Navigating Change and Building Resilience
Reaction vs. Strategy
1. Letting Go
   - Recognize the need for change.
   - Let go of the old reality.

2. In Between
   - Provide and seek information.
   - Create a strategy to get through the transition.

3. New Beginning
   - Focus on new opportunities.
   - Create new habits and patterns.
Courage + Resilience = Triumph
courage

the ability to do something that you know is difficult or dangerous

mental or moral strength to persevere, and withstand danger, fear, or difficulty
Courage doesn't always roar.
Sometimes courage is the quiet voice at the end of the day saying, I’ll try again tomorrow.

- Mary Anne Radmacher
The **Pike Syndrome**
We are creatures of... HABIT
Discomfort is a catalyst for growth.
resilience

an ability to recover from, or adjust easily to, misfortune or change
STRESS!

- Anxiety
- Depression
- Weak Immune System
- Unhealthy Cravings
- High Blood Pressure
- Decreased Sex Drive
- Poor Digestion
- Diabetes
What's Your Lighthouse?
GRATITUDE is a CHOICE
Improved Mood
Lower Blood Pressure
Improved Immune System
Better Sleep  More Energy
Fewer Aches & Pains
Improved Attention
Faster Metabolism
What Do These Celebrities Have In Common?
TRIUMPH!
The days that I keep my gratitude higher than my expectations...
Well, I have really good days.

Ray Wylie Hubbard - "Mother Blues"
No babies were harmed when making this presentation slide