

# **Fall Down 7 Times Get Up 8**



## **Proven TBI Success Strategies**



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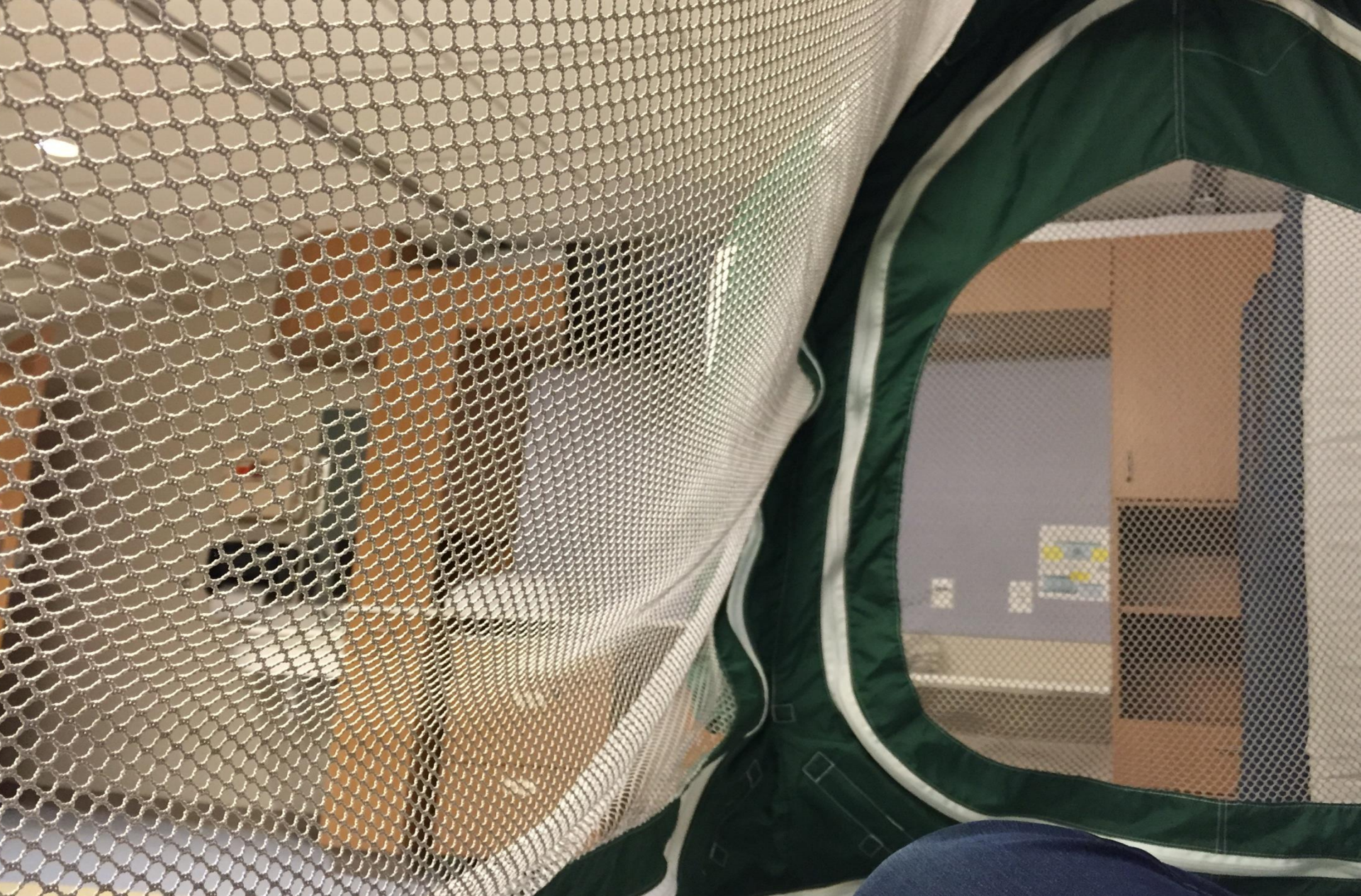




