

## **Show Notes - Overlooked: Finding Your Worth When You Feel All Alone with Whitney Akin**

Today we will be in the emotional and spiritual classes.

Our teacher today is Whitney Akin, author of *Overlooked: Finding Your Worth when You Feel all Alone*.

### **Guest introduction:**

- Her heart is to see and celebrate the purpose and potential of the overlooked and invite them to live seen by the God who loves them.
- Whitney's writing has been featured in (in)courage, Her View From Home, Proverbs 31 Ministries and more.
- Whitney lives outside Atlanta, Georgia, with her husband, Eli, and their three (crazy) beautiful kids.

### **Topics:**

- My intent with Old School is to tell our stories and how we walked them. What we did to get and maintain health in the physical, mental, emotional and spiritual areas of our lives. I would love to hear your story about the journey that brought you to writing Overlooked. Also a couple of the high level principles that helped you find the space to be seen.
- I liked Chapter 11 WWJP?
- How does social media contribute to the struggle of feeling overlooked?

### **Whitneys Nugget:**

- "1 thing I wish I would have known sooner in my life was that. When I hid myself away from other people out of fear

for what they would think about me or fear for them to see my weaknesses or fear of being an awkward introvert, like I often am, I was also hiding myself away from being used by God. And I didn't realize it because God uses us in relationship with people.”

Thank you for coming to class today. If you could rate, review and subscribe to the podcast and our newsletter I would be ever so grateful. All of my connection links are in the info section. I will respond and appreciate all engagement. Class dismissed.

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