

# Living with a Brain Injury — I Can Not Do Everything, But Still I Can Do Something Presentation

Craig J. Phillips MRC, BA

Second Chance to Live



Following brain injury or a stroke the way we used to be able to accomplish things in our lives may have changed. Changes that can leave us believing that we are limited.

**"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us." Helen Keller**

## **Quality, not Quantity of Expression**

But there is good news. Although we may not be able to do somethings, we can discover how to do something in a way that will work for us.

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## **So, You Can't Climb a Tree — No Worries**

**"Adventure is not outside man, it is within." George Eliott**

For many years I bought into the notion that if I just found the right piece or pieces of information then I would experience life to the fullest. What I discovered was that I needed to work on understanding and keeping the focus on self-discovery.

**“Life is a journey, and if you fall in love with the journey, you will be in love forever.” Peter Hagerty**

In the process of self-discovery, my purpose and my passion revealed themselves to me. Through discovering my purpose and passion I began to fall in love with my journey. I began to fall in love with my journey by realizing that I was being led in the direction of my destiny.

**“Everyone is a genius. But if you judge a fish by its ability to climb trees it will live its whole life believing it is stupid.” Albert Einstein**

For many years I desperately tried to climb the tree of traditional employment through different educational and vocational pursuits. All my efforts proved to be inadequate. In response, I questioned my worth and value until I realized that I was not meant to climb that tree.

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### **The Process of Discovery**

And the good news is that we can take our time to discover. We can do with what we have (our gifts, talents and abilities) where we are in our lives, in ways that work for us.

**“Time stays long enough for anyone who will use it.” Leonardo da Vinci**

After 4 majors, 2 universities, 1 community college and 10 years I obtained my undergraduate degree. After 3 ½ years and 2 graduate schools I obtained my graduate degree. After 20 years of getting and losing jobs, 2 Voc Rehabs, and 3 SSDI applications I was deemed unemployable.

**“Life isn’t about finding yourself. Life is about creating yourself.” George Bernard Shaw**

But I am glad that I did not give up on the process. The process of finding a way to use what I had to give. What I had to give in a way (s) that would

work for me. After writing poems, an autobiography, and a book I was encouraged to start a blog – Second Chance to Live.

**“Research your own experience. Absorb what is useful, reject what is useless and add specifically your own creation.” Bruce Lee**

In the process of a friend’s encouragement and my taking the risk, I began to research different blog platforms to host Second Chance to Live. I then began to write articles, and later eBooks, Video Presentations, posters and create other resources. In the process, I created my own...

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### **Free to Fly above the Chatter**

And the good news is that we do not need anyone’s validation or understanding. We can stay committed to building on our lot in life and cultivating the beauty of our expression.

**“Regardless of your lot in life, you can build something beautiful on it.” Zig Ziglar**

Through my process of creating, I began building on my “lot in life”. I began to realize that by building I was developing my own genius. No longer did I feel compelled to find my worth and value in an ability to climb the tree of traditional employment. With this freedom, I began to run.

**“Create your own visual style...let it be unique for yourself and yet identifiable for others.” Orson Welles**

I began to run my own race as I crafted my gifts talents and abilities. Although other people may not have recognized my worth and value at the time, I did not give up. Over time, people who had eyes to see and ears to hear, began to recognize the value of what I brought to their lives.

**“Insist on yourself. Never imitate. Your own gift you can present every moment with the cumulative force of a whole life’s cultivation. But of the adopted talent of another you have only an extemporaneous half-possession... Do that which is assigned to you and you cannot hope too much or dare too much.” Ralph Waldo Emerson**

Although there were people in my life who could not see or hear, I realized what I had to give was of great value. I began to realize that I could begin

to celebrate my purpose. The purpose for my life set in motion when I experienced a traumatic brain injury in 1967 when I was 10.

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### **Trusting the Process, a loving God and Ourselves**

What's more, we do not have to wait to be validated by anyone to be of tremendous value and service. Instead, we can just "suit up and show up", do the footwork and let go of the outcomes.

**"Ideas do not always come in a flash but by diligent trial-and-error experiments that take time and thought." Charles K. Kao**

As shared above and through my presentation, **Finding Purpose after Brain injury**, the birth of **Second Chance to Live** took 39 ½ years after my traumatic brain injury. Discovering how to create through my gifts, talent and abilities involved many trial-and-error experiments.

**"You don't have to be a 'person of influence' to be influential. In fact, the most influential people in my life are probably not even aware of the things they've taught me." Scott Adams**

And, because I was and am minimized, marginalized, dismissed and discounted by the medical model of treatment community, I felt disregarded. But this quote reminded and reminds me that I do not have to be given a stamp of approval by the "professional community" to be influential.

**"Don't quit. Never give up trying to build the world you can see, even if others can't see it. Listen to your drum and your drum only. It's the one that makes the sweetest sound." Simon Sinek**

So, after 15 ½ years I continue to declare the need for a holistic – body, soul, spirit, mind and emotions – approach to ongoing brain injury recovery. Although there has been little validation and including me in the discussion of brain injury recovery, beyond the box, I continue to drum,

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### **Running Our own Race — Staying in Our own Lane**

And in the process, we can confidently run our own race, while staying in our own lane. Running our own race and staying in our own lane, when other people do not understand or have our “vision”.

**“When setting out on a journey do not seek the advice of someone who never left home.” Rumi**

And I am thankful that I did and have not given up on sounding the alarm, that there is ongoing brain injury recovery beyond the “box” of the medical model. And I am glad that I did not give up on encouraging people living with brain injuries to realize that there is hope beyond the ‘box’.

**“Those who danced were thought to be quite insane by those who could not hear the music.” Angela Monet**

And although I may be “cancelled”, minimized, marginalized, dismissed and discounted by the medical model of treatment community, I will continue to dance. I will continue to sound the alarm of hope, to the brain injury community, that lies beyond the “box” of symptoms.

**“Not everyone will understand your journey. That’s okay. You’re here to live your life, not to make everyone understand.” Banksy**

And as a voice in the seeming recovery wilderness, I understand that I am walking a road less traveled. Although, professionals in the medical model of treatment do not understand I will continue to encourage people living with brain injuries to live beyond the ‘box’ to create hope.

**And, remember that “Slow and Steady wins the Race”**

**“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.” Mark Twain**

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### **The Fable of the Tortoise and the Hare**

Don’t Let Hares Discourage You from Running and Winning Your Race

**“You have more ability and capability than you realize. Don’t give up!”  
Craig J Phillips MRC, BA**

Hares, like the one in this fable, can be friends, family members, caregivers, professionals and even in brain injury associations. With this awareness, don't be discouraged by these hares.

### **Fable of the Tortoise and the Hare**

One day a hare was bragging about how fast he could run. He bragged and bragged and even laughed at the tortoise, who was so slow. The tortoise stretched out his long neck and challenged the hare to a race, which, of course, made the hare laugh.

**“My, my, what a joke!” thought the hare.**

“A race, indeed, a race. Oh! what fun! My, my! a race, of course, Mr. Tortoise, we shall race!” said the hare.

The forest animals met and mapped out the course. The race begun, and the hare, being such a swift runner, soon left the tortoise far behind. About halfway through the course, it occurred to the hare that he had plenty of time to beat the slow trodden tortoise.

**“Oh, my!” thought the hare, “I have plenty of time to play in the meadow here.”**

And so, he did.

**After the hare finished playing, he decided that he had time to take a little nap.**

“I have plenty of time to beat that tortoise,” he thought. And he cuddled up against a tree and dozed.

**The tortoise, in the meantime, continued to plod on, albeit, it ever so slowly. He never stopped, but took one good step after another.**

The hare finally woke from his nap. “Time to get going,” he thought. And off he went faster than he had ever run before! He dashed as quickly as anyone ever could up to the finish line, where he met the tortoise, who was patiently awaiting his arrival.

**Slow and Steady Wins the Race**



Below are links to resources that I have created to share what has empowered my ongoing holistic (body, soul, spirit, mind and emotions) brain injury recovery. Scroll down this page and click on the links.

As you view these resources and questions come to mind, please ask. All questions are good questions and welcomed. I look forward to hearing from you!

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### **My Email Contact**

secondchancetolive1@yahoo.com

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**Serving Individuals in the United States, Brazil, Canada, United Kingdom, Ireland, Russia, China, Hong Kong, India, France, Belgium, Germany, Greece, Philippines, Japan, Indonesia, Turkey, Australia, New Zealand, Netherlands and South Africa.**

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**Translate Second Chance to Live into Your Language**

To give non-English speaking and reading visitors to Second Chance to Live I have created a tool. A tool to translate Second Chance to Live into a variety of languages. Below are a series of language links. To translate Second Chance to Live, click on the desired language link.

When the translation page opens click on the small blue box opposite <https://secondchancetolive.org/>. Doing so will then translate Second Chance to Live.

[Albanian](#) [Arabic](#) [Bulgarian](#) [Catalan](#) [Chinese Simplified](#) [Chinese Traditional](#) [Croatian](#) [Czech](#) [Danish](#) [Dutch](#) [Estonian](#) [Filipino](#) [Finnish](#) [French](#) [Galician](#) [German](#) [Greek](#) [Hebrew](#) [Hindi](#) [Hungarian](#) [Indonesian](#) [Italian](#) [Japanese](#) [Korean](#) [Latvian](#) [Lithuanian](#) [Maltese](#) [Norwegian](#) [Polish](#) [Portuguese](#) [Romanian](#) [Russian](#) [Serbian](#) [Slovak](#) [Slovenian](#) [Spanish](#) [Swedish](#) [Thai](#) [Turkish](#)

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**[Second Chance to Live Author's Autobiography in Bullet Points](#)**

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**Articles, Video Presentations, eBooks, Slideshow Presentations and Posters**

**[2014 Article/Video Presentation Links within 12 Peer Support Categories](#)**

**[Navigating Life After a Traumatic Brain Injury 444 Video Presentations Playlist](#)**

**[12 Power Point Presentations Public Speaking Availability](#)**

**[Navigating Life After a Traumatic Brain Injury 49 Video Presentation Series Playlist](#)**

**[Second Chance to Live 12 eBooks for Ongoing Brain Injury Recovery](#)**

**[Second Chance to Live — 20 Brain Injury Recovery Slideshow Presentations](#)**

**[38 Posters to Inspire, Encourage, Motivate, and Empower](#)**



**[Building Your Life After a Traumatic Brain Injury 30 Video Presentation Playlist](#)**

**[See Testimonies and Endorsements for Second Chance to Live](#)**

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**Information on the Power of Neuroplasticity**

**[Stroke, Brain Injury and the Benefits of Neuroplasticity](#)**

**[Neuroplasticity, Small Successes and Learning/Relearning Skills/Skill Sets](#)**

**[Nine Habits to Benefit from Using the Principle of Neuroplasticity](#)**

**[How I Use Neuroplasticity to Create Neural Pathways/Brain Reorganization](#)**

**[Childhood Stroke \(Brain Injury\) and Healing our Brain and Body](#)**

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**Locations and Presentations**

**In the past 24 months, I have spoken at 78 events publicly, with upcoming events covering eleven core topics.**

**[Public Speaking; Book Craig J. Phillips MRC, BA — Second Chance to Live](#)**

**Click on the Below Links to Open and View these Keynote Zoom Presentations**

**[Finding Purpose after Brain Injury and Stroke Presentation](#)**

**[Acceptance and Creating a New Normal after Brain Injury and Stroke Presentation](#)**

**[Neuroplasticity, Setting Goals and Creating Hope After Brain Injury and Stroke Presentation](#)**

**[Believing in Ourselves through Self-Advocacy — A Guide to Owning Our Power after Brain Injury and Stroke Presentation](#)**

