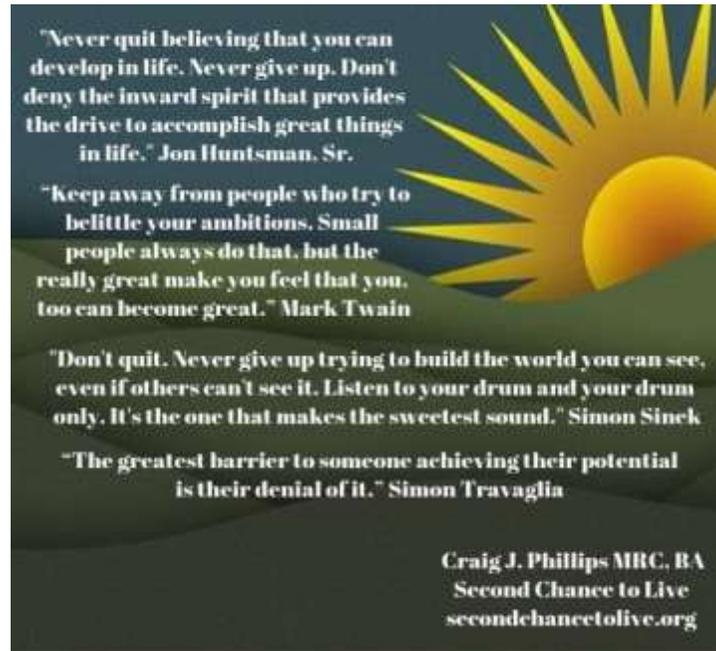


Comprehensive History of Second Chance to Live Answering the Call that never Came Presentation Second Chance to Live -- Craig J. Phillips MRC, BA



Several weeks ago, I wrote the article, **Comprehensive History of Second Chance to Live — Answering the Call that Never Came.**

[Comprehensive History of Second Chance to Live — Answering the Call that never Came](#)

To make the information available to individuals who learn better through **watching** and **listening**, I created a **video presentation** of the article.

[Comprehensive History of Second Chance to Live — Answering the Call that never Came Video Presentation](#)

Yesterday, I put the article and information into a **PDF file** to make the information available to be shared through a **zoom presentation**.

Comprehensive History of Second Chance to Live -- Answering the Call that never Came Presentation

**Below is a comprehensive history of Second Chance to Live
and my answering the call that never came.**

I share the below with you to encourage you to not give up on your process and journey in the pursuit of your destiny.

Your process and journey of discovering a way to use your gifts, talents and abilities after your brain injury and stroke.

More will be revealed, as it has been to me, by not giving up. Be encouraged my friend. The struggle is worth the gain.

On **February 6, 2007** I created **Second Chance to Live**.

I did so in response to **Answering the Call that never Came**.

Scroll Down to read the History of Second Chance to Live

In **October 2009** I wrote an article, **Answering the Call that Never Came**.

in **October 2013** I wrote an article, **Backstory of Second Chance to Live**.

Below these 2 articles, I share [Resources](#) created to [Answer the Call that never Came](#).

Background to Answering the Call that never Came

10 years to obtain my undergraduate degree and **3 1/2 years** to obtain my graduate degree as a **rehabilitation counselor**.

As I shared in my series, **My Journey thus Far** I had a long **20-year history** of getting and losing jobs, both non-professional and professional jobs. All despite my diligent hard work and best efforts.

Answering the Call that Never Came

“Empowering the Individual, not the brain injury, diagnosis or prognosis”

“It is not as important what happened or happens to us, but how we respond to what happened or happens to us.”

Craig J. Phillips MRC, BA

Answering the Call that Never Came

For many years I waited for someone, a group, an organization, a church, an employer or a relationship to recognize my worth and value.

You see, I bought into the notion that I had to obtain some type of stamp or validation of approval before my gifts, talents and abilities could be deemed to be valuable and worthwhile.

Sure, I used my gifts, talents and abilities, but I did not feel as though my gifts, talents and abilities were that significant. As a result, I spent many years waiting for the call.

When the call to use my gifts, talents and abilities, through my educational and vocational experience, did not come I felt inadequate.

I felt insignificant. I felt “less than” the individuals who had been recognized and validated for their gifts, talents and abilities.

Consequently, I became discouraged and despondent.

Thankfully, with time and by not giving up, my discouragement and despondency motivated me. Motivated me to begin to be open to solutions and to look for those solutions.

“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

Through being open to solutions, I had a spiritual awakening. I realized that the call I had been waiting for, but never came from outside of me was already inside of me.

I just needed to find a way to answer and express my call.

In my awakening, I realized that I no longer needed the approval or validation of an organization, church, employer or a relationship. Approval or validation to answer the call to use my gifts, talents and abilities.

Through my awakening and, by grieving what I could not change, I realized I had choices.

I realized that I no longer needed to wait for an organization, church, employer or relationship to value what I considered and consider to be of value and essential.

With my realization, I started on a **quest** to find a way to use my gifts, talents and abilities to pursue what I valued and considered important.

Through my quest, I discovered that I could answer the “call” through writing and speaking.

On **February 6, 2007** I started on the journey to answer the “call” that was in me. The “call” to encourage, motivate, empower and share hope through **Second Chance to Live.**

Today’s Thought

Today is the first day of the rest of your life. What your “call” is on the inside of you. Your call, regardless of your disability or limitations, is waiting to be realized. Take one step at a time.

The journey of a thousand miles begins with the first step. Trust the process. Trust a loving God. Trust yourself and your ability to learn from the process. More will be revealed with time.

**“Once we take the first step and keep walking before long, we will be able to look back and see how far we have come on our journey, because we did not give up.” Craig J. Phillips
MRC, BA**

Don't Give Up!

More will be revealed to you with each day. You will discover how to use your passions. You will live your dreams. And if you have a hard time believing, believe because I believe.

And please remember you do not have to wait to be discovered. You do not have to wait to be validated. You have already been validated. You have already been called to learn to use your gifts, talents and abilities.

“Do not go where the path may lead, go instead where there is no path and leave a trail.” Ralph Waldo Emerson

“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 cannot hope to much or dare too much.” Ralph Waldo Emerson.

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

I feel led to share the below with you to encourage you to commit. Commit to answering the call that is inside you. Commit to your dreams and your destiny, whatever that entails.

For many years I felt like someone all dressed up with “nowhere to go”. I felt this way after diligently applying myself to my studies and different vocational pursuits.

In **October 2013** I wrote an article to share the **BACK STORY** of my creating **Second Chance to Live to Answer the Call that Never Came.**

Backstory of Second Chance to Live

10 years to obtain my undergraduate degree and **3 1/2 years** to obtain my graduate degree as a **rehabilitation counselor.**
Working in both non-professional and professional jobs to no avail.

As I shared in my series, **My Journey thus Far** I had a long 20-year history of getting and losing jobs, both non-professional and professional jobs, despite my diligent hard work and best efforts.

My Two Departments of Vocational Rehabilitation Experiences

While a working as a DVR counselor with the **Florida Department of Vocational Rehabilitation**, I was made a client. That outcome did not result in a suitable job placement and I was then terminated as a client.

While in Florida, I applied for SSDI 2 times, however both of my applications were denied.

After being fired from several more jobs, in Florida, I was recruited to North Carolina to begin a job, as a **CRC** (certified rehabilitation counselor) in workers compensation.

I was fired from from this job 4 months later. Following that firing and an unsuccessful job search, I reapplied with the **Department of Vocational Rehabilitation (DVR)** here in **North Carolina.**

I also applied for **SSDI** benefits a **3rd time**.

After completing the evaluation and testing process with the NC DVR I was deemed to be **unemployable** by my counselor and the **North Carolina Department of Vocational Rehabilitation**.

Soon thereafter, my **3rd application for SSDI** was approved by the Social Security Administration. I began receiving benefits, I believe in January 1999.

Not Giving Up!

Although I had been declared unemployable and disabled, I still desired to use what I had to give to people who wanted what I had to give.

Beginning my Quest to Find a Way to Give and My Computer Experience

I wrote a collection of poems and a series of articles. After receiving some back pay, a friend of mine helped me to purchase a computer and I began to discover the world of dial-up technology.

During the next 3-4 years the computer manufacture rebuilt **2 computers**, one piece at a time, through my working with **1st, 2nd, and 3rd level tier technical support** through several **dial-up** (not cable or dsl) companies.

Use of my Computers

With my use of the computer, I started to input my poems and articles onto the **1st computer's hard drive** and then **re-enter**

the data of my poems and articles onto the **2nd computer hard drive**.

I learned from my experience to store data on an external hard drive and make copies of my poems, autobiography and articles onto floppy and CD discs from my **2nd computer's hard drive**.

Saved me a lot of time from having to input my data from my **2nd** to my **3rd** and then to my **4th** computer.

Computer Rebuilds and Data Re-Entry

As you might imagine I spent countless hours on and off the phone following the computer manufacturers technical support recommendations.

After **2 computer rebuilds**, piece by piece, and much aggravation, I asked some friends if they had a computer they were no longer using.

