



Arc of the Day



Awareness of the Past

Looking at our past experiences and traumas, including those identified in the ACEs Questionnaire, can be a valuable first step toward planning a different future.

Acknowledgment of ACEs and their Present effect

Acknowledging the influence our past challenges have on our current attitudes and behaviors can be a powerful catalyst for change.

Action planning toward goals for the Future

Using the resilience born from reflecting on our past and present, we can take steps forward that ignite our sparks and create sustainable change, breaking the cycle of passing ACEs from one generation to the next.