**[12 Ways to Enhance Our Lives, Well-Beings and Relationships after a Brain Injury and Stroke Presentation](#)**

[Making Our Lives Magical One Day at a Time after Brain Injury and Stroke Presentation](#)

[Cultivating Healthy Relationships after Brain Injury and Stroke Presentation](#)

[Living with a Brain Injury and an Invisible Disability –How are You Defining Success? Presentation](#)

[Living with a Brain Injury, an Invisible Disability and Change after Brain Injury and Stroke Presentation](#)

[Instead, We can Create our Own Genius after Brain Injury and Stroke Presentation](#)

[Grieving the Guilt and Shame of a Traumatic Brain Injury and Stroke Zoom Presentation](#)

[Brain Injury — Why Do I Feel so Misunderstood and Shunned? Presentation](#)

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[I Am More Than My Brain Injury Zoom Presentation \(Full Presentation\)](#)

**I Am More than My Brain Injury Zoom Presentation in 3 Parts**

[“I Am More Than My Brain Injury – What Led me to this Awareness Part 1” Zoom Presentation](#)

[“I Am More than My Brain Injury — Understanding the People we Interact with as Individuals living with Brain Injuries” Part 2 Zoom Presentation](#)

[“I Am More than My Brain Injury – Defining and Creating My New Normal” Part 3 Zoom Presentation](#)

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[Understanding the Impact of Invisible Disabilities \(Full Presentation\)](#)

**Understanding the Impact of Invisible Disabilities in 3 Parts**

[“Understanding the Impact of Invisible Disabilities — The People We Interact with as Individuals with Invisible Disabilities Part 1” Zoom Presentation](#)

[“Understanding the Impact of Invisible Disabilities — Acceptance and Discovering a New Normal Part 2” Zoom Presentation](#)

[“Understanding the Impact of Invisible Disabilities — Why do I Feel so Misunderstood and Shunned? Part 3” Zoom Presentation](#)

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## **Categories Designed to Encourage and Empower Individuals in their Recovery Process**

Click on the category link. scroll down the page and click of the desired article or video presentation. As you have questions, please ask.

[Category Building Self-Esteem after Brain Injury — List of Articles](#)

[Category Brain Injury Recovery An Ongoing Process — List of Articles](#)

[Category Self-Acceptance after a Brain Injury — List of Articles](#)

[Category Celebrating Success Following a Brain Injury — List of Articles](#)

[Category Creating Hope after Brain Injury — List of Articles](#)

[Category Finding and Knowing Peace after Brain Injury — List of Articles](#)

[Category Finding Purpose after a Brain Injury — List of Articles](#)

[Category Fulfilling Dreams after Brain Injury — List of Articles](#)

[Category My Journey Living with a Brain Injury — List of Articles](#)

[Category Overcoming Bullying after Brain Injury — List of Articles](#)

[Category Peer Support after Brain Injury — We are Not Alone — List of Articles](#)

[Category Relationships Following a Brain Injury — List of Articles](#)

[The Global Brain Injury Peer Support Network](#)

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**The Goal — Being a Work in Progress**

[Neuroplasticity, Small Successes and Learning/Relearning Skills/Skill Sets \(Article\)](#)

[Neuroplasticity, Small Successes and Learning/Relearning Skills and Skill Sets Video Presentation](#)

[Neuroplasticity, Setting Goals and Creating Hope After Brain Injury and Stroke Zoom Presentation](#)

[Neuroplasticity, Setting Goals and Creating Hope After Brain Injury and Stroke Power Point Presentation](#)

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### **My Process and Journey with Neuroplasticity**

I have been using different martial art disciplines for the past 26 years to create new neural pathways and brain reorganization (neuroplasticity) through repetitive mirrored movements.

#### **Benefits**

To improve and enhance muscle memory, coordination, agility, body awareness, hand/foot/eye coordination, precision, dexterity, spatial orientation and balance on both the right and left side of my body.

#### **Develop Your Own Program**

For more information to develop your own programs to create new neural pathways and brain reorganization click on the below link.

[Neuroplasticity, Small Successes and Learning/Relearning Skills and Skill Sets](#)

#### **My Program**

In **2013, 2014, 2015, 2016, 2017, 2018** and **2021** I was fortunate to have had several individuals record presentations. To see my progress of development from **2013–2018** click [Here](#).

Because of a shoulder injury and Covid I was not able to record in **2019** and **2020**.

Below are recent demonstrations of my using these different disciplines through repetitive mirrored movements to work on small and large muscle groups / gross and fine motor skills.

### **The Process and Goal**

The goal has been to improve my ability to mirror the same abilities on both the non-dominant side (left side) of my body with the dominant side (right side) of my body. As in the below demonstrations, I engage both sides of my body (my hands, arms, elbows, legs, knees, and feet).

I engage both sides of my body to improve my gross, fine motor skills and muscle memory. I engage both sides of my body to improve my dexterity, hand-eye coordination, agility, balance, stamina, precision, focus and awareness. I engage both sides of my body to improve my skills and abilities.

I engage both sides of my body to improve and enhance the quality of my life and well-being. I engage both sides of my brain and body to create.

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### **Create Your Own Program**

In the event that you have not begun, I would encourage you to create a program. Create a program that will empower you to create neural pathways and brain reorganization. Brain reorganization through repetitive mirrored movements on your dominant and non-dominant sides of your body. Brain reorganization to improve and enhance your quality of life and well-being.

### **Neuroplasticity through Martial Arts 2013**

<https://youtu.be/snHjkxYrRYU>

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### **Neuroplasticity Demonstration August 2014**

<https://youtu.be/sV82V2y-Jrk>

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**Brain Injury, Neuroplasticity and Personal Gains August 2015**

<https://youtu.be/j4BajiK5qB8>

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**Balance and Coordination through Repetitive Mirrored Movement  
2016**

[https://youtu.be/Ljsr\\_S18Fng](https://youtu.be/Ljsr_S18Fng)

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**Brain Injury Recovery and Repetitive Mirrored Movements 2017**

<https://youtu.be/EXVq5vICWZI>

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**Improving Our Brain and Body's Ability to Excel after Brain Injury  
2018**

<https://youtu.be/syCBmRi-P3E>

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**Due to a shoulder injury, I was unable to create a video presentation  
in 2019. Due to Covid I was unable to create a video presentation in  
2020.**

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**Stick Fighting, Knife, Western Boxing & Wing Chun Drills**

**Created September 2, 2021**

<https://youtu.be/YLOeOUq4170>

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**Transition Drills to Improve Agility, Focus, Speed & Coordination**

**Created September 6, 2021**

[https://youtu.be/4JOel\\_4upWM](https://youtu.be/4JOel_4upWM)

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## **Hand Eye Coordination and Precision Drills using Fine Motor Skills**

**Created September 12, 2021**

**<https://youtu.be/seeH9xbkKDs>**

**Using upper and lower body coordination and movement to improve focus, agility and balance of upper body and lower body martial art skills. Created February 14, 2022**

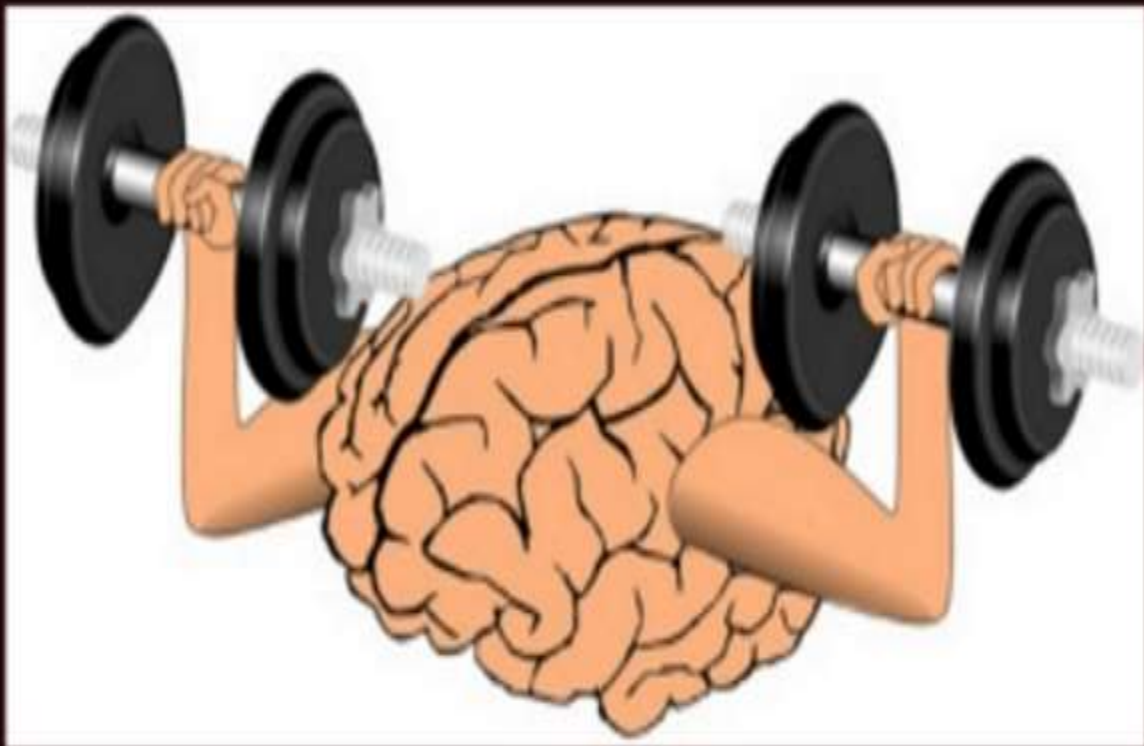
**<https://youtu.be/nBSQx0y3aP0>**

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**Below are 38 of the Posters that I have Created to Encourage,  
Motivate, Empower and Inspire Hope**

**(Scroll Down)**

**SECOND CHANCE TO LIVE**  
**SECONDCHANCETOLIVE.ORG**



**EMPOWERING BRAIN, BODY, SPIRIT**  
**ONE SKILL AT A TIME**



**"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do." Helen Keller**

**"Do what you can, with what you have, where you are." Theodore Roosevelt**



**"We convince by our presence." Walt Whitman**

**"Do not wait for leaders. Do it alone, person to person." Mother Teresa**

**"Believe in yourself, go after your dreams and don't let anyone put you in a box." Daya**

**Craig J. Phillips MRC, BA  
Second Chance to Live  
[secondchancetolive.org](http://secondchancetolive.org)**

## **Make Your Life Magical**

**"Explore.  
Dream.  
Discover."  
Mark Twain**

**"Dream big.  
Start small.  
But most of  
all start."  
Simon Sinek**

**"Live your life  
by a compass,  
not a clock."  
Stephen R. Cove**

**"You are  
never too old  
to set another  
goal or to  
dream a new  
dream."  
- C.S. Lewis**

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**HOPE is the Coach that Teaches me to Learn from my  
Circumstances, Experiences and Opportunities.**

**"The journey of a thousand miles begins with the first step."**

**Lao Tzu "**

**"Once we start walking before long we will be able to look back to  
see how far I have come because we did not give up."**

**Craig J. Phillips MRC, BA**

The word "HOPE" is rendered in large, bold, 3D green block letters. The letters have a slight shadow and depth, giving them a three-dimensional appearance. The 'H' and 'P' are particularly prominent due to their size and the way they are connected to the other letters.