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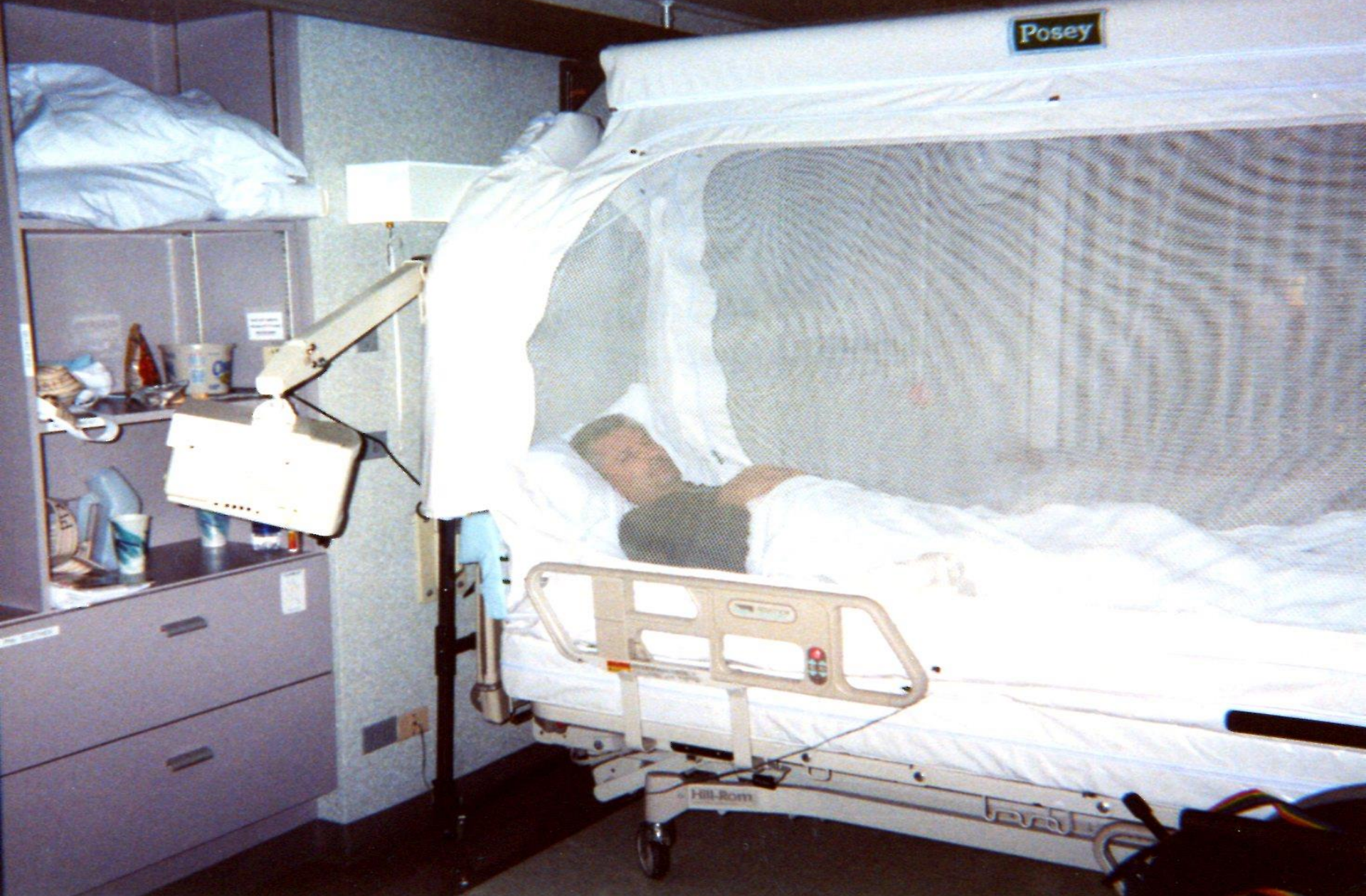




