



Getting the Reps with: Paralympian Nicky Nieves

Finding Community

Key Takeaways

- As you find community in different areas of your life it can help you feel seen.
- It helps to find others who have gone through similar journeys or faced similar struggles so you can see how they tackle challenges.
- Keep fighting to build your world and adding things that make your life better, even if you haven't found the people who will understand it yet.

Things to Think About

- What are some areas of your life in which you've found community? Areas in which you haven't yet?
- Through whatever challenges you face, how are you "getting it done anyway"?
- What does it mean to you when Nicky says to "keep fighting to build your world"?

Ways to Practice

- Make a list of the different communities you're part of. Also note areas in which you have not yet found community.
- Consider an obstacle you've faced and where/how you might find others who have gone through the same struggle.