**HOPE does not Disappoint if I am Willing to Learn..**

**HOPE Empowers Me to be a CO-CREATOR**

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**We Have Already Found Our  
Four-Leaf Clover, because...**

**"It is not as important what  
happens to us, but how we  
respond to what happen to us."  
Craig J. Phillips MRC, BA**




**And as we respond to what  
happens to us, a door to  
possibilities opens...  
and in the process, we  
can create our own luck**

**one skill and one  
skill set at a time.**

**By not giving up on  
the process, a loving  
God or ourselves.**

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**"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that It is stupid."**

**Albert Einstein**

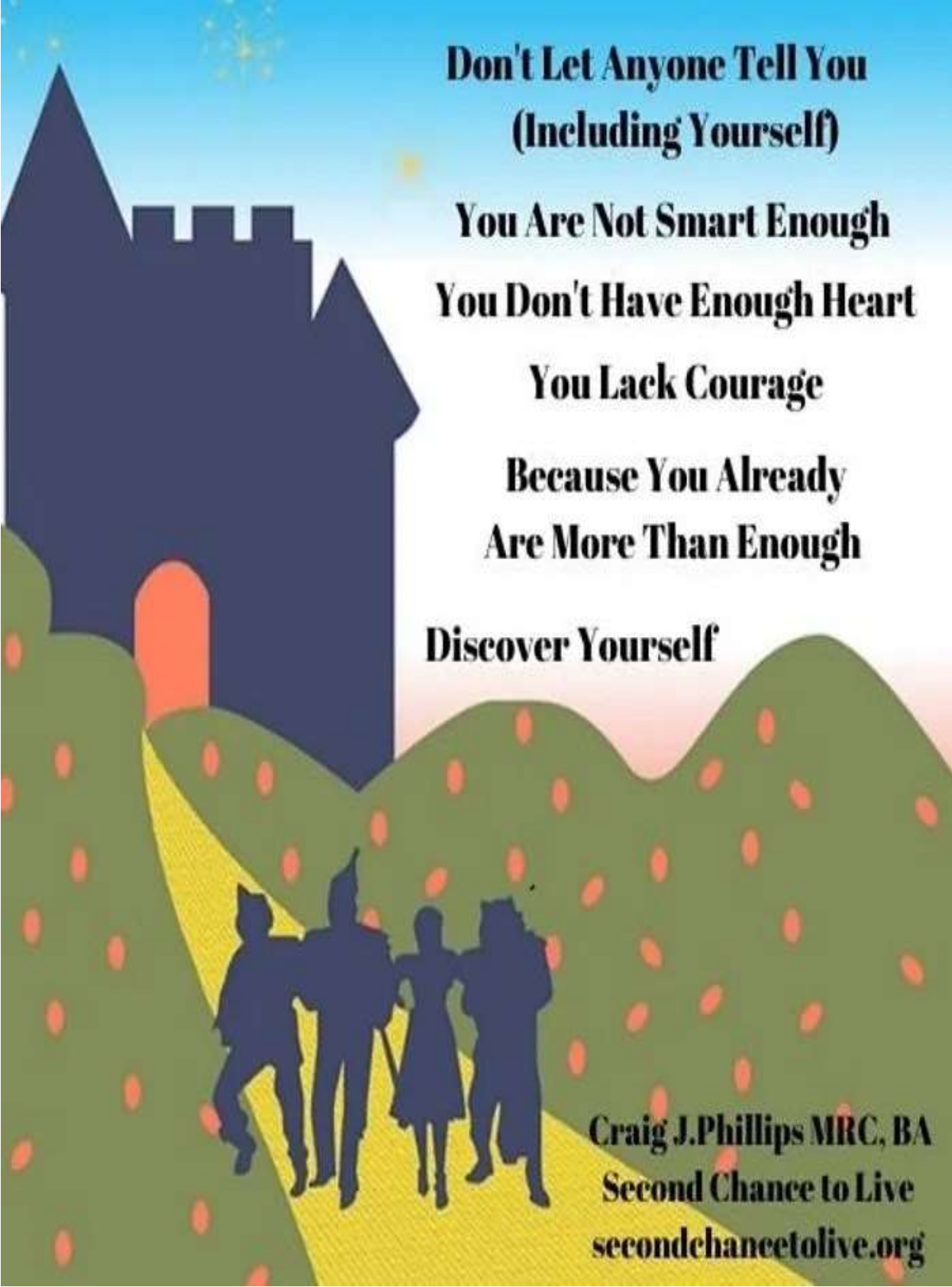
## **Consider the Spark**

**What we tell  
Ourselves about  
Ourselves  
may Lead us to  
Believe what we are  
Telling Ourselves**

**To Diminish or  
to Empower**

**And we have the  
Power to Choose**

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**Don't Let Anyone Tell You  
(Including Yourself)**

**You Are Not Smart Enough**

**You Don't Have Enough Heart**

**You Lack Courage**

**Because You Already  
Are More Than Enough**

**Discover Yourself**

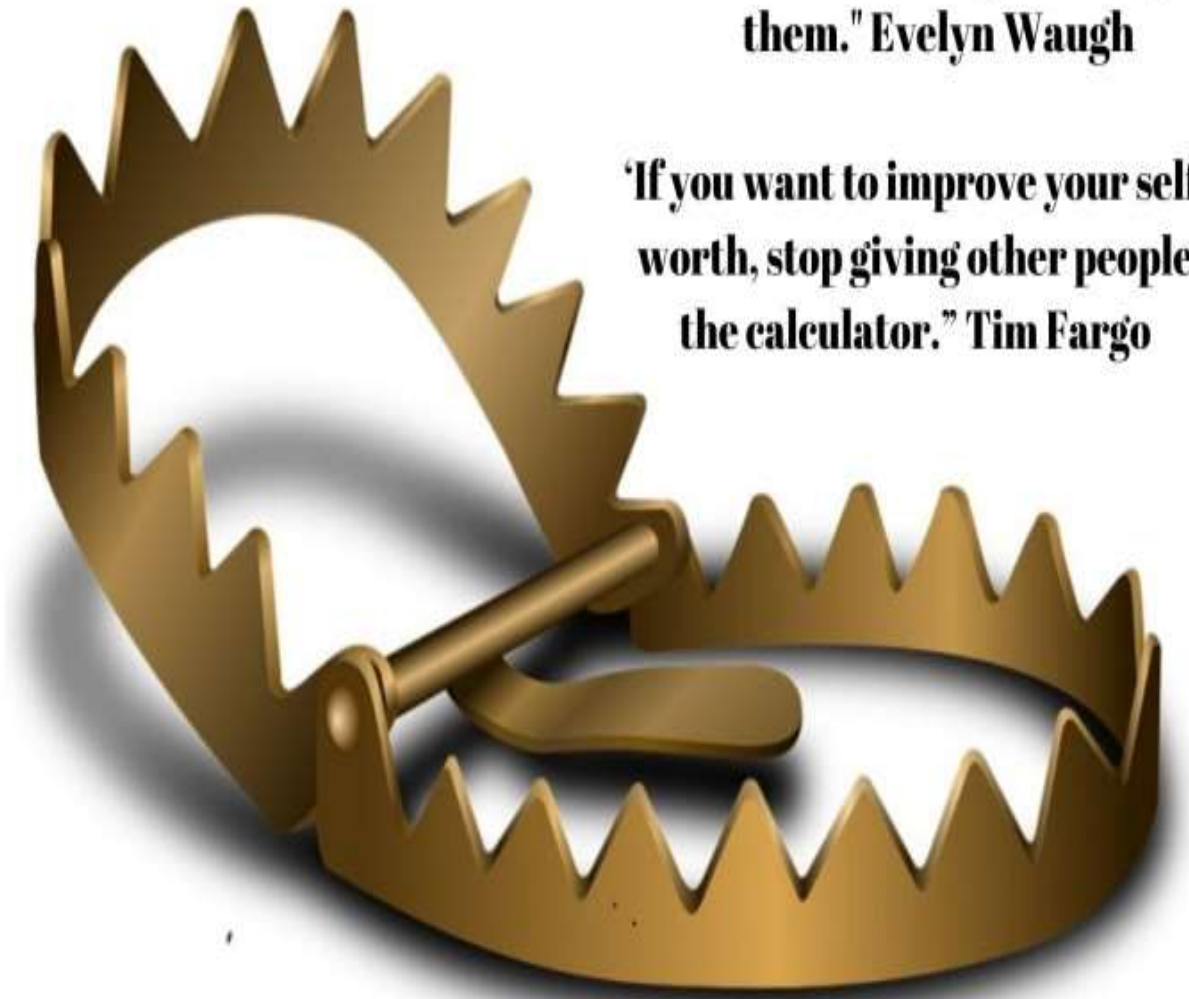
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**“Stop being a prisoner of your past.  
Become the architect of your  
future.” Robin Sharma**

**“When we argue for our  
limitations, we get to keep  
them.” Evelyn Waugh**

**“If you want to improve your self-  
worth, stop giving other people  
the calculator.” Tim Fargo**



**“If you want light to come into  
your life, you need to stand  
where it is shining.” Guy Finley**

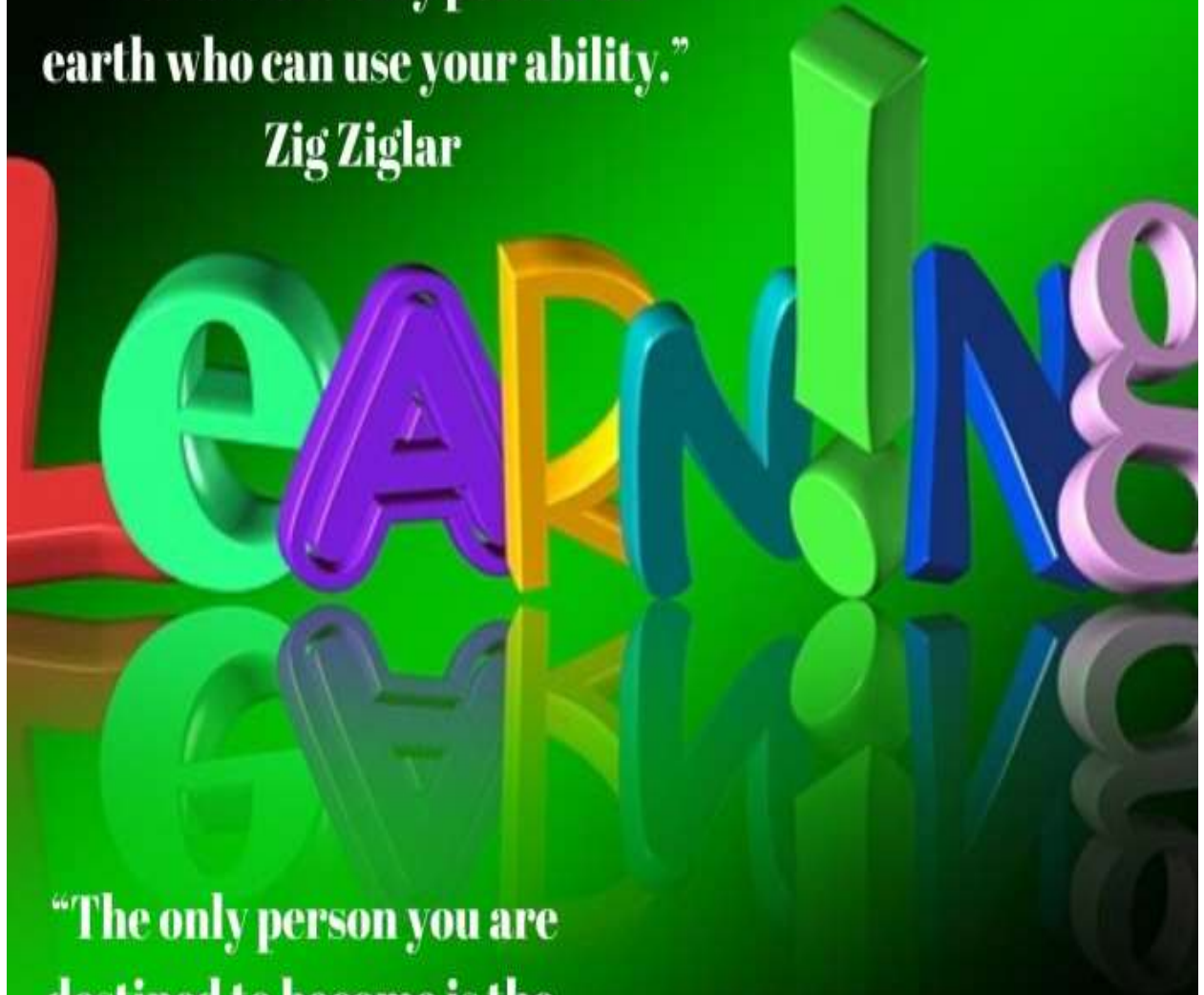
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**“We are what we believe  
we are.” C.S. Lewis**

