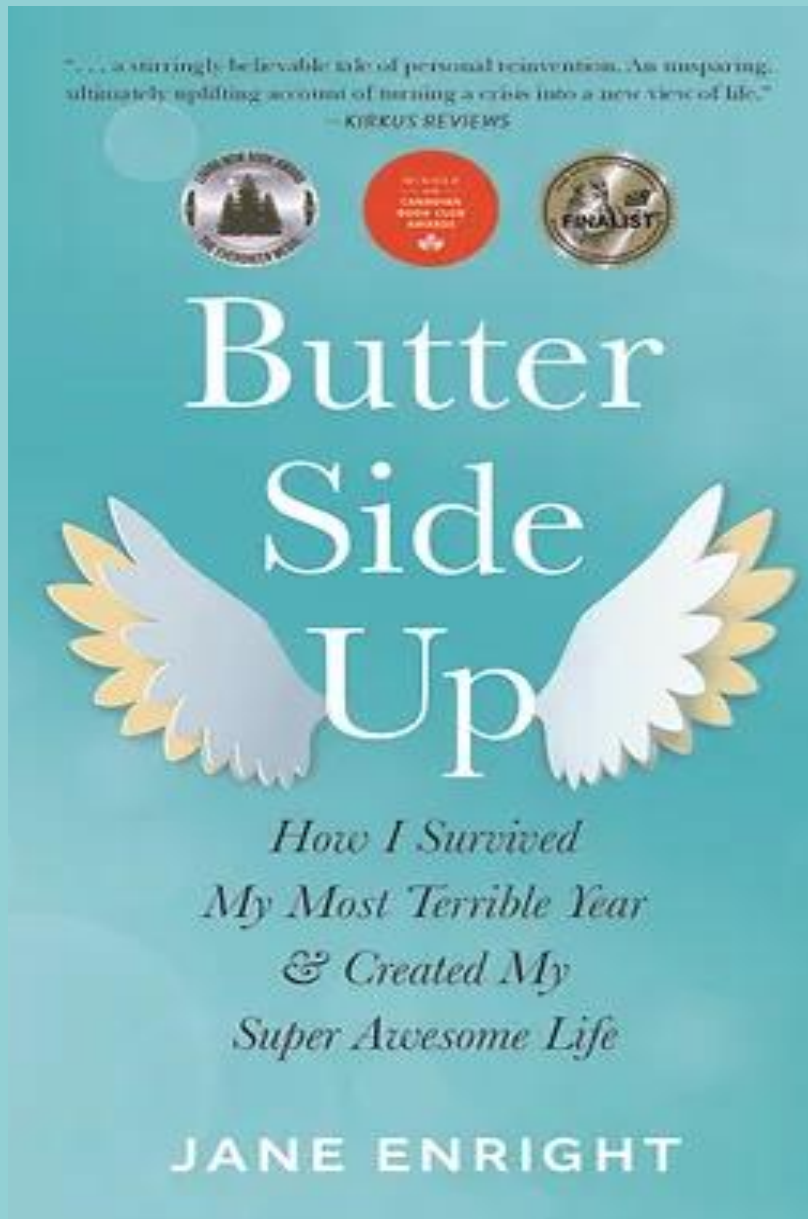
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Be your own #1 Draft Pick  
----Jane's Jam



# Tips to Land Butter Side Up with a Healthy Outlook!



## Embrace That Life Is Change

Recognize challenge brings opportunity

## Move Forward with Acceptance

Accept what is, rather than what was

## Use Your OMG™

Outside In Thinking . Mindfulness . Gratitude™

## Live Purposely & Intentionally

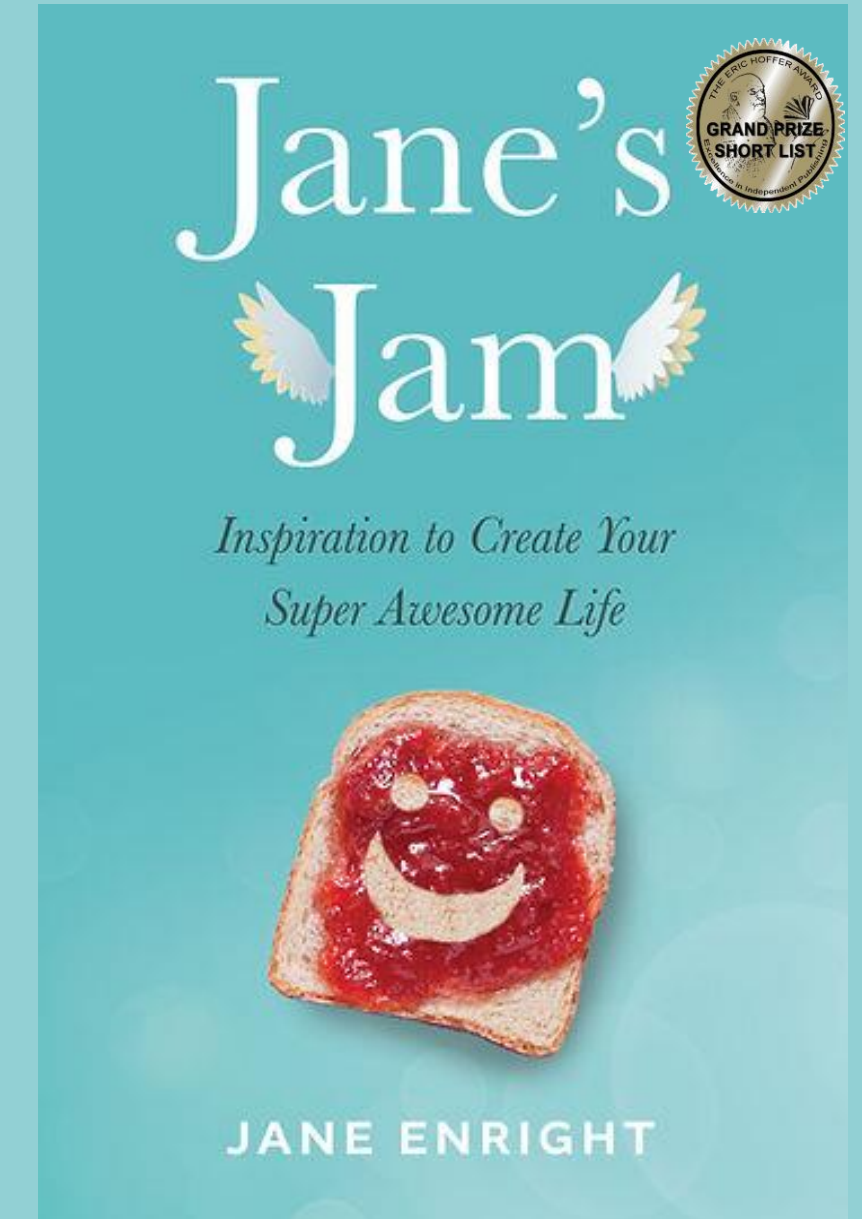
Create new routines to create well being and joy

## Adopt the Six Pillars of Brain Health

Support health & your best self

## Begin & End Each Day with Gratitude

Bring peace for today & vision for tomorrow





“The rest of my life, is the best of  
my life!  
---Louise Hay

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Thank you!

Let's Work Together to make  
your ideas happen!

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