One of my friends gave me an **HP computer**. I had to reload the operating program — **Windows XP** — at the time and reenter all of my data from my past **2 computers**.

Getting a New Computer

Several years later I was able to get a **new computer**, as the one my friend gave me no longer worked. I had to start the process of reloading all the data from the computer given to me to the new computer.

This involved a significant learning curve, but I am glad that I did not give up on the process.

The Journey Began

Over the next **3 years**, I continued writing and developing as a writer. Through my process, I wrote an autobiography and then a book, **Table Topics for the Soul – Journey to the Heart**.

I attempted to get my book published with many publishers – after registering my book with the **Library of Congress**.

I spent nearly \$100 attempting to get my book published without success.

I continued to write and a year or so later, at the encouragement of a friend, I sought to create a weblog. After researching several blogging engines, I decided to create my weblog using **WordPress.com** to host **Second Chance to Live**.

I created Second Chance to Live **7 years** after being told I was unemployable and began receiving SSDI.

Writing Style Changes

When I first started to write, as with my poems, autobiography and book I was very cerebral (like **Data** in **Star Trek – The Next Generation**). As I continued to write, I began to combine the emotive (feeling) with the cerebral (logical) to my writing style.

With time, I received comments from readers who told me that what I was sharing with them, in my articles, was what they wished they could say and communicate.

I helped them to put into words what they wished they could say and communicate.

I share my process with you to encourage you to not give up on your quest on to discover your call.

To answer your call and use your gifts, talents and abilities.

“I have not failed. I’ve just found 10,000 ways that won’t work.” Thomas A. Edison

Commitment to the Process once I Created my Account on WordPress.com

After deciding on WordPress.com to use as my blogging platform I spent **60 – 70 hours** a week for the next **8-12 weeks** learning about the world of the blogosphere, writing, publishing, answering emails and comments.

Then for the next **6 months**, I spent **50 – 60 hours a week** continuing to learn about the blogosphere, write/create, answer emails and comments manage my weblog. I also wrote letters to send to contacts both domestically and internationally.

For the next **3 – 4 years** I spent **45 – 50 hours a week**. Then (at the writing of this article in 2013) for the past **3 years** I have spent between **40 – 50 hours a week** writing / creating, answering emails and comments.

I also continued to send email introductions of Second Chance to Live, both domestically and internationally. I continued to learn how to be a more effective as a creator, writer, and communicator.

Transition from wordpress.com to my Own Website

4-5 years after hosting my **Second Chance to Live** on **wordpress.com** a kind friend and webmaster helped me. Helped

me to move from hosting my website on WordPress.com to another blogging platform to have my own website (real estate).

secondchancetolive.org was birthed at that time and has been going strong for the past 9 -10 years or so.

After transitioning from **secondchancetolive.wordpress.com** to my **secondchancetolive.org** there was a tremendous amount of time and energy spent.

Time and energy spent setting up **secondchancetolive.org** on the new theme, with categories, widgets, menus, indexes, etc.

Domestic and International Outreach and Service

I also sent letters to introduce and share the mission and vision of Second Chance to Live.

Click on the blue link to see some of the organizations reached and served [domestically and internationally](#).

A New Format — The Beginning of Video Presentation Creation of my Articles

On **July 29, 2011**, with the encouragement of a friend I created a **YouTube Channel** and started to make video presentations of my articles for people who learn through watching and listening.

Click here to view a playlist of my now [446 video presentations](#) created from articles.

During the course of the 80 months (at the writing of this article in 2013), I have written 1130 articles and created 168 video presentations.

Update August 17, 2022

I have written **2026 articles**, created **446 video presentations**, written **12 eBooks**, created **14 Keynote presentations** and **40 Inspirational posters**.

In **April of 2013**, I presented a workshop in Anchorage, Alaska and then in May in a workshop in Seattle, Washington. In a few weeks, I will be giving a keynote presentation in Albuquerque, New Mexico.

I realize that I would not have been able to or be asked to be a part of these conferences if I had not followed my dreams. I do not know what is around the corner.

I am thankful for the opportunities that I have been given during the past 80 months (at the writing of this article in 2013). I look forward to future possibilities, as doors open for me to be of service.

My experience has taught me that nothing in my development has gone to waste is I have used all of what I have gained through my experience.

Update August 17, 2022

In the time since my first workshop in Anchorage, Alaska, I have spoken at other conferences and in different locations.

During the past **26 months** I have spoken **85 times** with upcoming presentations scheduled through **13 different keynote presentations**. Click on this link [view](#).

Today's thought

In my experience, I have come to realize that I can trust the process, a loving God and myself. I have come to realize that everything that I considered to be disappointments and disillusionment was preparing me.

Preparing me to use my gifts, talents, and abilities to answer my call, in ways that work.

What appeared to be setbacks were actually set ups. I share the above details with you, for this reason. You may have also experienced disappointments, disillusionment, setbacks, aggravations and adversity.

Don't let that discouragement and those disappointments stop you from answering your call. Don't Quit. Keep moving forward as you pursue your call. More will be revealed to you as more has been revealed to me.

My Encouragement to You, as I need to Remember

Commit to "suing up and showing up" in your life each day.

By doing so, you will be amazed at the things that you can and will accomplish.

By not giving up give up on your process, a loving God or yourself you will answer your call.

You will see what you thought was being used for your harm, was in actuality being used for your good.

You will see why you needed to learn the lessons that your disappointment and disillusionment.

You will see that the adversity that you experienced has empowered your call.

You will see how all things have been working together for your good.

You will be a blessing to the people who are brought into your life.

You will see that nothing in your development has gone to waste.

My Email Contact is: secondchancetolive1@yahoo.com

Serving the International, as well as the Domestic Brain Injury Community

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.

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](#)

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

Articles, Video Presentations, eBooks, Slideshow Presentations and Posters

[2025 Article/Video Presentation Links within 12 Peer Support Categories](#)

[Navigating Life After a Traumatic Brain Injury 446 Video Presentations Playlist](#)

[14 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](#)

[40 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](#)

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](#)

Locations and Presentations

In the past 26 months, I have spoken at 85 events publicly, with upcoming events covering thirteen 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](#)

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

[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](#)

[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](#)

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](#)

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](#)

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 **2013–2021** scroll down.

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

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.

Improve my dexterity, hand-eye coordination, agility, balance, stamina, precision, focus and awareness. I improve these factors by engaging 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 to answer my call. To pursue my dreams and to be of service.

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.

Click on the each blue link (s) to watch the demonstration on You Tube

Neuroplasticity through Martial Arts 2013

<https://youtu.be/snHjkxYrRYU>

Neuroplasticity Demonstration August 2014

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

Brain Injury, Neuroplasticity and Personal Gains August 2015

<https://youtu.be/j4BajiK5qB8>

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

https://youtu.be/Ljsr_S18Fng

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

<https://youtu.be/EXVq5vICWZI>

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

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

**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.**

Stick Fighting, Knife, Western Boxing & Wing Chun Drills

Created September 2, 2021

<https://youtu.be/YLOeOUq4170>

Transition Drills to Improve Agility, Focus, Speed & Coordination

Created September 6, 2021

https://youtu.be/4JOel_4upWM

Hand Eye Coordination and Precision Drills using Fine Motor Skills

Created September 12, 2021

<https://youtu.be/seeH9xbkKDs>

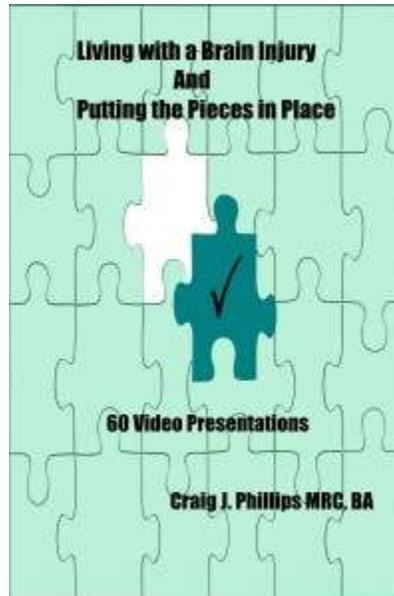
Using upper and lower body coordination and movement to improve focus, agility and balance of upper body and lower body martial art skills. Created February 14, 2022

<https://youtu.be/nBSQx0y3aP0>

Below are 12 eBooks (PDF files)

Click on each of the blue links to open and read the eBook

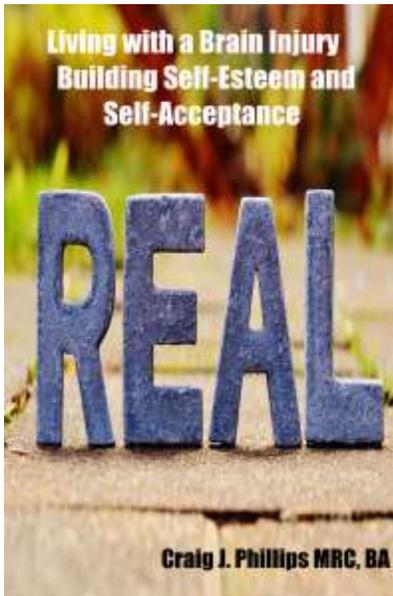
[Living with a Brain Injury eBook Putting the Pieces in Place](#)
[60 Video Presentations \(PDF file\)](#)