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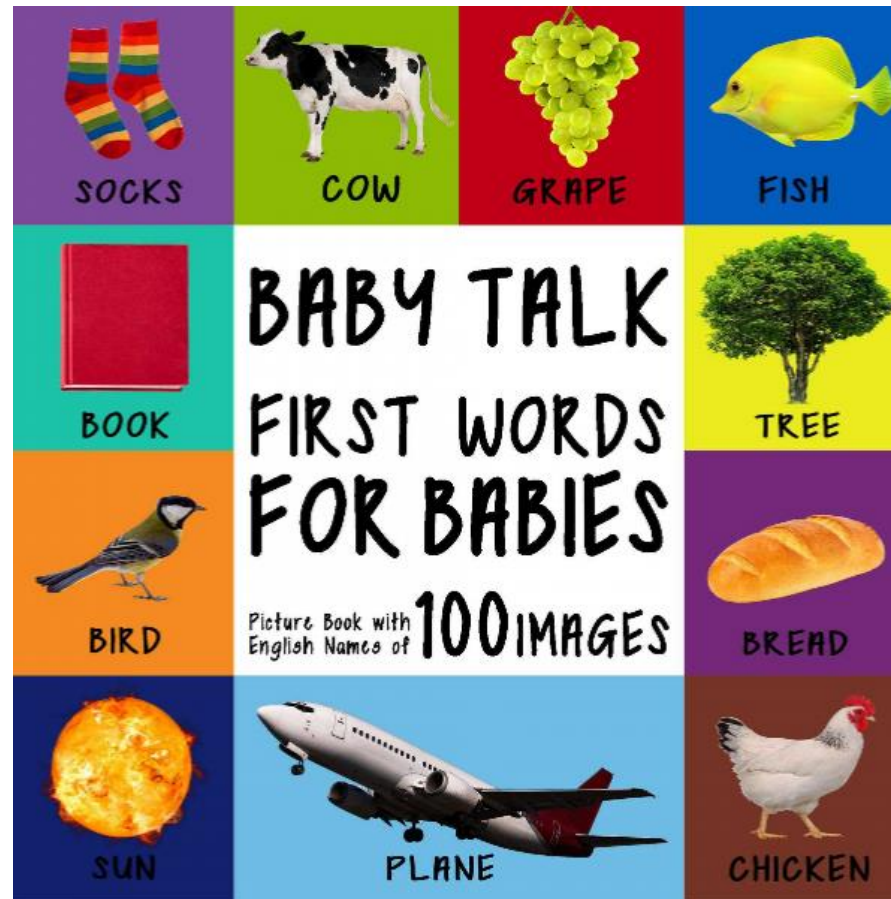




