Conquering Adversity : "Captain Kirk Style" Identify, Understand, and Conquer!

### **Define Adversities**

Yours
Section's
Group's

"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.





1. Create a "speed is life" mentality.

2. Be the traveler, not the settler.

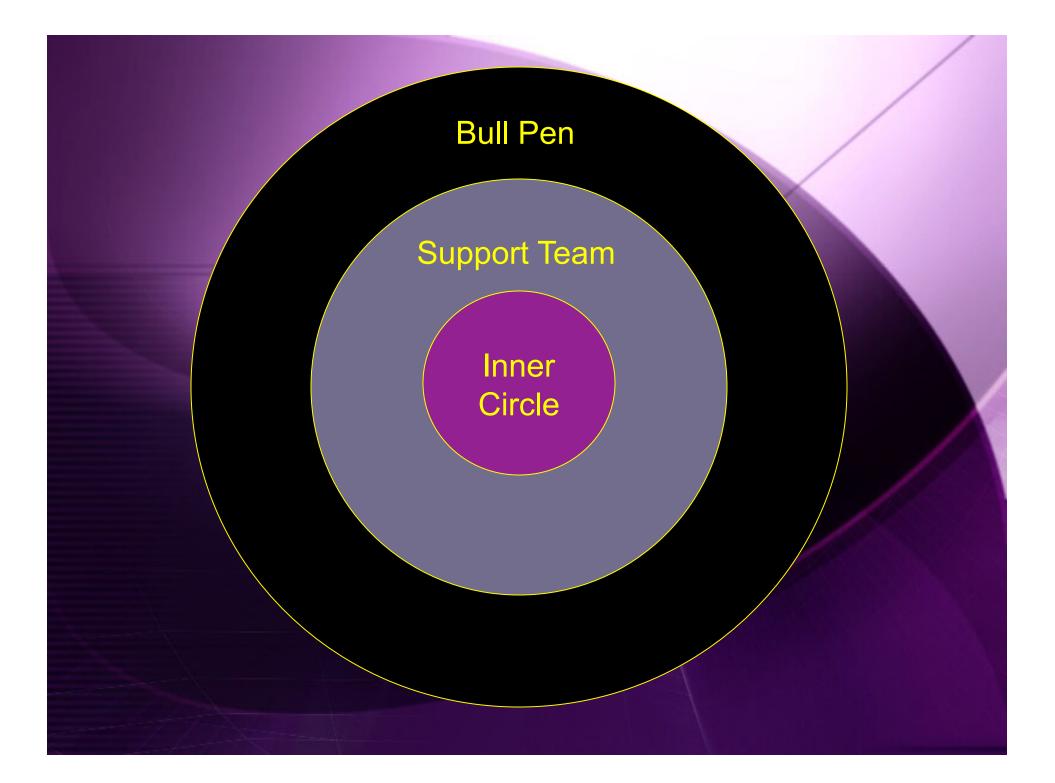
3. Master the power of persistence.

### "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.

# Group "Work" Book "Adversities"

 Known/Expected
 Unknown/ Unexpected/ Predicted?

• Solutions

- Vision
- Planning

# Think About It...





1. "Past"

**Produces Worry** 

3. "<u>Present"</u>

Produces PASSION!

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