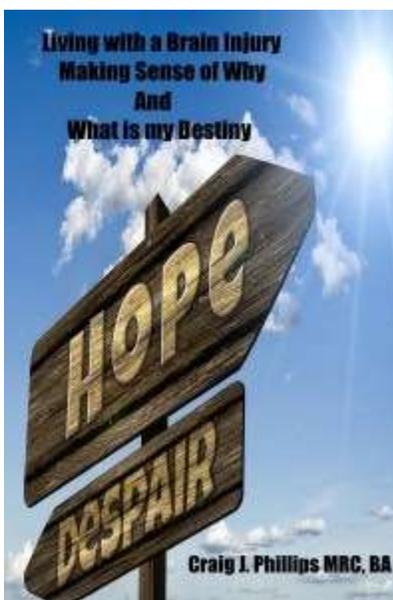
[Being Your Own Hero through Overcoming Adversity – Tool](#)
[for Rebuilding Your Life eBook](#)



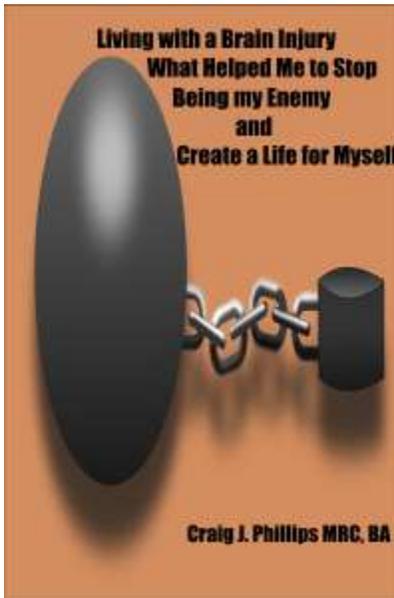
[Living with a brain injury and Building Self-Esteem and Self-Acceptance eBook](#)



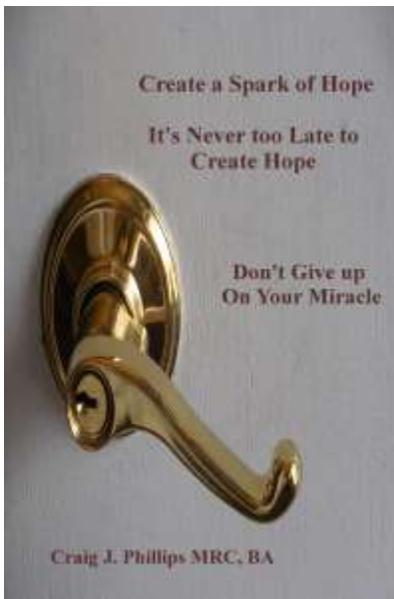
[Living with a Brain Injury, Making Sense of Why and What is my Destiny? eBook](#)



[Living with a Brain Injury, What Helped Me to Stop being my Enemy and Create a life for Myself eBook](#)



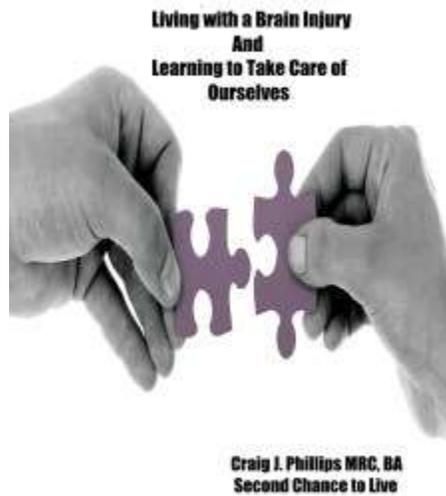
[It's Never too Late to Create Hope eBook](#)



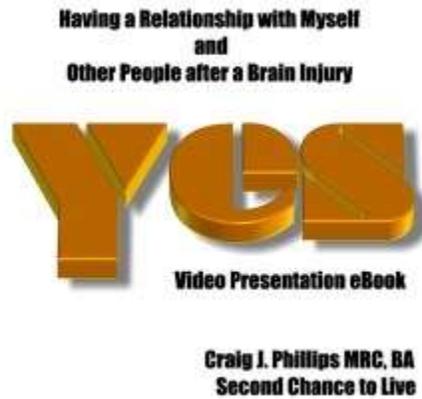
[Moving Forward Following a Brain Injury eBook](#)



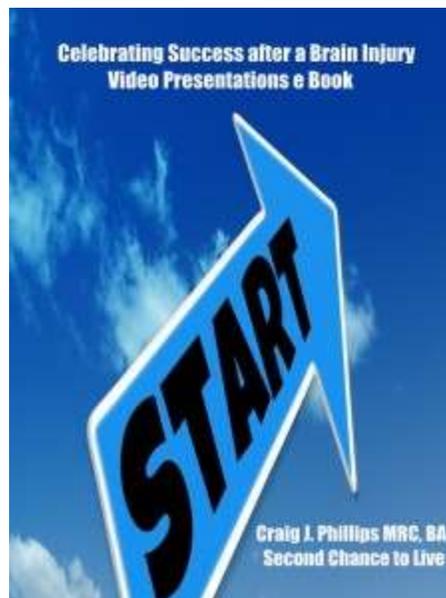
[Living with a Brain Injury and Taking Care of Ourselves
eBook](#)



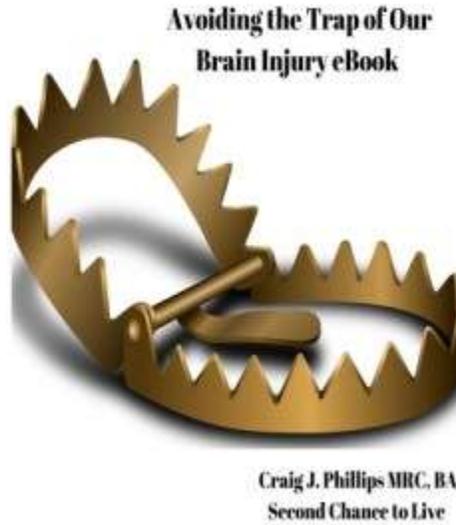
[Having a Relationship with Myself and Other People after a Brain Injury Video Presentations eBook](#)



[Celebrating Success after a Brain Injury Video Presentations eBook](#)



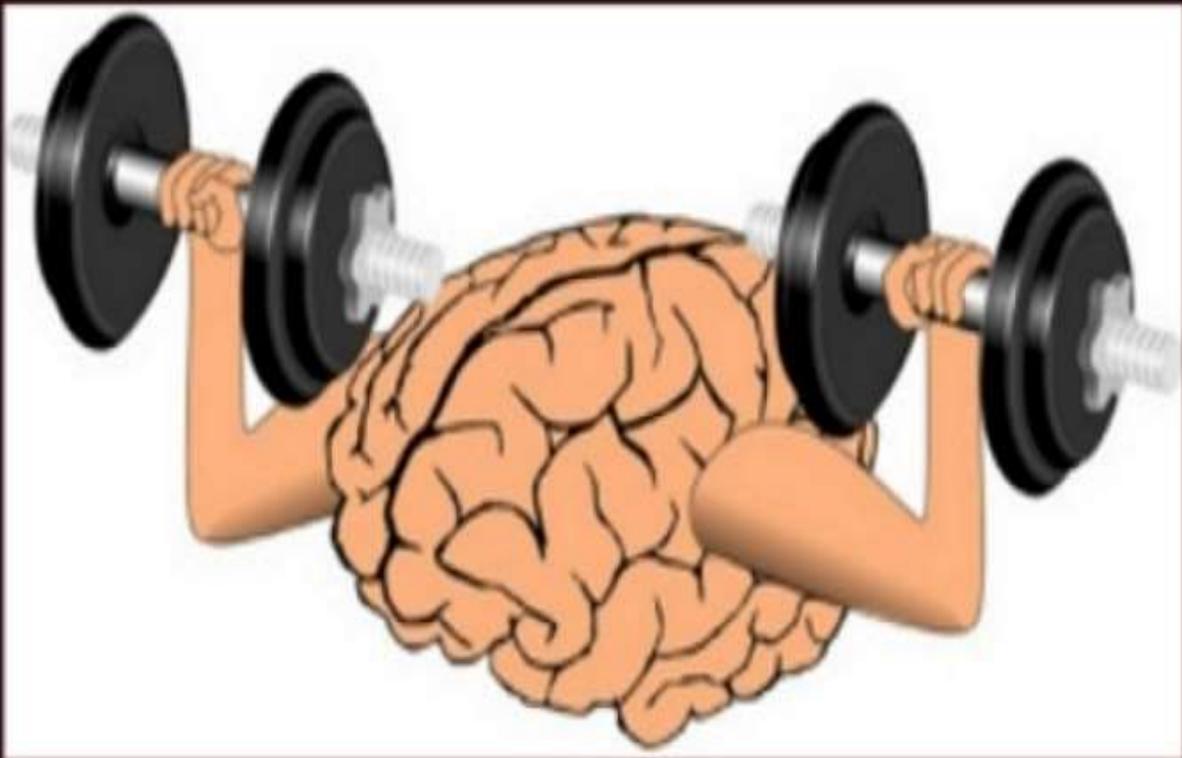
[Avoiding the Trap of Our Brain Injury e Book for PDF File](#)