**“Adventure is not outside man;  
it is within.” George Eliot**

**“You are the only person on  
earth who can use your ability.”**

**Zig Ziglar**



**“The only person you are  
destined to become is the  
person you decide to be.”**

**Ralph Waldo Emerson**

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**"Big things  
have small  
beginnings."  
Prometheus**

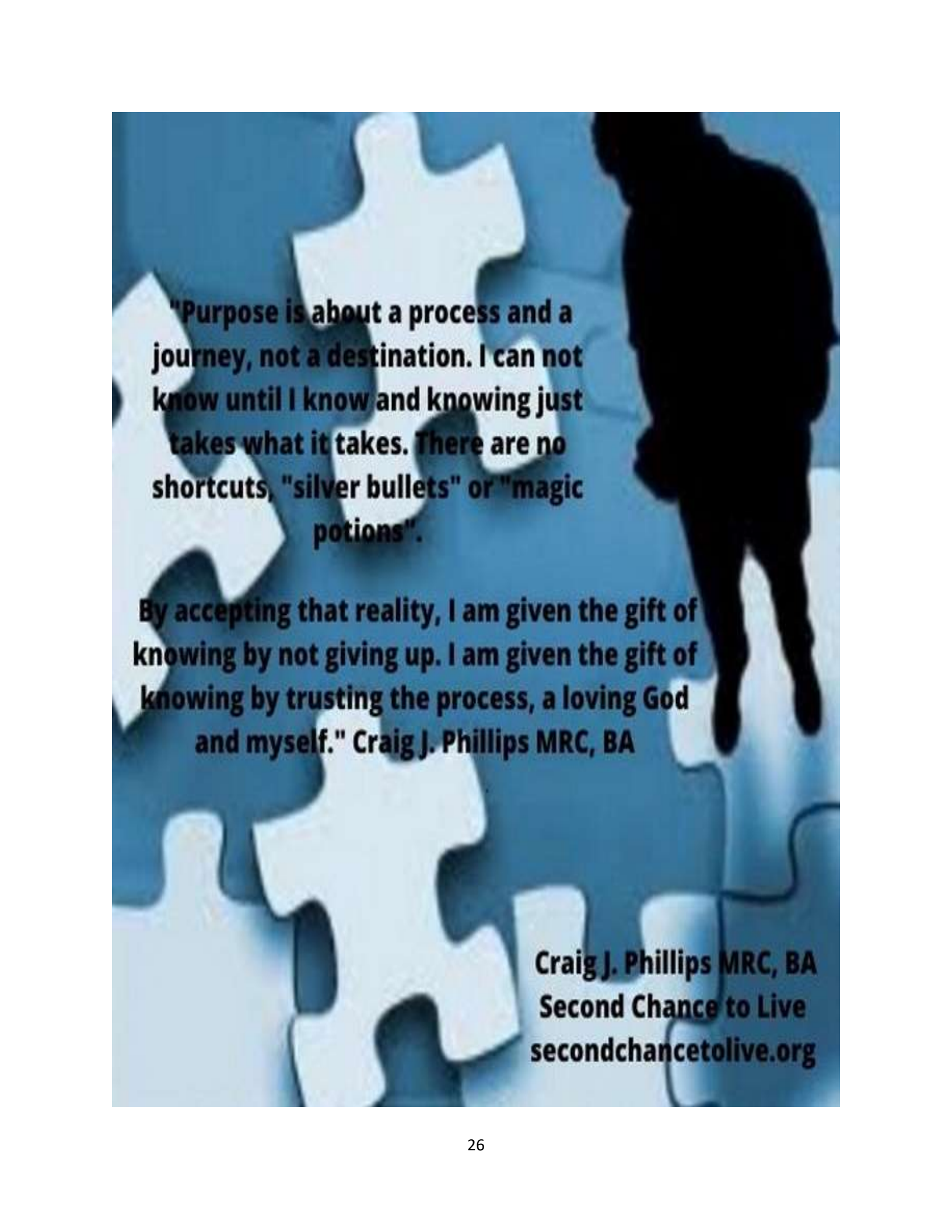
**"When setting out  
on a journey do not  
seek advice from  
someone who never  
left home. - Rumi**

**"Not everyone will  
understand your journey.  
That's okay. You're here  
to live your life, not to  
make everyone  
understand." Banksy**

**"The only impossible  
journey is the one  
you never begin."  
Tony Robbins**

**"Life is a journey, and  
if you fall in love with  
the journey, you will  
be in love forever."  
Peter Hagerty**

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**"Purpose is about a process and a journey, not a destination. I can not know until I know and knowing just takes what it takes. There are no shortcuts, "silver bullets" or "magic potions".**

**By accepting that reality, I am given the gift of knowing by not giving up. I am given the gift of knowing by trusting the process, a loving God and myself." Craig J. Phillips MRC, BA**

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**"The most common way people give up their power is by thinking they don't have any." Alice Walker**

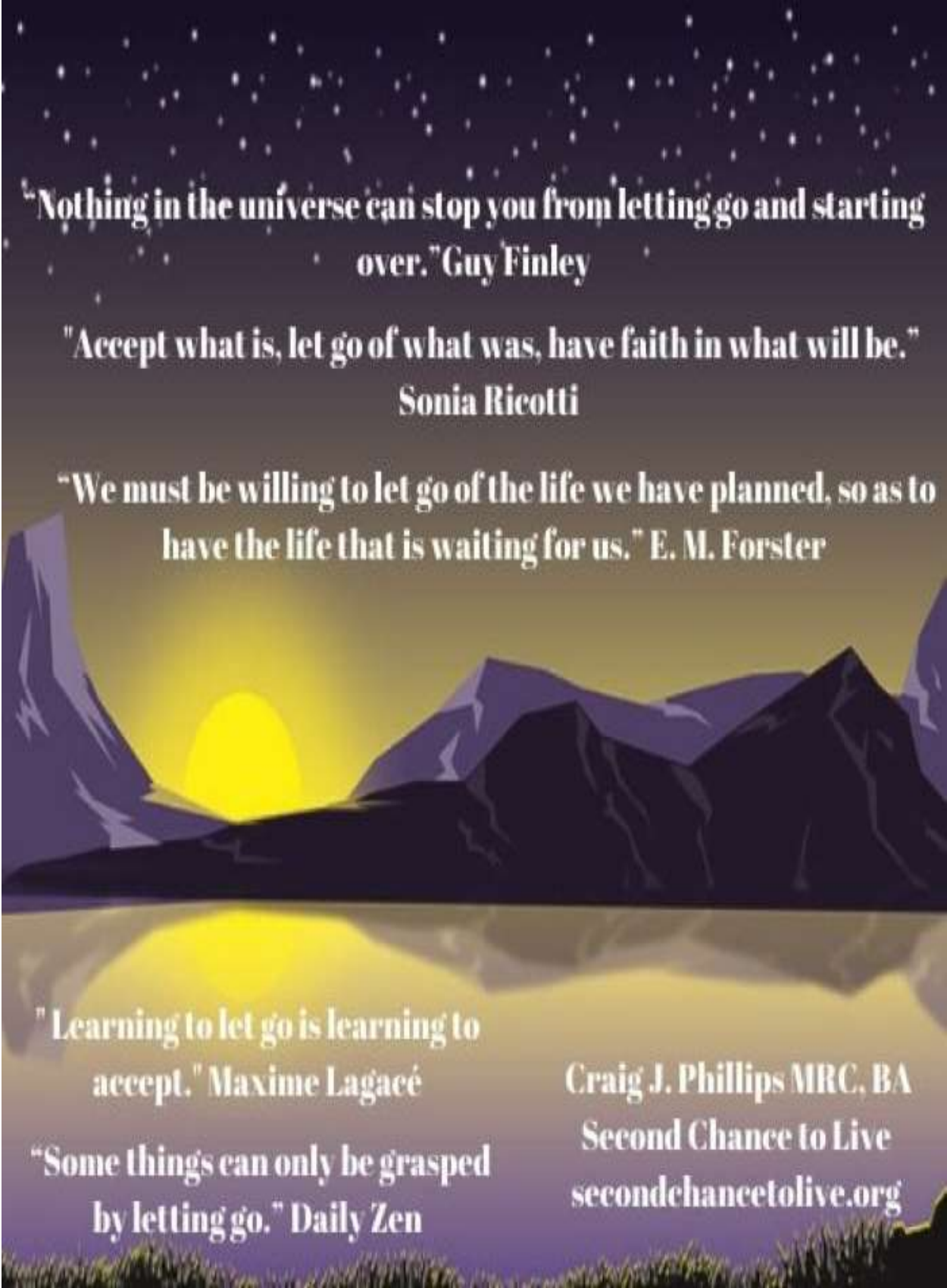
**"There's only one corner of the universe you can be certain of improving, and that's your own self." Aldous Huxley**

**"As long as a man stands in his own way, everything seems to be in his way." Ralph Waldo Emerson**

**"Success isn't a result of spontaneous combustion. You must set yourself on fire." Arnold Glasgow**

**"You are as amazing as you let yourself be. Let me repeat that. You are as amazing as you let yourself be." Elizabeth Alraune**

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The background of the image is a composite of three scenes. The top section shows a dark night sky filled with numerous small, white stars. The middle section depicts a landscape with dark, jagged mountains under a bright yellow sun that is partially obscured by a mountain peak. The bottom section shows the same sun and mountains reflected in a calm body of water. The overall color palette is dark with highlights of yellow and white.