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# Road to Recovery



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# Moving Forward

- **Start Over**
- **Relearn Everyday Skills**
- **Get Brain Back Online**

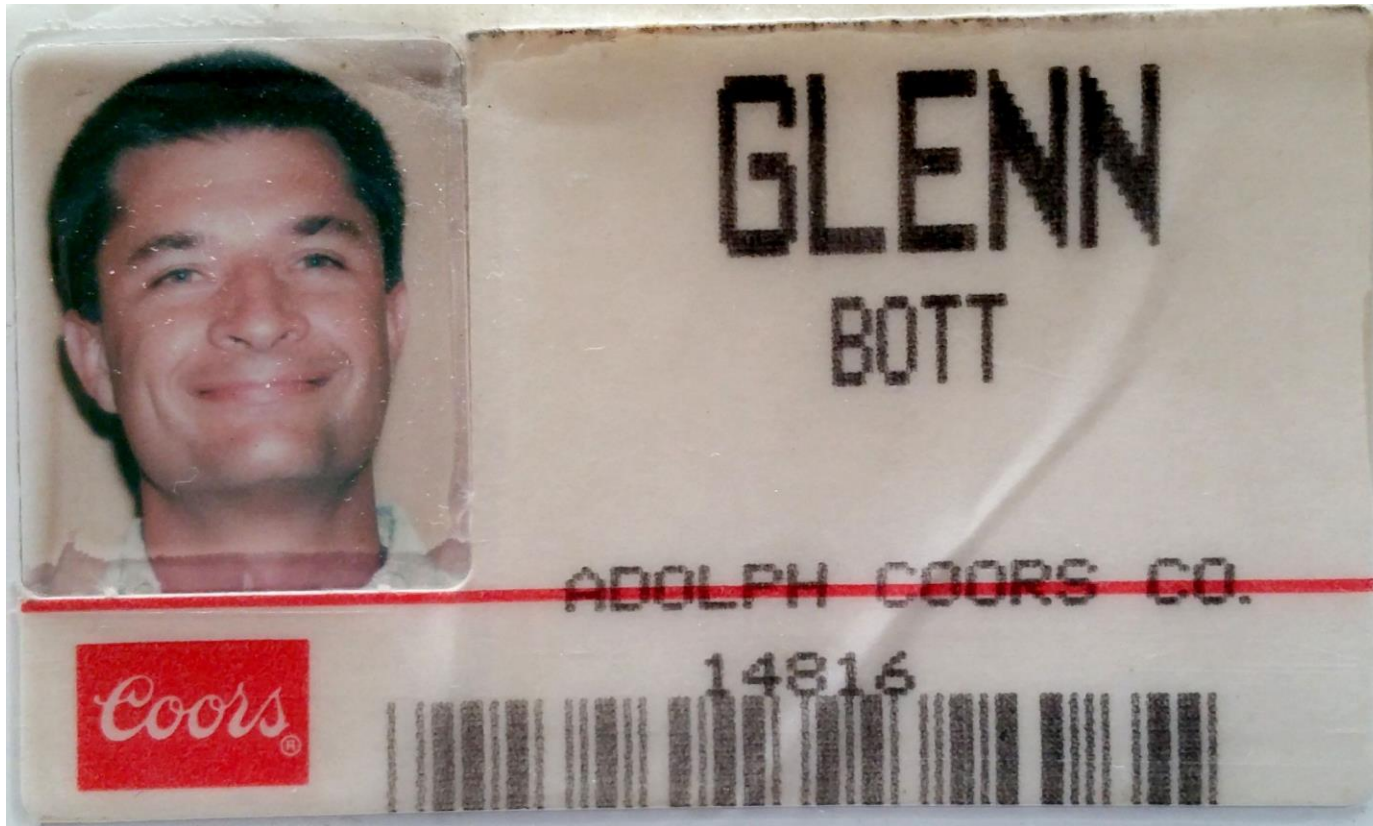


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# Warrior Training



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# Reinvent Yourself

- **Develop Your Vision**
- **Take Baby Steps**
- **Use Available Tools**
- **How Can This Help?**



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# **Establish Your Vision**



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# Proven Recovery Tactics

- Write it Down - Mental/Physical/Visual Reminder
- Mindfulness - Link to a Positive Emotion
  - Henry Ford
- Reinforce Old Memories Returning
- Develop Useful Routines to Make Your Life Work
  - Keys/Wallet/Device in Same Place
- JDI – When Thinking About It
- Forgiveness/Perseverance
  - Go easy on Yourself



# Proven Recovery Tactics

- Nap as Needed
- Practice Lateral Thinking
  - Create new neural connections
- Increase Your Positivity
  - Monitor your self-talk and change as needed
- Increase Your Resiliency
- Reinforce Your Vision/Mission Throughout the Day





# What You Focus on Expands

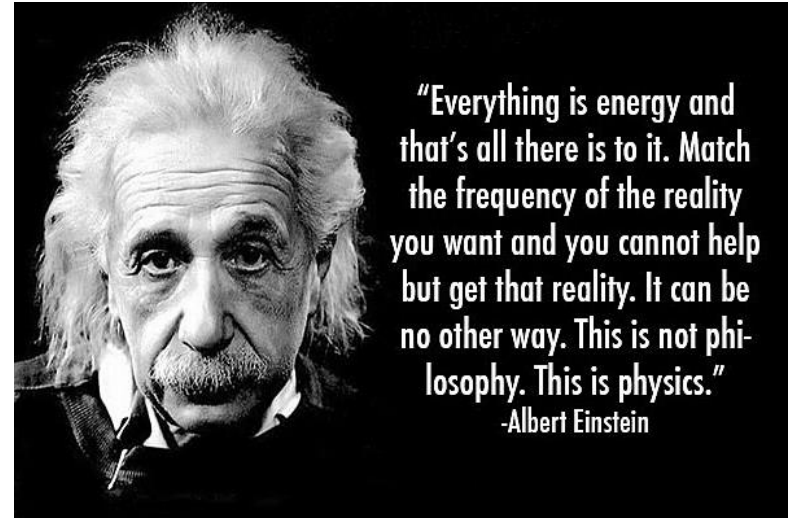


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# A Few Basics

- Anything is Possible
  - All Energy
- You are Very Powerful
- You are Always Creating
  - Consciously or Unconsciously
- Every Time You Speak You're Placing an Order
  - Your Self-Talk Becomes Who You Are
- What You Focus on Expands





# **Mental Toughness**

- You are Inherently Strong, Powerful, & Worthy
  - You are taught to be weak and unsure
- Social Media All About Negativity– 67%
  - Be aware of what you're feeding yourself
  - Story of 2 Wolves
- Warriors Don't Have This Issue
  - Alexander the Great, Genghis Khan, St. Joan of Arc, Cleopatra
- Release That Which No Longer Serves You



# Be Confident

- Be Relaxed and Assured
  - Have some fun
  - Expect success
- Focus on the “What”, not the “How”
- Assume Success
  - You gotta believe
- Be on the Lookout for Unexpected Support
  - Universe has your back
  - Give thanks





# Be The Best You

- **5 Simple Tenets**

- Be Impeccable/Authentic
- 100% Responsible
- What You Focus on Expands
- Utilize Lateral Thinking
- Love Yourself



# 100% Responsible



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# Be Authentic



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# Limitations



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IT'S ALL  
ABOUT YOU

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**Your Story**



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FAILURE  
FAILURE  
FAILURE  
FAILURE

**SUCCESS**



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# What You Focus on Expands



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# **Focus**

**What are You Going to Focus On?**

**What's Your New Story?**





# **Glenn Bott**

## **Spiritual Warrior**

- **Amazon - Secrets to Reduce Your Medical Debt**
- **Amazon – Luke's Life Lessons**
- **Amazon – Cocoon Chronicles**

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