[Don't Let Anyone Tell You \(Including Yourself\) that... Video Presentation e Book](#)

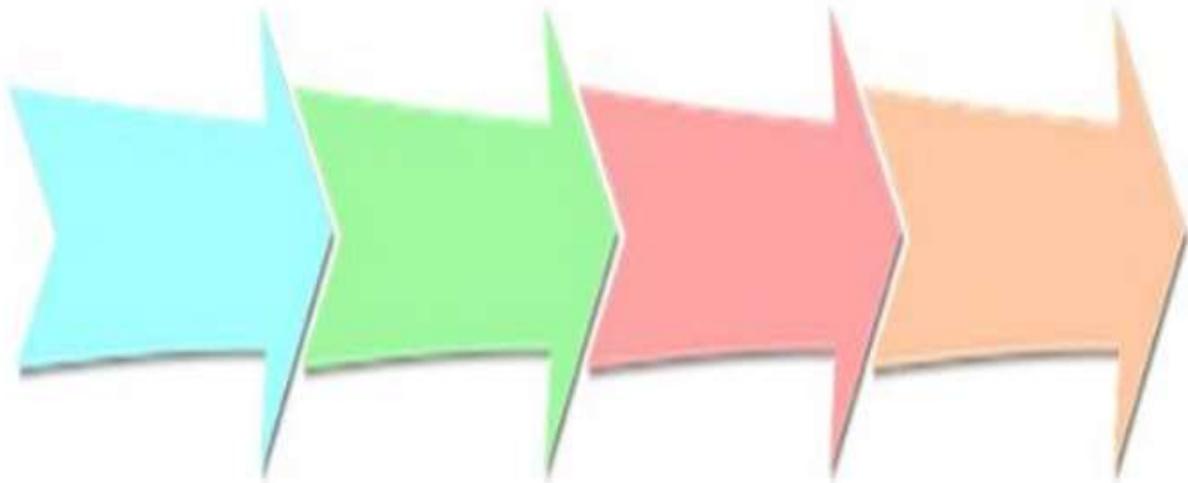
**Below is a Selection of 40 Poster that I have Created
to Inspire Hope and Inspiration**

SECOND CHANCE TO LIVE
SECONDCHANCETOLIVE.ORG



EMPOWERING BRAIN, BODY, SPIRIT
ONE SKILL AT A TIME

“Here’s to the crazy ones. The misfits. The rebels. The troublemakers. The round pegs in the square holes. The ones who see things differently. They’re not fond of rules. And they have no respect for the status quo. You can quote them, disagree with them, glorify or vilify them. About the only thing you can’t do is ignore them. Because they change things. They push the human race forward. And while some may see them as the crazy ones, we see genius. Because the people who are crazy enough to think they can change the world, are the ones who do.” Steve Jobs



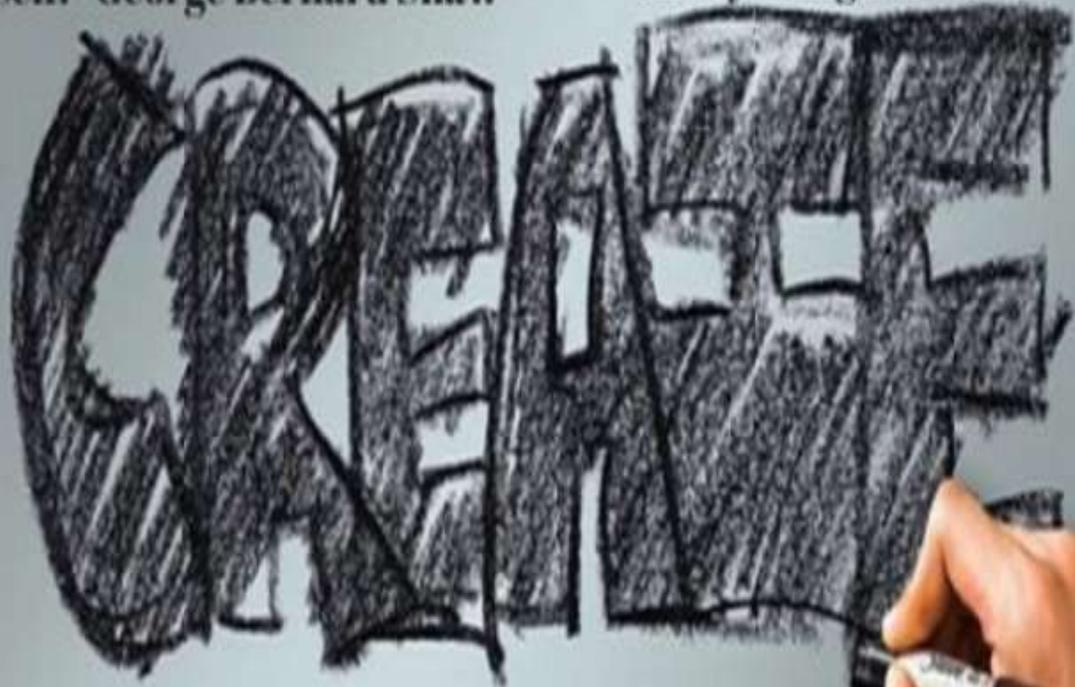
“You may be the only person left who believes in you, but it’s enough. It just takes one star to pierce a universe of darkness. Never give up.” Richelle E. Goodrich

“Do not go where the path may lead, go instead where there is no path and leave a trail.” Ralph Waldo Emerson

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

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



“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

**And, Never Give Up
Believing that You Can
Continue to Create!**

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“I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I can not 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

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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