**"Nothing in the universe can stop you from letting go and starting over." Guy Finley**

**"Accept what is, let go of what was, have faith in what will be."  
Sonia Ricotti**

**"We must be willing to let go of the life we have planned, so as to have the life that is waiting for us." E. M. Forster**

**" Learning to let go is learning to accept." Maxime Lagacé**

**"Some things can only be grasped by letting go." Daily Zen**

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to Live website  
Community**

**Building  
Your Life after  
Traumatic  
Brain Injury  
Facebook  
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**Building  
Your Life after  
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Brain Injury  
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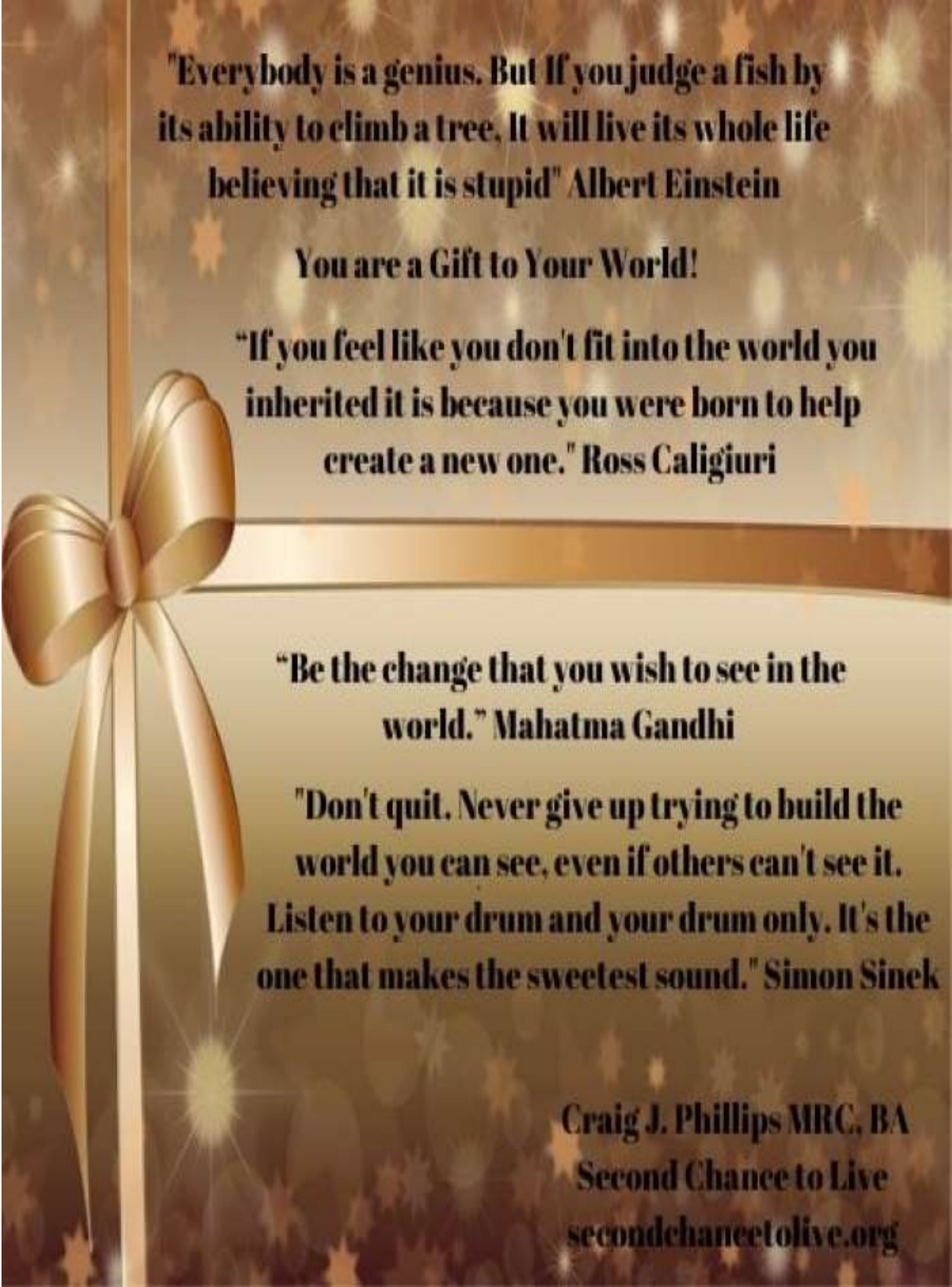
**If I am Doing the Same Thing Over and Over, Expecting to get  
Different Results, I can Change.**

**When I Become Sick and Tired of Being  
Sick and Tired, I can Change.**



**When I Feel Stuck  
I Need to Remember  
I Can Own My Power  
I Can Adapt, Adjust and Apply  
I Can Make Changes to Get  
Different Results**

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**"Everybody is a genius. But If you judge a fish by its ability to climb a tree, It will live its whole life believing that it is stupid" Albert Einstein**

**You are a Gift to Your World!**

**"If you feel like you don't fit into the world you inherited it is because you were born to help create a new one." Ross Caligiuri**

**"Be the change that you wish to see in the world." Mahatma Gandhi**

**"Don't quit. Never give up trying to build the world you can see, even if others can't see it. Listen to your drum and your drum only. It's the one that makes the sweetest sound." Simon Sinek**

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**"Research your own experience, absorb what is useful, reject what is useless and add specifically your own creation." Bruce Lee**

**"Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along with which comes the inner voice which says, 'This is the real me,' and when you have found that attitude, follow it." William James**

**"If you advance confidently in the direction of your dreams and endeavor to live the life that you have imagined...you will meet with a success unexpected in common hours." Henry David Thoreau**

**And you will be Guided by a Lighthouse -- A loving God**

**... one day at a time**

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**Don't Let Your Fear, Anger,  
and Guilt Stop You**

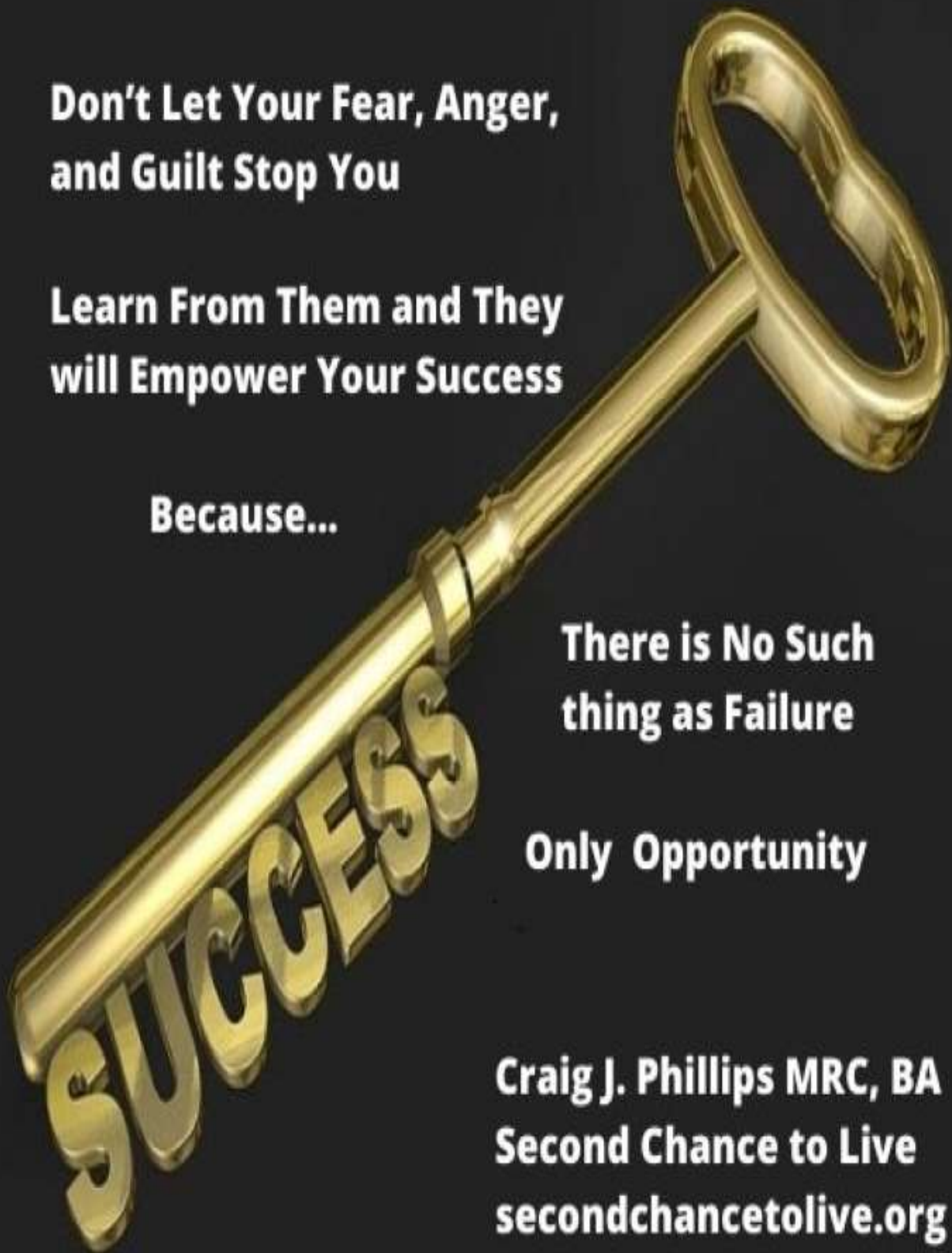
**Learn From Them and They  
will Empower Your Success**

**Because...**

**There is No Such  
thing as Failure**

**Only Opportunity**

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**Second Chance to Live  
Empowering the Individual**

**Not the Brain Injury  
One Puzzle Piece at a Time**

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**Ongoing Brain  
Injury Recovery**

