Conquering Adversity
Identify and Conquer!
Define Adversities

- Yours
- Section’s
- Band’s
Strategy #1

“Affirmation”

1. Identify bedrock values
2. Acknowledge what is lost and not lost
3. Accept a healthy “selfishness”
Strategy #2

“Expectation”

1. Recognize that life is not fair, so don’t expect it to be!

2. Apply optimism

3. Avoid the “why” traps
Strategy #3

“Communication”

1. With your “heart”...

2. Communicate NOW!

3. Invite others to help.
Strategy #4

“Locomotion”

1. Create a “speed is life” mentality.

2. Be the traveler, not the settler.

3. Master the power of persistence.
Strategy #5

“Collaboration”

1. Create a “circle”.

2. Empathy, NOT Sympathy!

Strategy #6

“Celebration”

1. LAUGH!

2. Schedule downtime.

3. Turn negative events into positive ones.
Band “Work” Book

“Adversities”

- Known/Expected
- Unknown/Unexpected/Predicted?
- Solutions
- Vision
- Planning
Think About It...

1. “Past” Produces Guilt
2. “Future” Produces Worry
3. “Present” Produces PASSION!
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