HOPE

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

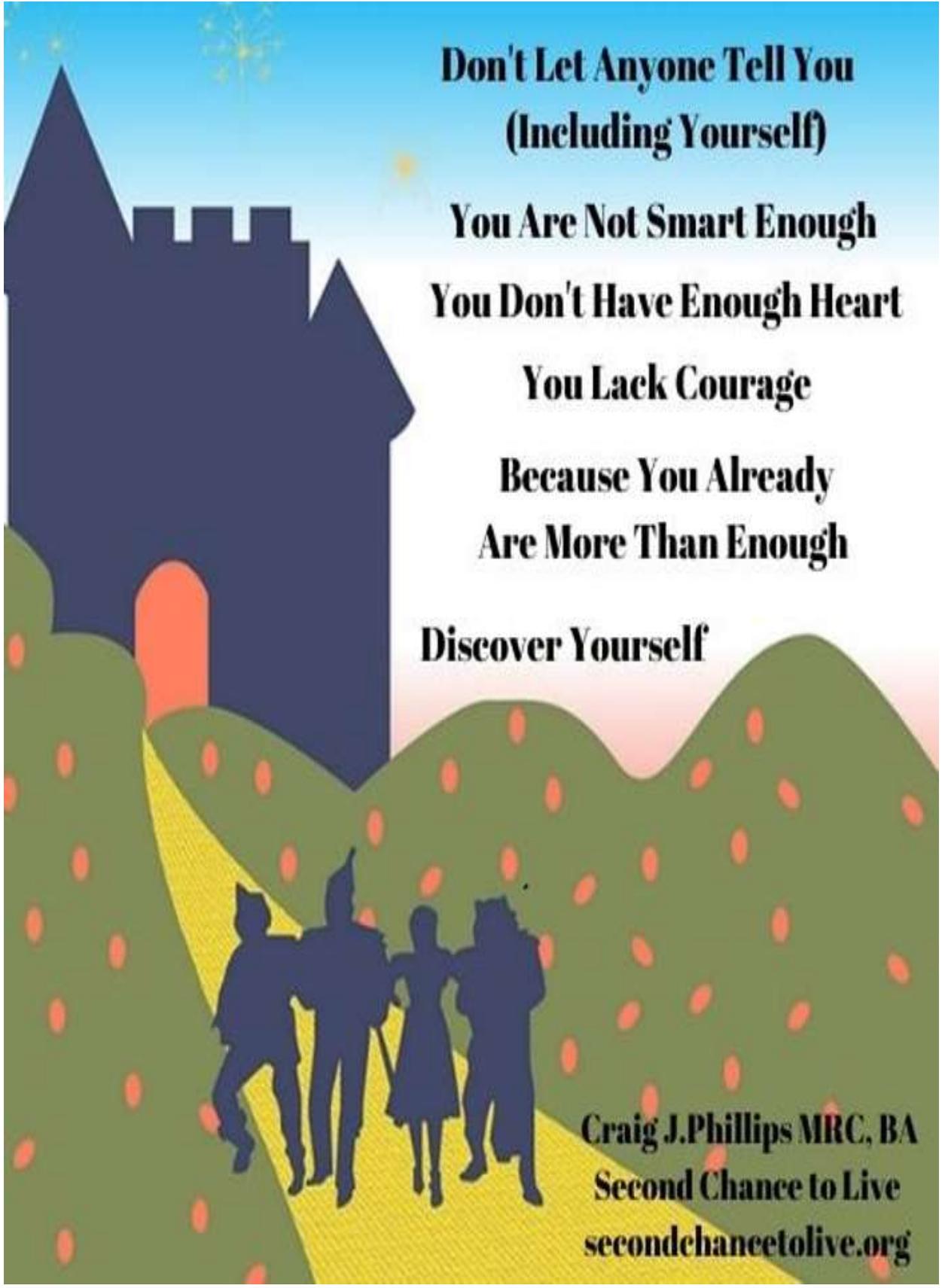
Consider the Spark

**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**

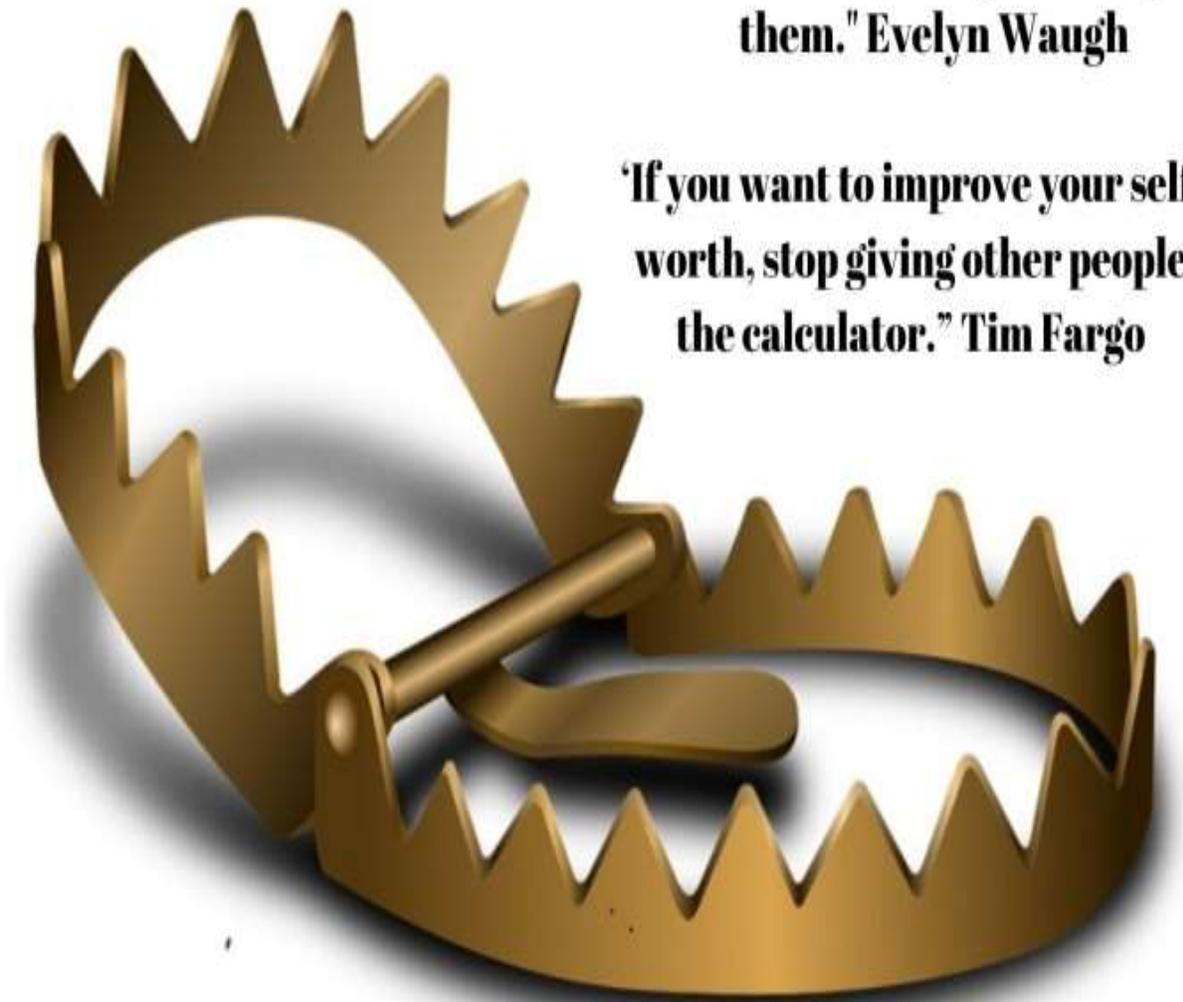
Discover Yourself

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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**

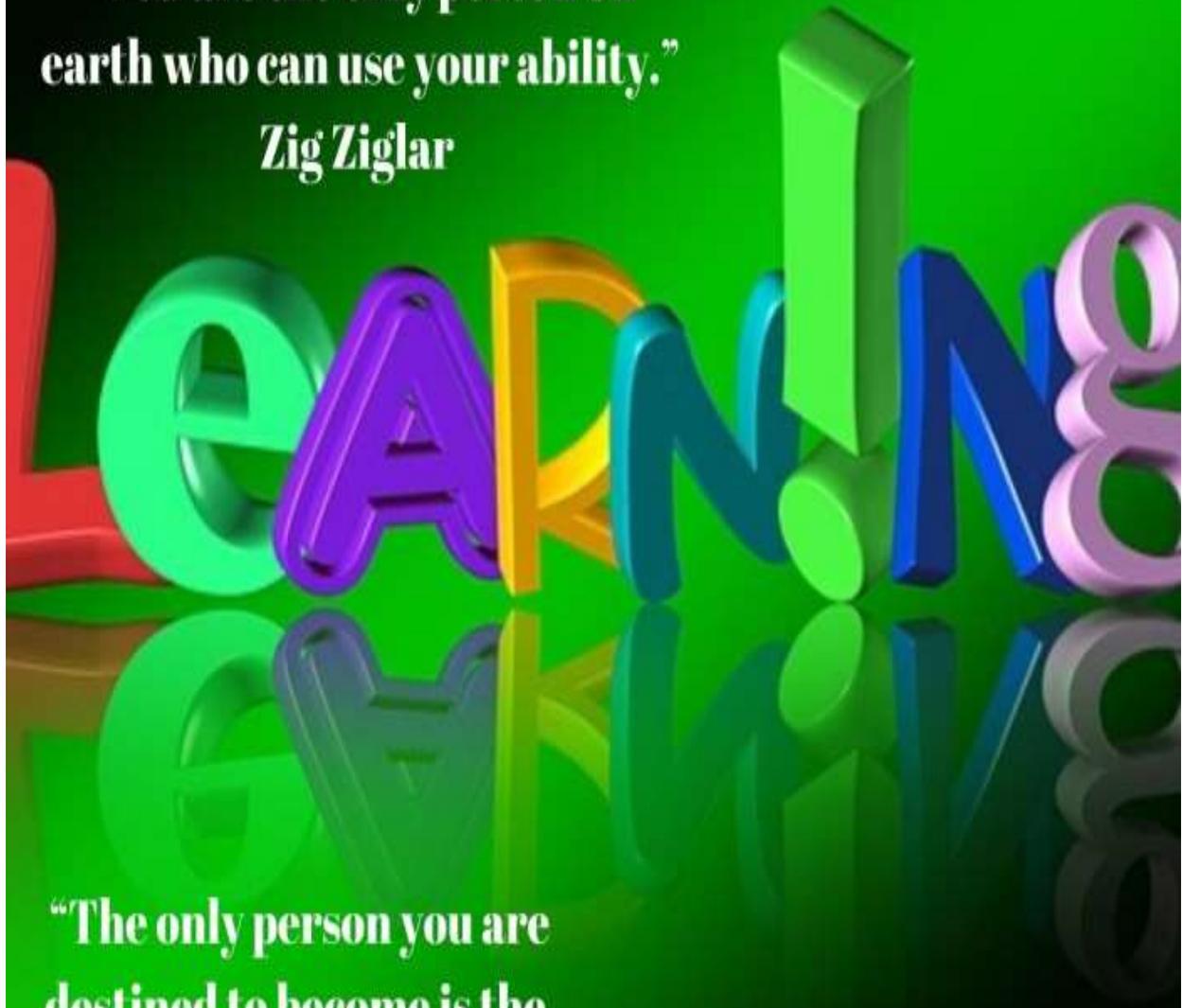
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**“We are what we believe
we are.” C.S. Lewis**