**Mental,  
Emotional,  
Spiritual,  
and Physical**

**All Working  
Together**

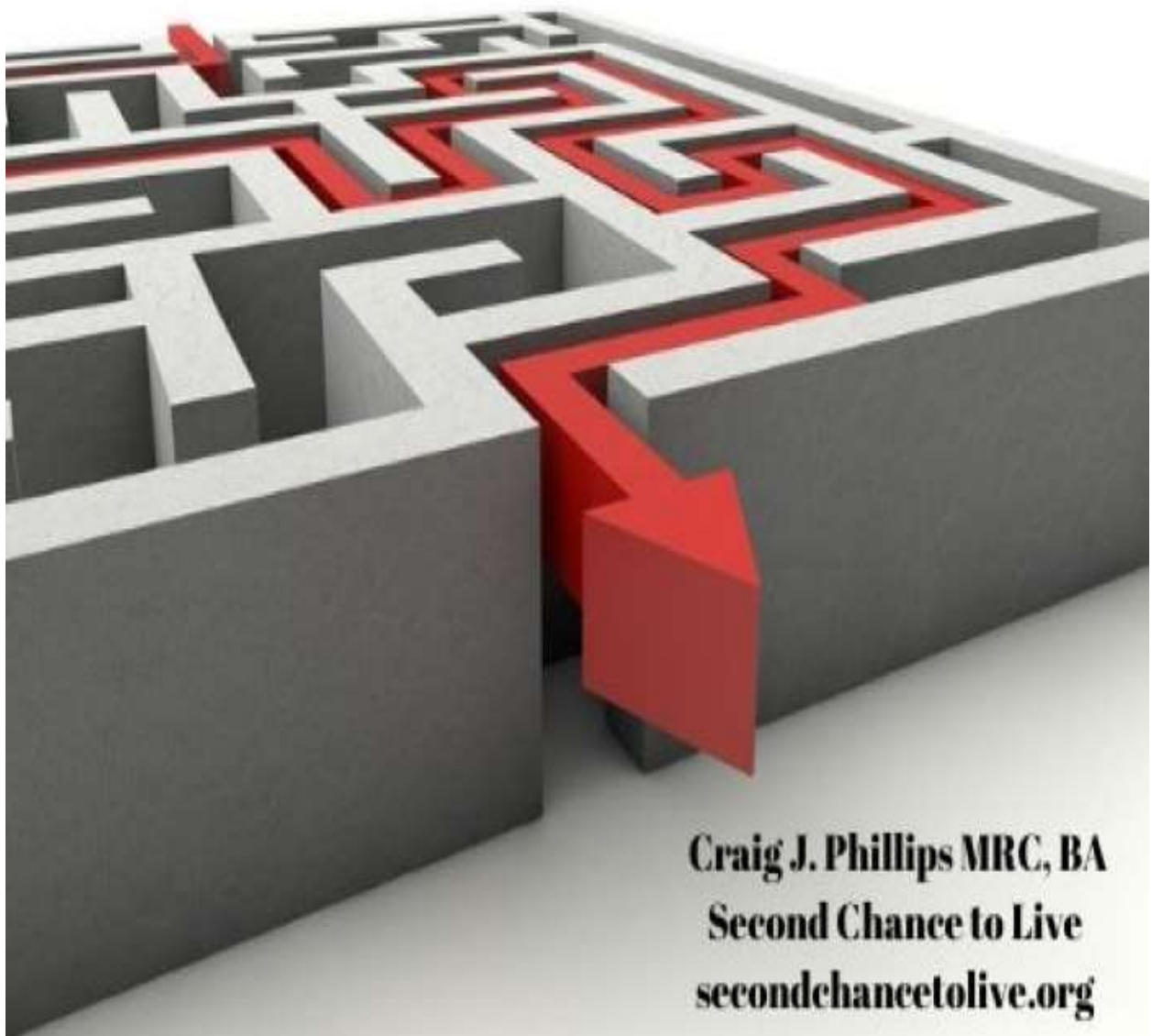
**To Empower  
the Individual to  
Succeed**

**One day at a time**

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**Although You May Feel Stuck at Times, Don't Give Up**  
**Keep Searching and You will Find Your Way**  
**A Way That will Guide You to Your Dreams**



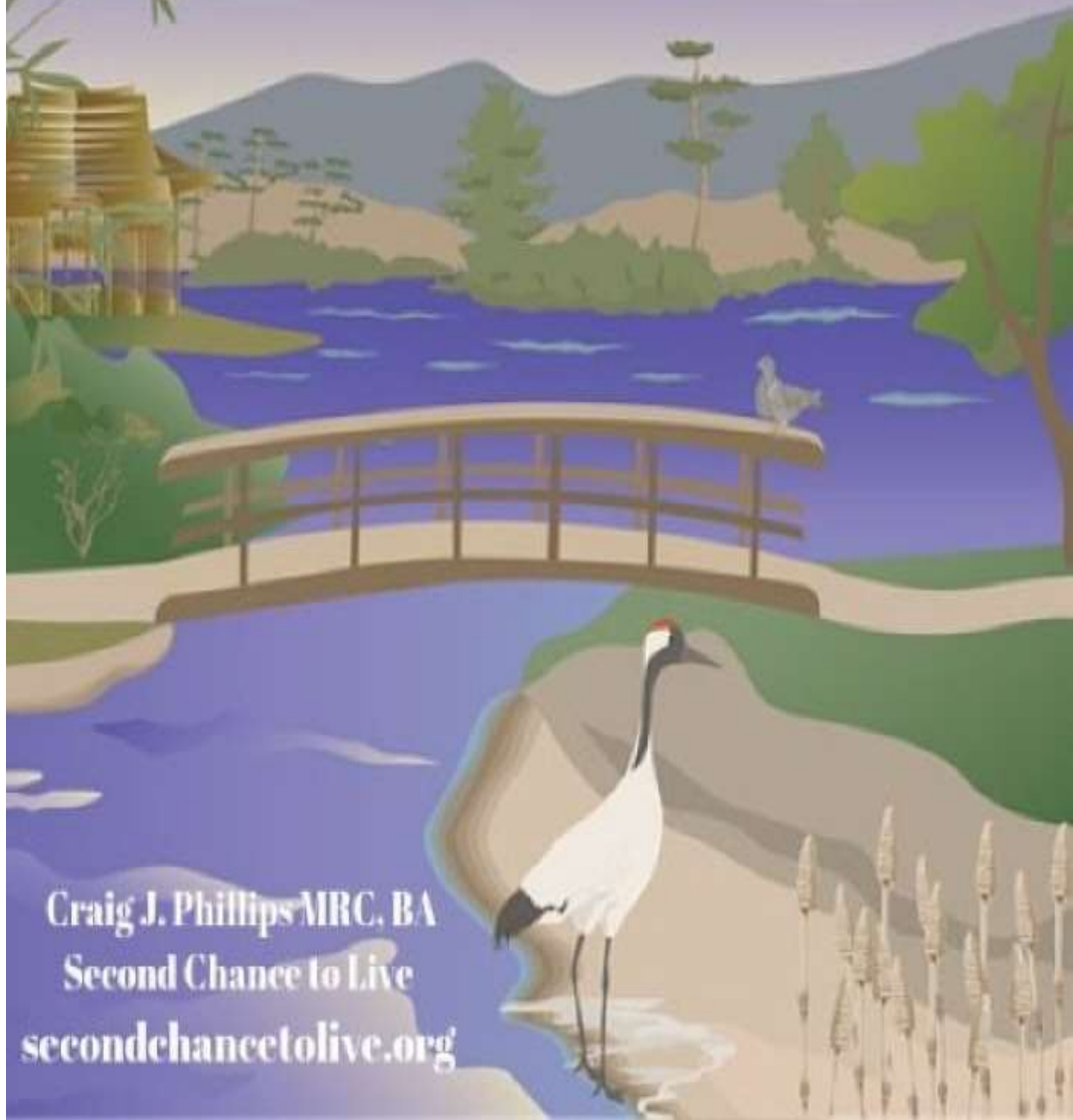
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A glowing jack-o'-lantern is the central focus, illuminated from within, casting a warm yellow light. It sits on a patch of grass in the foreground. In the background, a cemetery is visible with several tombstones and crosses silhouetted against a dark blue twilight sky. A church steeple with glowing windows is also visible in the distance. The overall mood is somber yet hopeful.

**Do Not Fear Your Future**  
**Do the Footwork, Trust the Process**  
**Trust a Loving God and Let Go of the Outcomes**  
**More Will Be Revealed with Time**  
**The Dots will Connect Forward**

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**Although I May be Powerless , I Am not Helpless  
Because there is Always another Bridge of Possibility  
To Cross Over through Acceptance and Choice**



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**“Ideas do not always come in a flash but by diligent trial-and-error experiments that take time and thought.” Charles K. Kao**

**“Time stays long enough for anyone who will use it.” Leonardo da Vinci**

**“Nothing is a waste of time if you use the experience wisely.” Auguste Rodin**

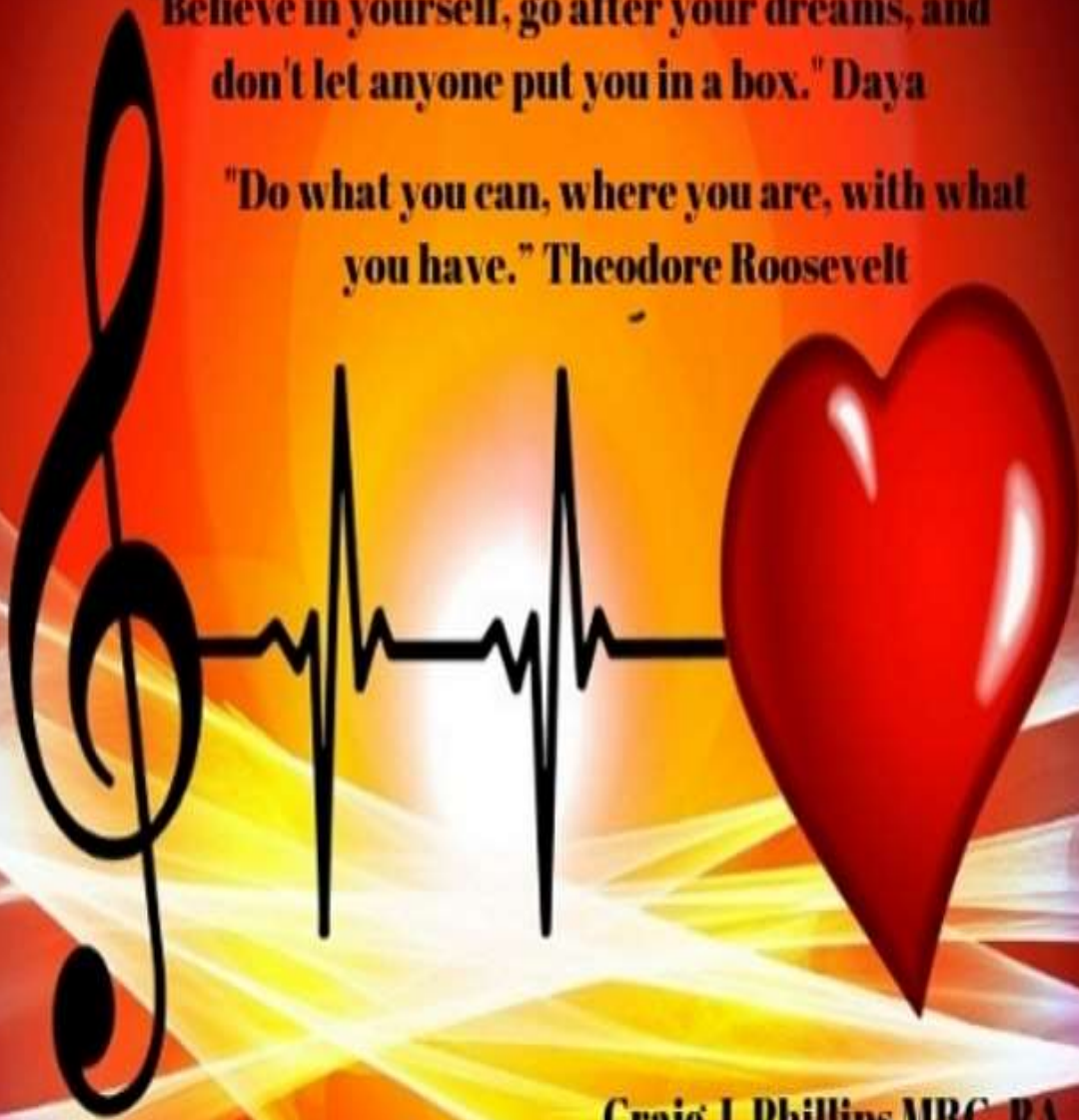
**“Carpe diem. Seize the day, boys. Make your lives extraordinary.”  
Robin Williams**

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**"Those who danced were thought to be quite insane by those who could not hear the music." Angela Monet**

**"Believe in yourself, go after your dreams, and don't let anyone put you in a box." Daya**

**"Do what you can, where you are, with what you have." Theodore Roosevelt**



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**“Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.” William James**

