

# Conquering Adversity

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# 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!
3. Seek balance.



Bull Pen

Support Team

Inner  
Circle



# 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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