**“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**

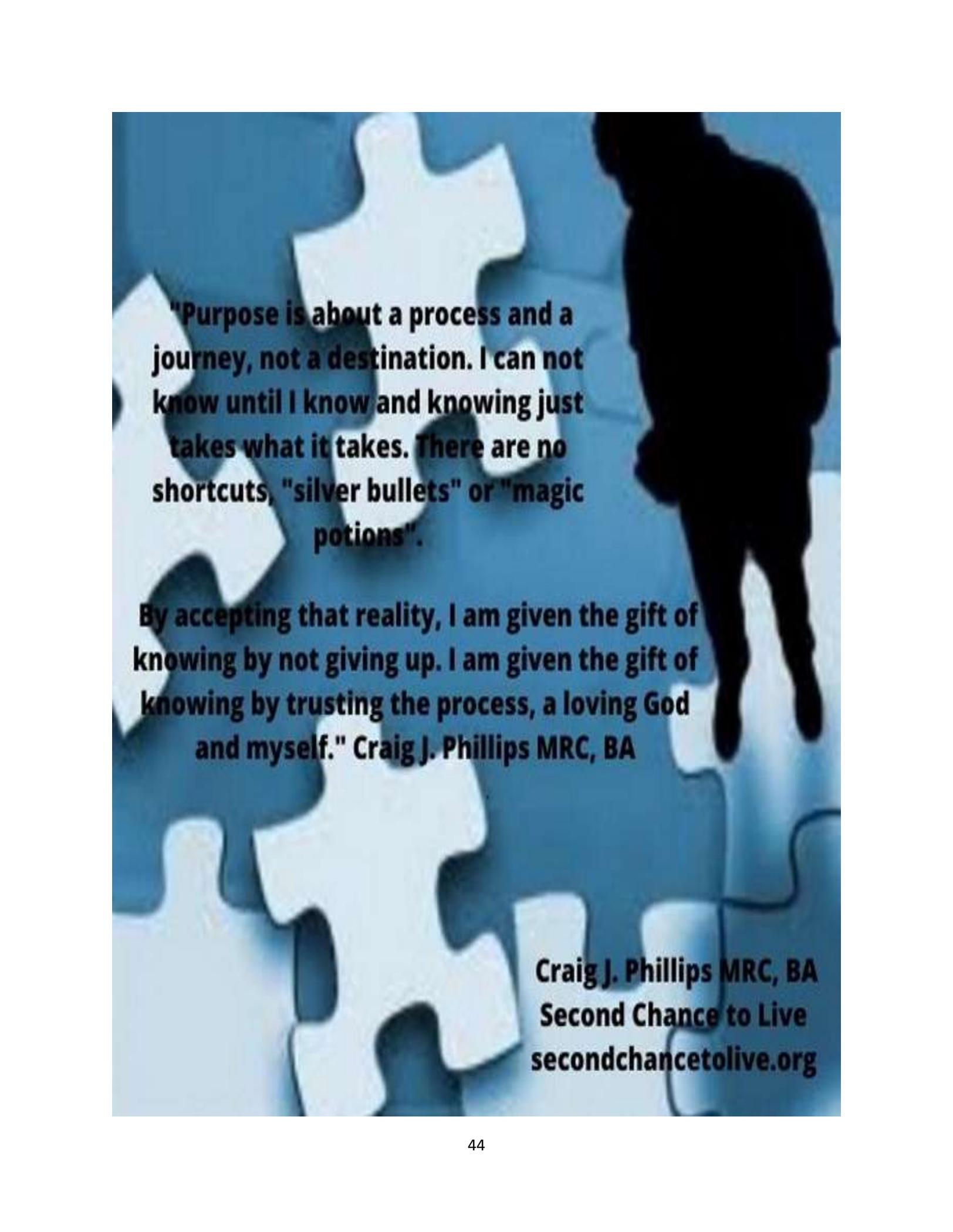
**"When setting out
on a journey do not
seek advice from
someone who never
left home. - Rumi**

**"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

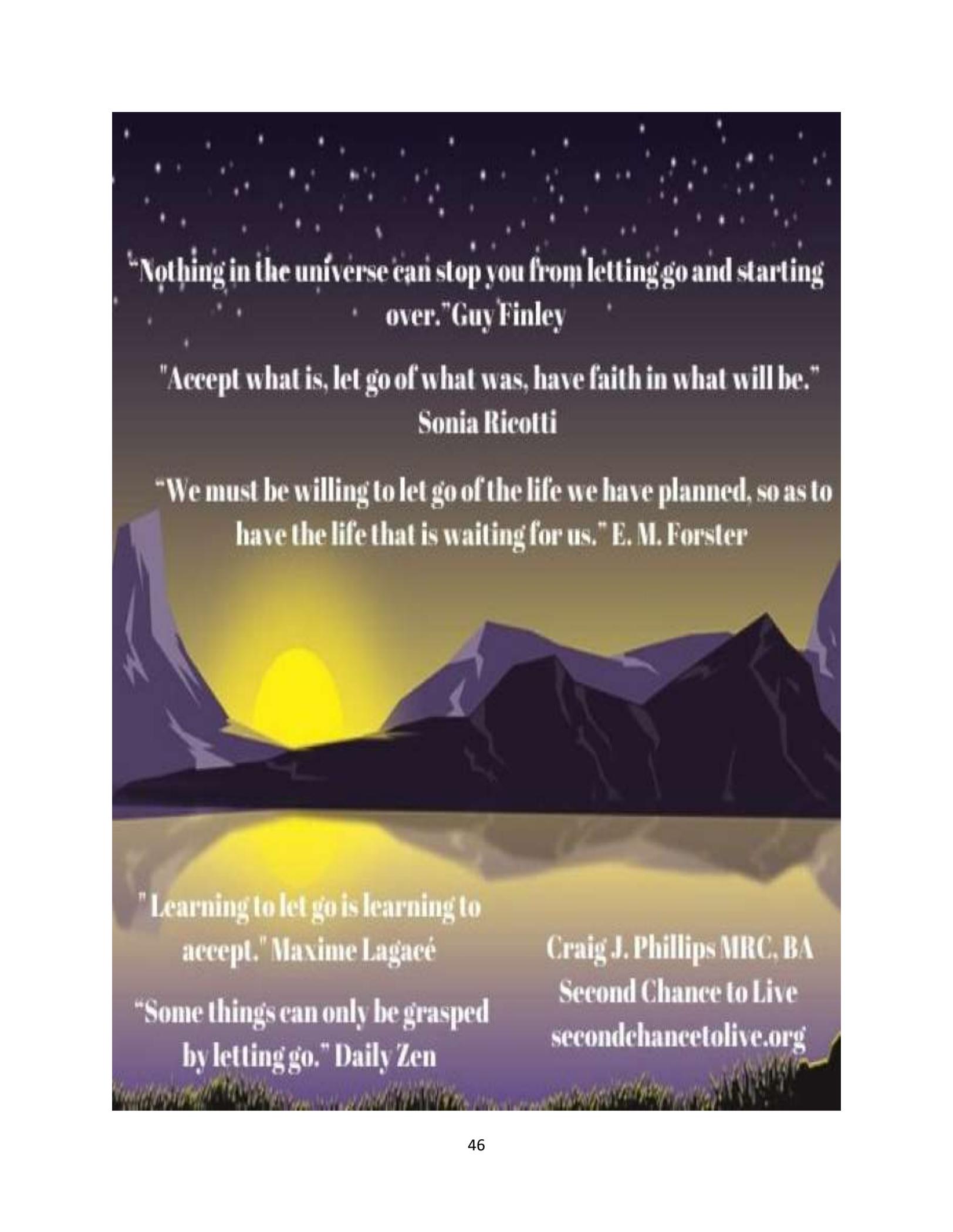
"There's only one corner of the universe you can be certain of improving, and that's your own self." Aldous Huxley

"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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"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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Quick and Easy

