Conquering Adversity

Conn-Selmer Providence Public School District
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Providence, Rhode Island

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"Affirmation"

- 1. Identify bedrock values
- 2. Acknowledge what is lost and not lost
- 3. Accept a healthy "selfishness"

"Expectation"

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

2. Apply optimism

3. Avoid the "why" traps

"Communication"

1. With your "heart"....

2. Communicate NOW!

3. Invite others to help.

"Locomotion"



1. Create a "speed is life" mentality.

2. Be the traveler, not the settler.

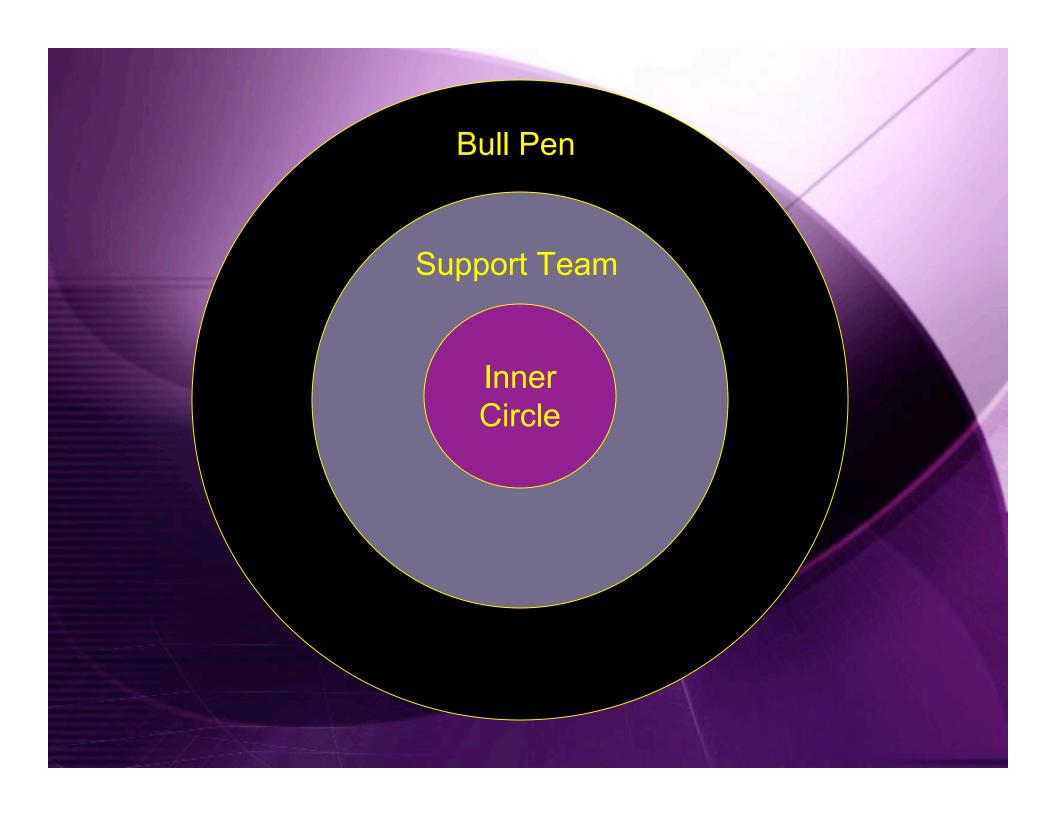
3. Master the power of persistence.

"Collaboration"

1. Create a "circle".

2. Empathy, NOT Sympathy!

3. Seek balance.

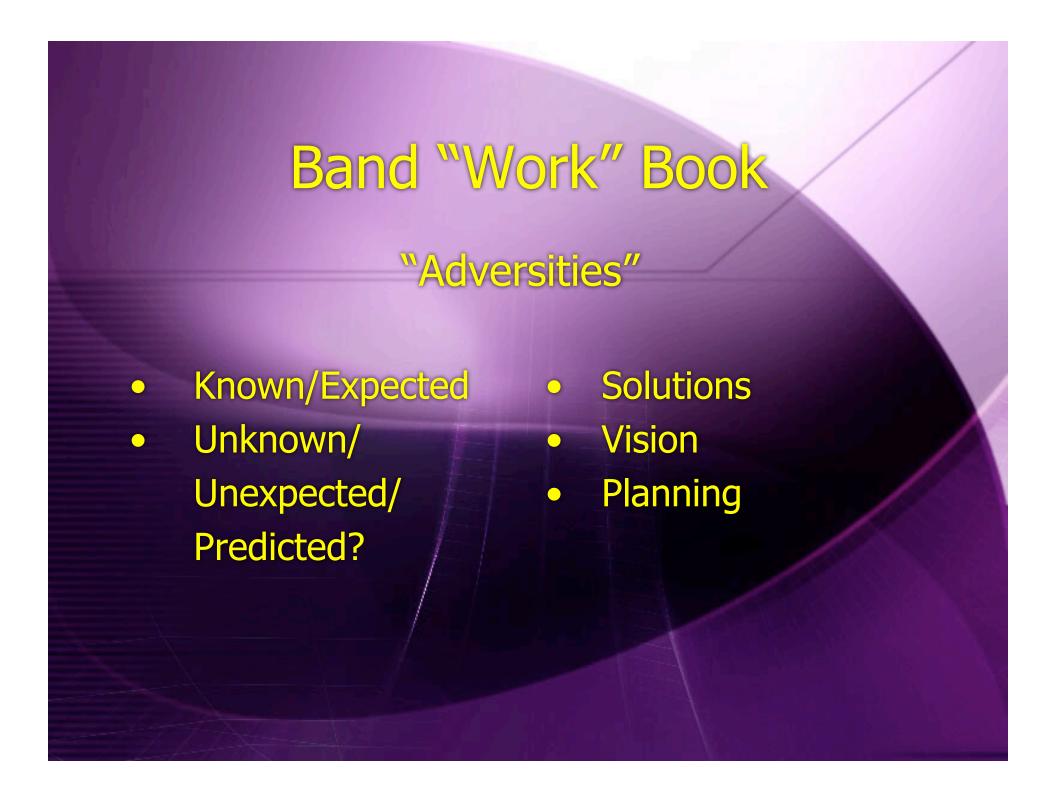


"Celebration"

1. LAUGH!

2. Schedule downtime.

3. Turn negative events into positive ones.



Think About It...

1. "Past"

Produces Guilt

2. "Future"

Produces Worry

3. "Present"

Produces PASSION!

