

WFWP USA: January Self-Care Isn't Selfish

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This month's Self-Care Isn't Selfish Series featured Charlotte Gray, a fearless living coach, as our guest presenter on the topic "From Ordinary to Extraordinary: Breaking Free from Fear." Charlotte shared her powerful personal journey of investing in real estate, losing everything, and ultimately being forced to confront her deepest fears. She spoke candidly about reaching a turning point - calling an end to her own "pity party" - and choosing to work with a coach who helped her learn how to step into an extraordinary life.

One of the most impactful lessons Charlotte shared was recognizing a common mistake many people make during hardship: cutting themselves off from friends and support systems due to shame and guilt. She emphasized that isolation strengthens fear, while connection creates healing and forward momentum.

Charlotte offered practical tools participants could immediately apply:

Do the thing you like least first each day, instead of avoiding it.

Make consistent effort - commit to doing at least one thing every day that moves you toward your bigger goal, even if it feels small. She stressed that momentum is key.

Participants were led through an interactive exercise to identify personal excuses that keep them stuck, learning that the antidote to excuses is choice - the conscious decision to act despite fear.

One participant described the presentation as "spot-on," saying it helped them move out of stuckness and victimhood. Following the session, several attendees expressed interest in one or more of the follow-up programs Charlotte Gray offered to our group at a special discounted rate.