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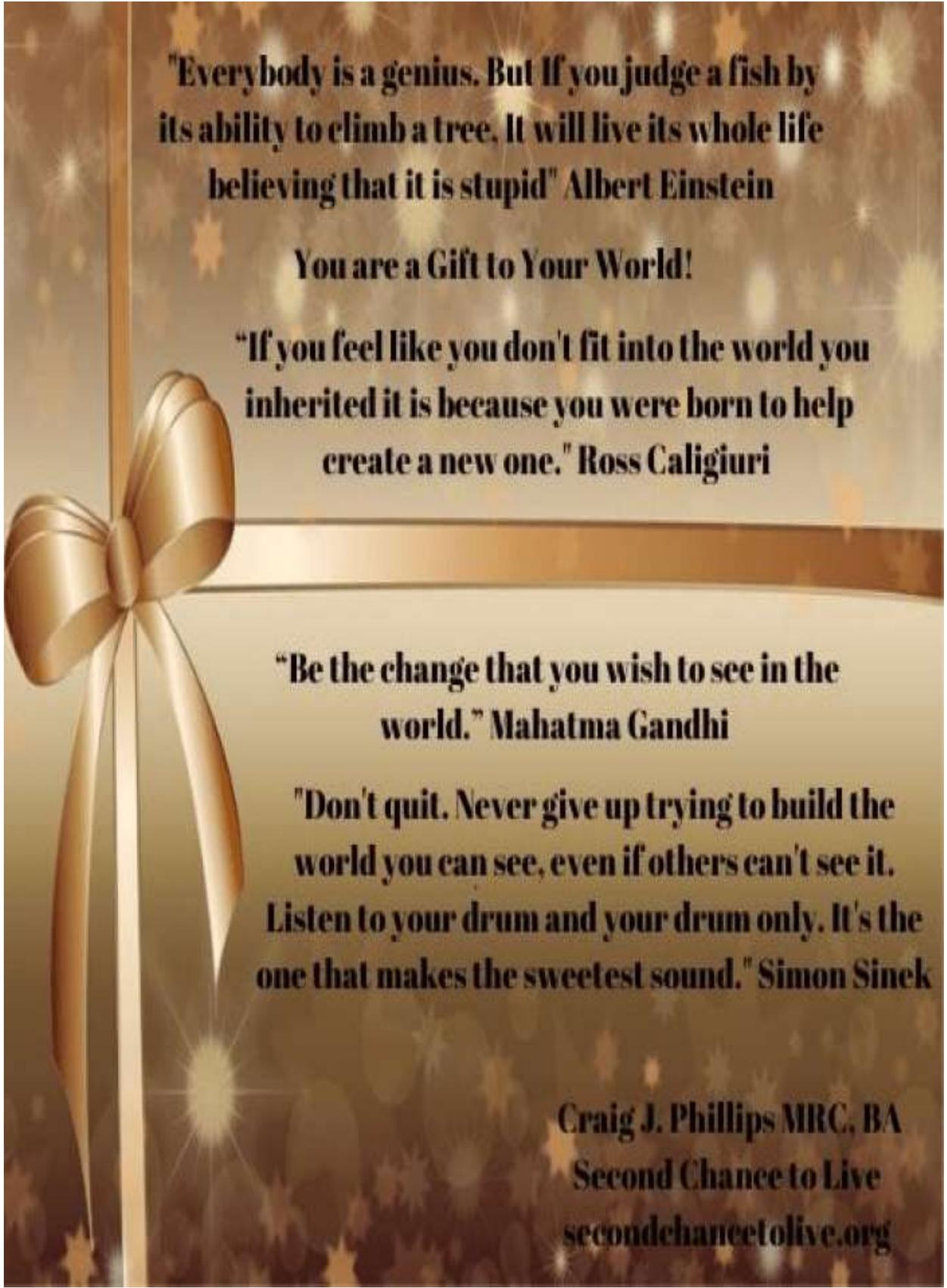
**If I am Doing the Same Thing Over and Over, Expecting to get
Different Results, I can Change.**

**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

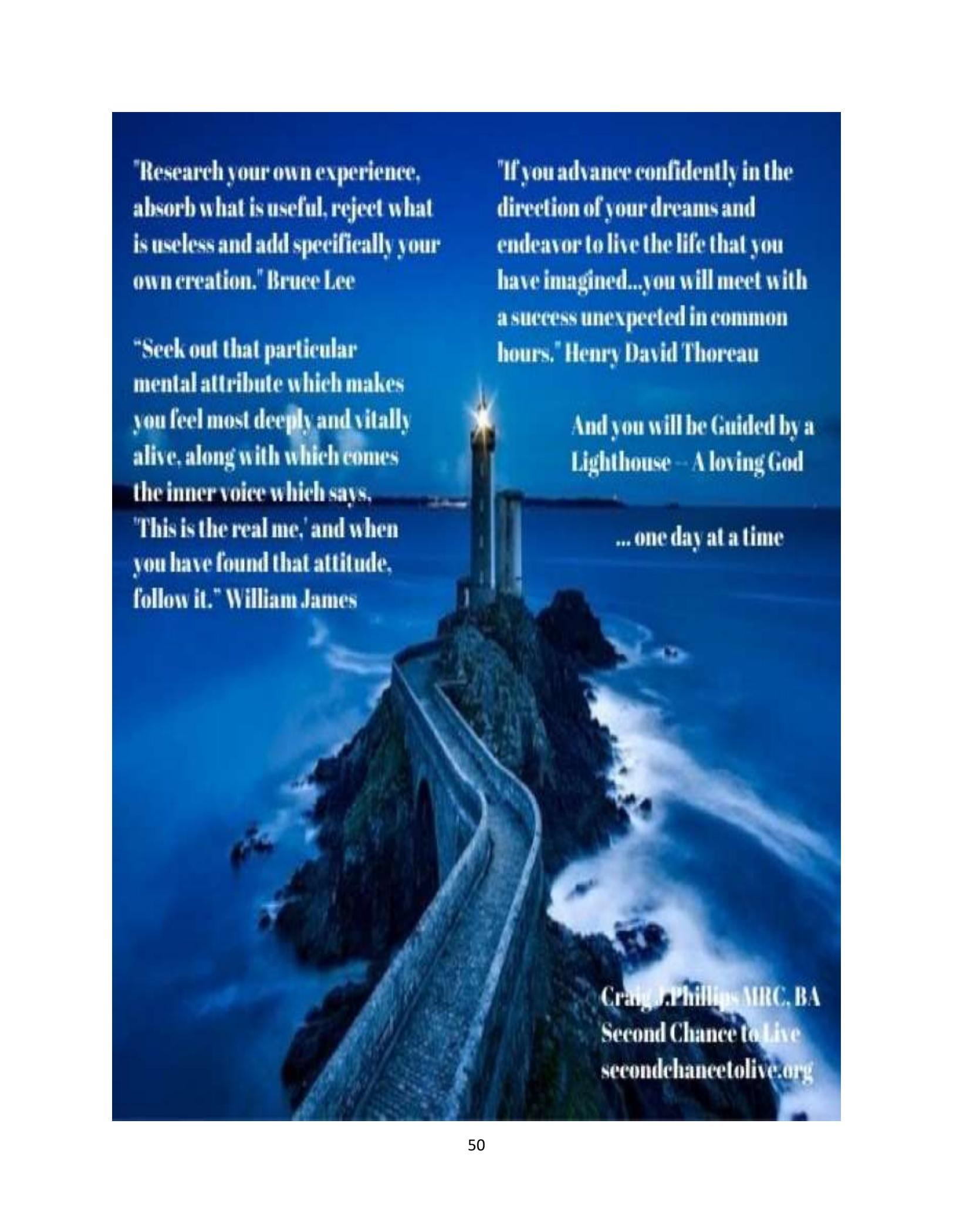
You are a Gift to Your World!

"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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A lighthouse on a cliff at night with a winding path leading up to it. The lighthouse is illuminated, and the path is lit by a single light source. The background is a dark blue sky and ocean.

"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**

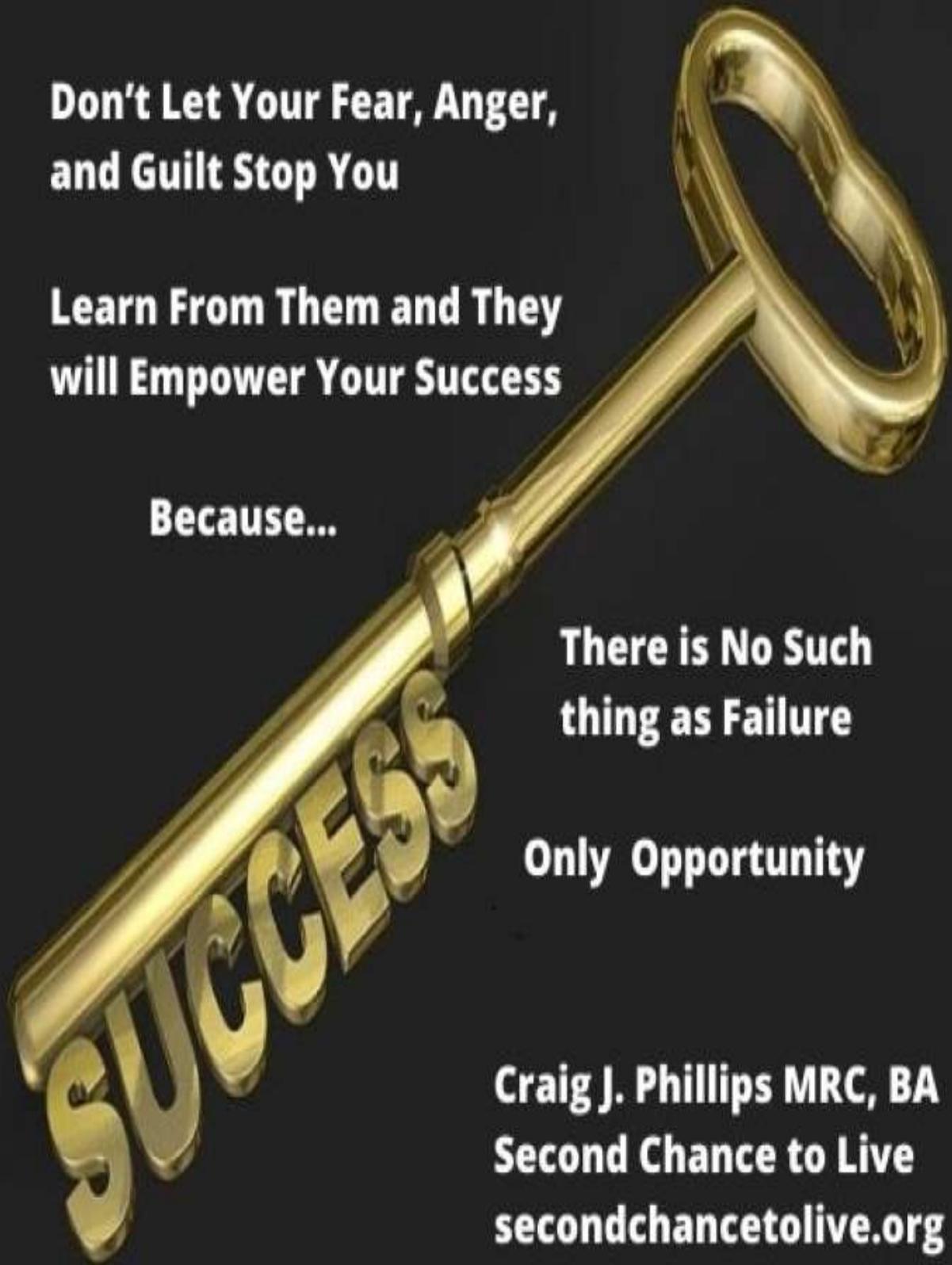
**Learn From Them and They
will Empower Your Success**