**“Freedom is nothing but a chance to be better.” Albert Camus**

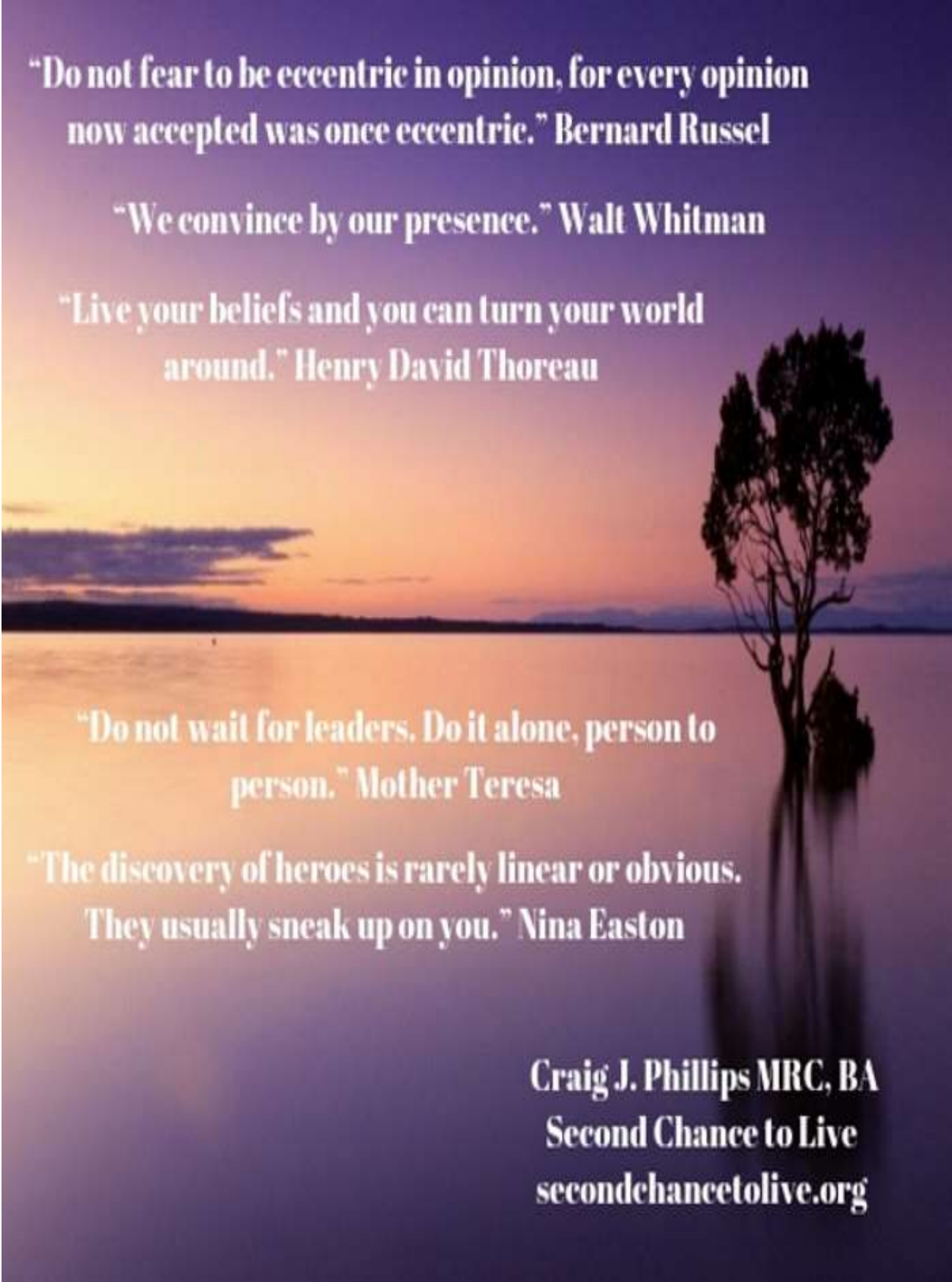
**“Just keep on going and keep believing in your own original vision, no matter what odds you have to overcome. And especially don't be stopped by your own fears.” Angelina Maccarone**

**FREE**

**“Success consists of going from failure to failure without loss of enthusiasm.” Winston Churchill**

**More will be revealed**

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A sunset over a body of water with a single tree silhouette on the right. The sky transitions from orange near the horizon to purple at the top. The water is calm, reflecting the colors of the sky. A single, dark silhouette of a tree stands on the right side of the water, its reflection visible below. The overall mood is serene and contemplative.

**“Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric.” Bernard Russel**

**“We convince by our presence.” Walt Whitman**

**“Live your beliefs and you can turn your world around.” Henry David Thoreau**

**“Do not wait for leaders. Do it alone, person to person.” Mother Teresa**

**“The discovery of heroes is rarely linear or obvious. They usually sneak up on you.” Nina Easton**

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**“YOU MAY BE THE ONLY PERSON LEFT WHO BELIEVES IN YOU, BUT IT'S ENOUGH. IT JUST TAKES ONE STAR TO PIERCE A UNIVERSE OF DARKNESS. NEVER GIVE UP.”**

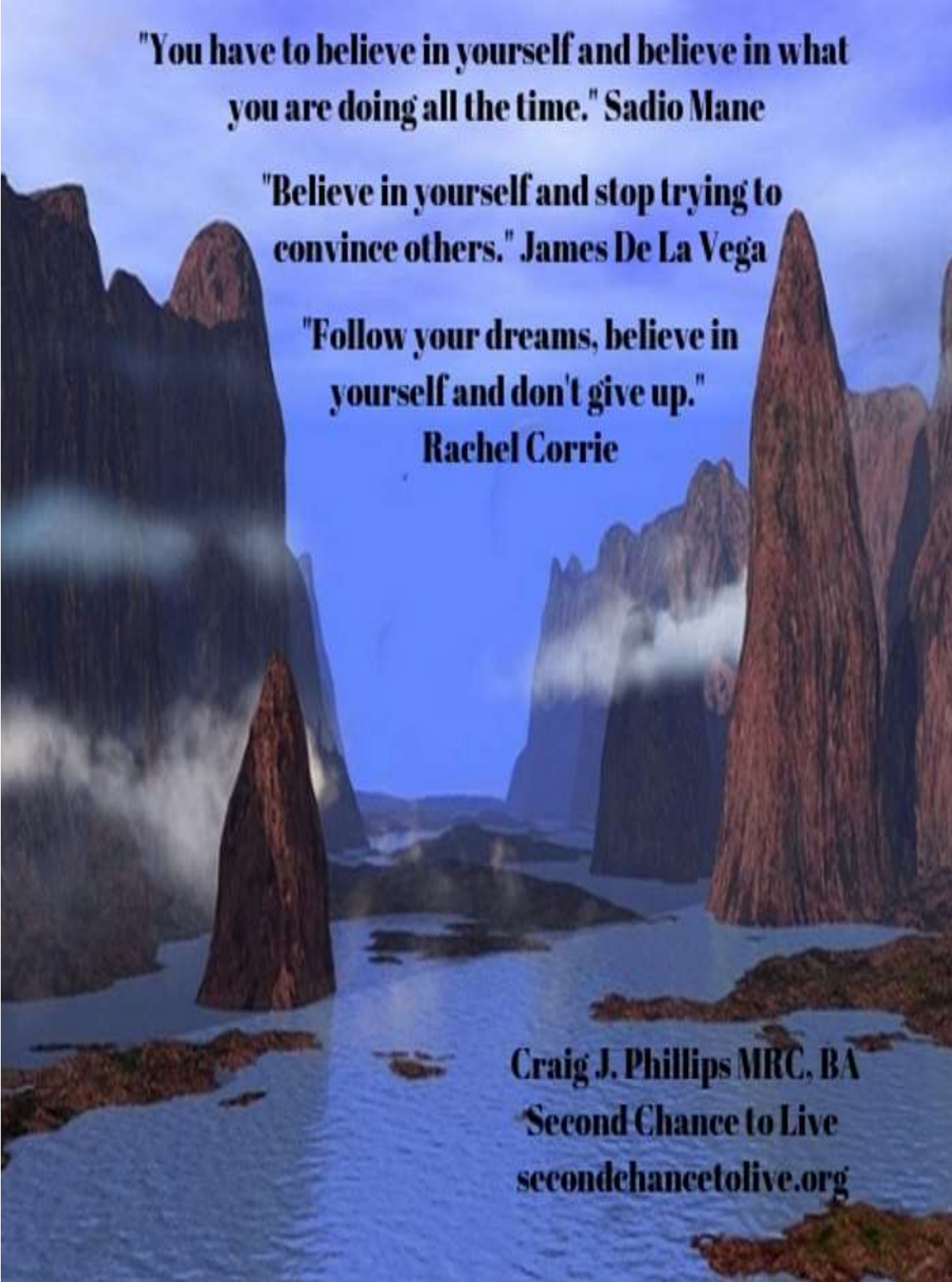
**RICHELLE E. GOODRICH**

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**“Courage is not the absence of fear, but rather the judgment that something else is more important than fear.” Ambrose Redmoon.**

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**"You have to believe in yourself and believe in what  
you are doing all the time." Sadio Mane**

**"Believe in yourself and stop trying to  
convince others." James De La Vega**

**"Follow your dreams, believe in  
yourself and don't give up."  
Rachel Corrie**

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**"I have not failed. I've just found 10,000 ways that won't work."**

**Thomas A. Edison**

**"Every strike brings me closer to the next home run."**

**Babe Ruth**

**"I am only one, but I am one. I cannot do everything,  
but I can do something. And I will not let what I cannot  
do interfere with what I can do."**Helen Keller

**SUCCESS**

**"Our doubts are traitors, and make us lose the good that  
we oft may win, by fear attempt."** William Shakespeare

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**"Never quit believing that you can develop in life. Never give up. Don't deny the inward spirit that provides the drive to accomplish great things in life." Jon Huntsman, Sr.**

**"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." Mark Twain**

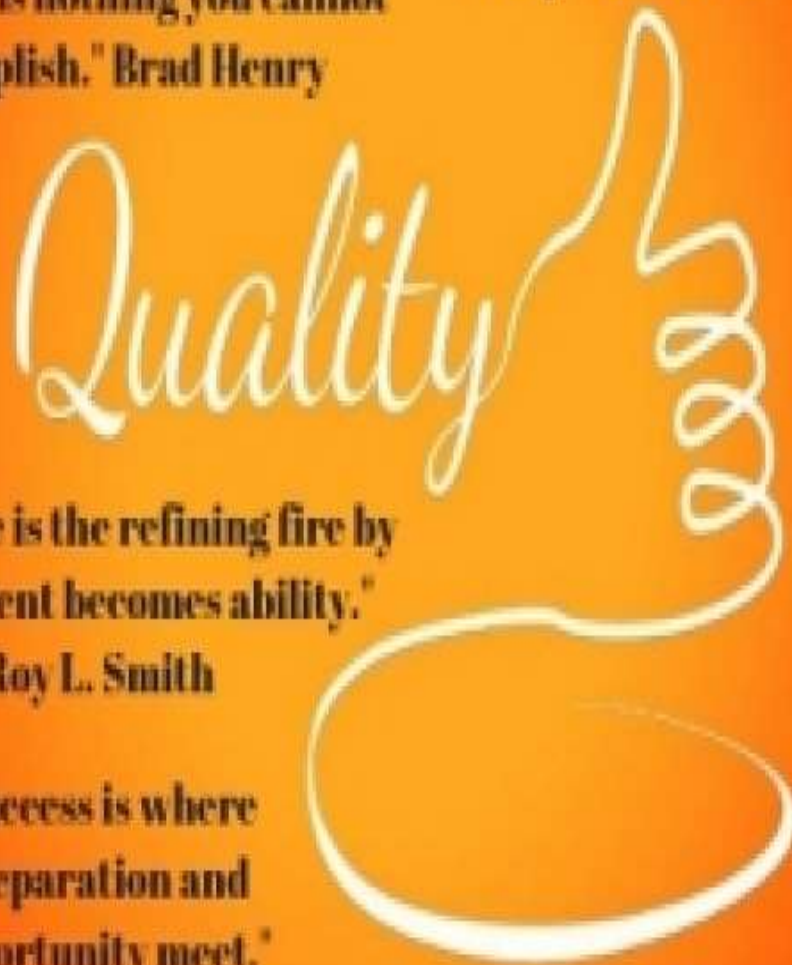
**"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture... Do not build up obstacles in your imagination." Norman Vincent Peale**

**"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win." Zig Ziglar**

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**"Believe in yourself, and the rest will fall into place. Have faith in your own abilities, work hard, and there is nothing you cannot accomplish." Brad Henry**

**"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." Lou Holtz**



**"Discipline is the refining fire by which talent becomes ability."**

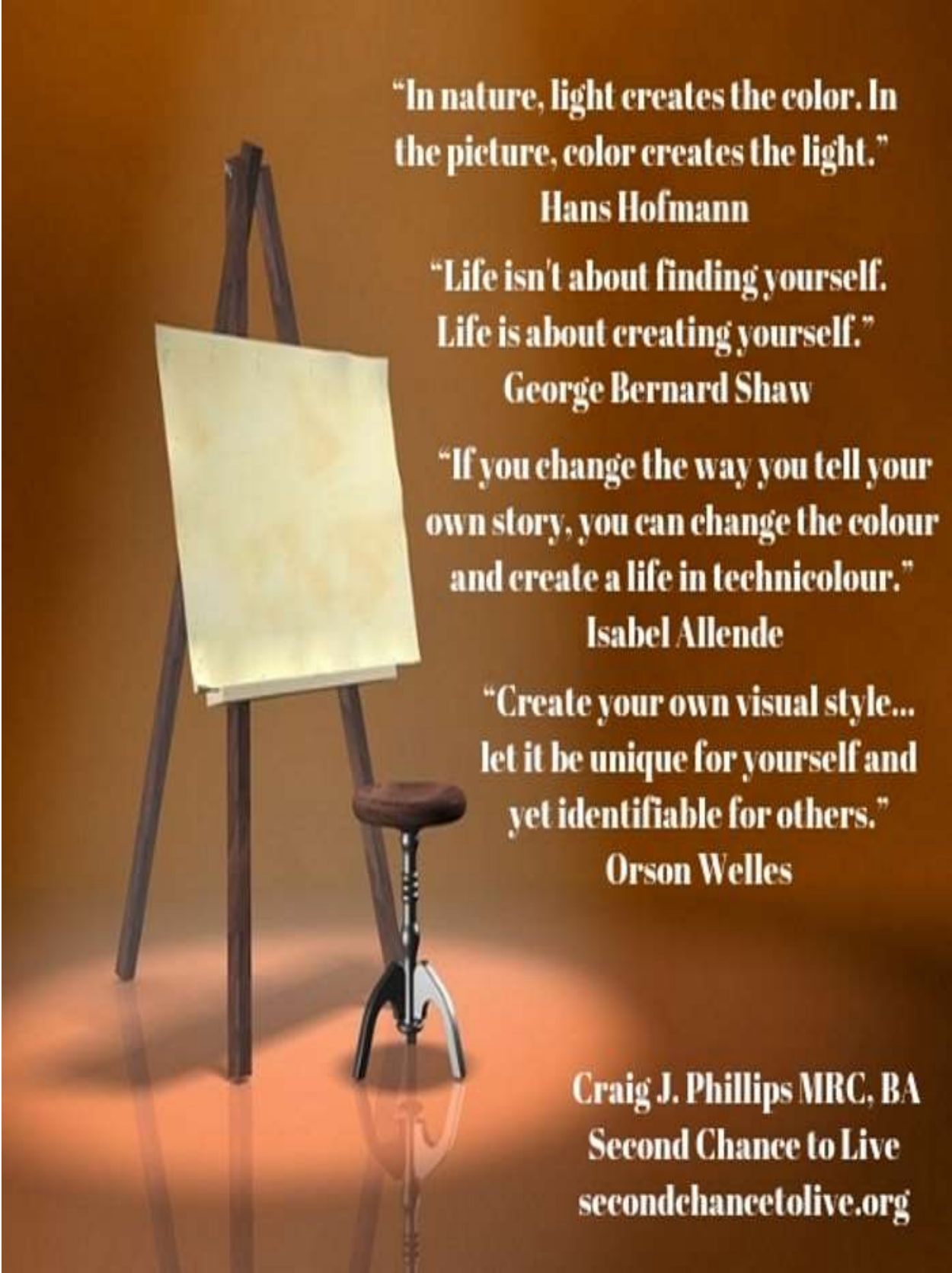
**Roy L. Smith**

**"Success is where preparation and opportunity meet."**

**Bobby Unser**

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An easel with a blank canvas and a stool on a reflective surface. The background is a solid brown color. The easel is on the left side of the image, and the stool is on the right side. The canvas is blank and yellowish. The stool is dark brown with a wooden seat. The entire scene is reflected on a glossy surface below.

**“In nature, light creates the color. In the picture, color creates the light.”**

**Hans Hofmann**

**“Life isn’t about finding yourself. Life is about creating yourself.”**

**George Bernard Shaw**

**“If you change the way you tell your own story, you can change the colour and create a life in technicolour.”**

**Isabel Allende**

**“Create your own visual style... let it be unique for yourself and yet identifiable for others.”**

**Orson Welles**

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**"Dreams do not vanish, so long as people do not  
abandon them." Phantom F. Harlock**

**"Do what you love. Know your own bone;  
gnaw at it, bury it, unearth it, and gnaw it still."  
Henry David Thoreau**



**"If you are able to be yourself, then you have no competition.  
All you have to do is get closer to that essence." Barbara Cook**

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**Living with Limitations Can Leave You and Me Believing that  
We are Stupid -- But We Don't Have to Fit into Anyone's Mold**

**Instead, We  
Can Create  
Our Own  
Genius**



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**“Sometimes adversity is what you need to face in order to become successful.” Zig Ziglar**

**“Continuous effort – not strength or intelligence – is the key to unlocking our potential.” Winston Churchill**

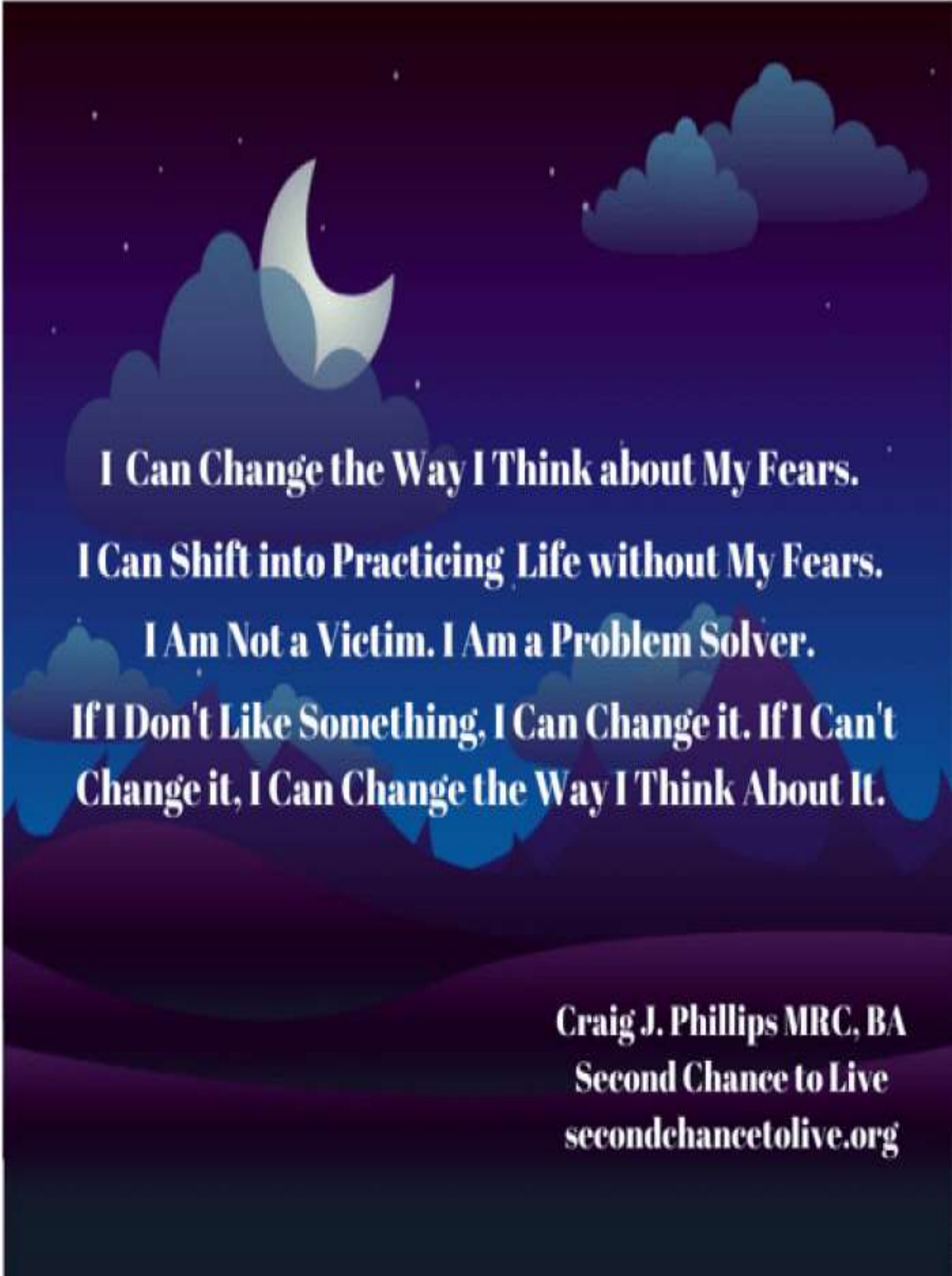
**“Goals give you a mark to shoot for and keep you motivated when you face adversity.” Benjamin Watson**

**“Don’t give up at half time. Concentrate on winning the second half.” Paul Bryant**



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**I Can Change the Way I Think about My Fears.**  
**I Can Shift into Practicing Life without My Fears.**  
**I Am Not a Victim. I Am a Problem Solver.**  
**If I Don't Like Something, I Can Change it. If I Can't  
Change it, I Can Change the Way I Think About It.**

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**"Everybody is a Genius. But If You Judge a Fish by Its Ability to Climb a Tree, It Will Live Its Whole Life Believing that It is Stupid" Albert Einstein.**

**"Research Your Own experience. Absorb What is Useful. Reject what is Useless. And Add what is Specifically your Own Creation." Bruce Lee**

**"Insist on yourself, never imitate. Your own gift you can present every moment with the cumulative force of a whole life's cultivation, but of the adopted talent of another, you only have an extemporaneous half-possession...Do that which is assigned to you and you can not hope too much or dare too much." Ralph Waldo Emerson**

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EST. 2007  
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