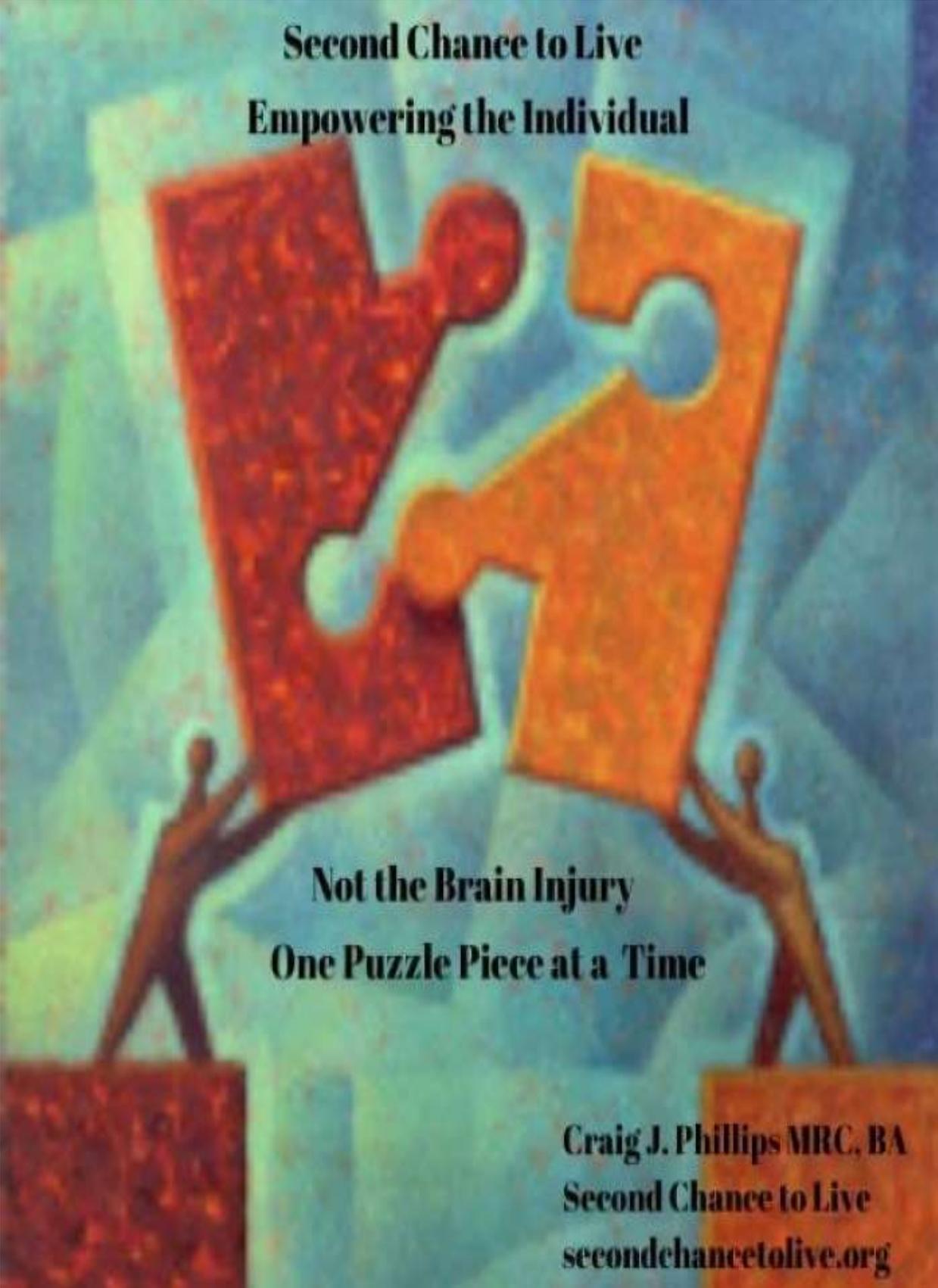
Because...

**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**

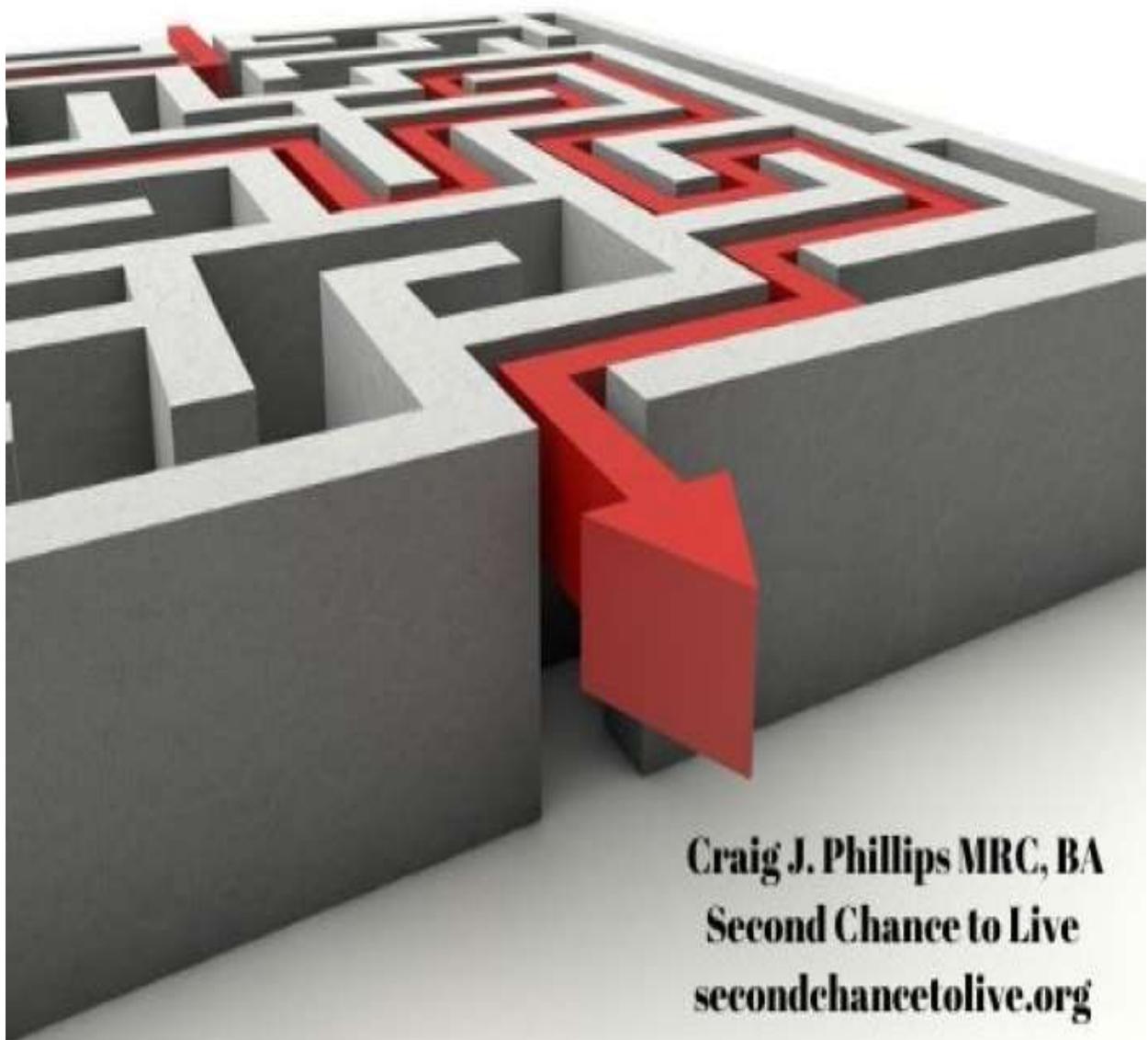
One day at a time

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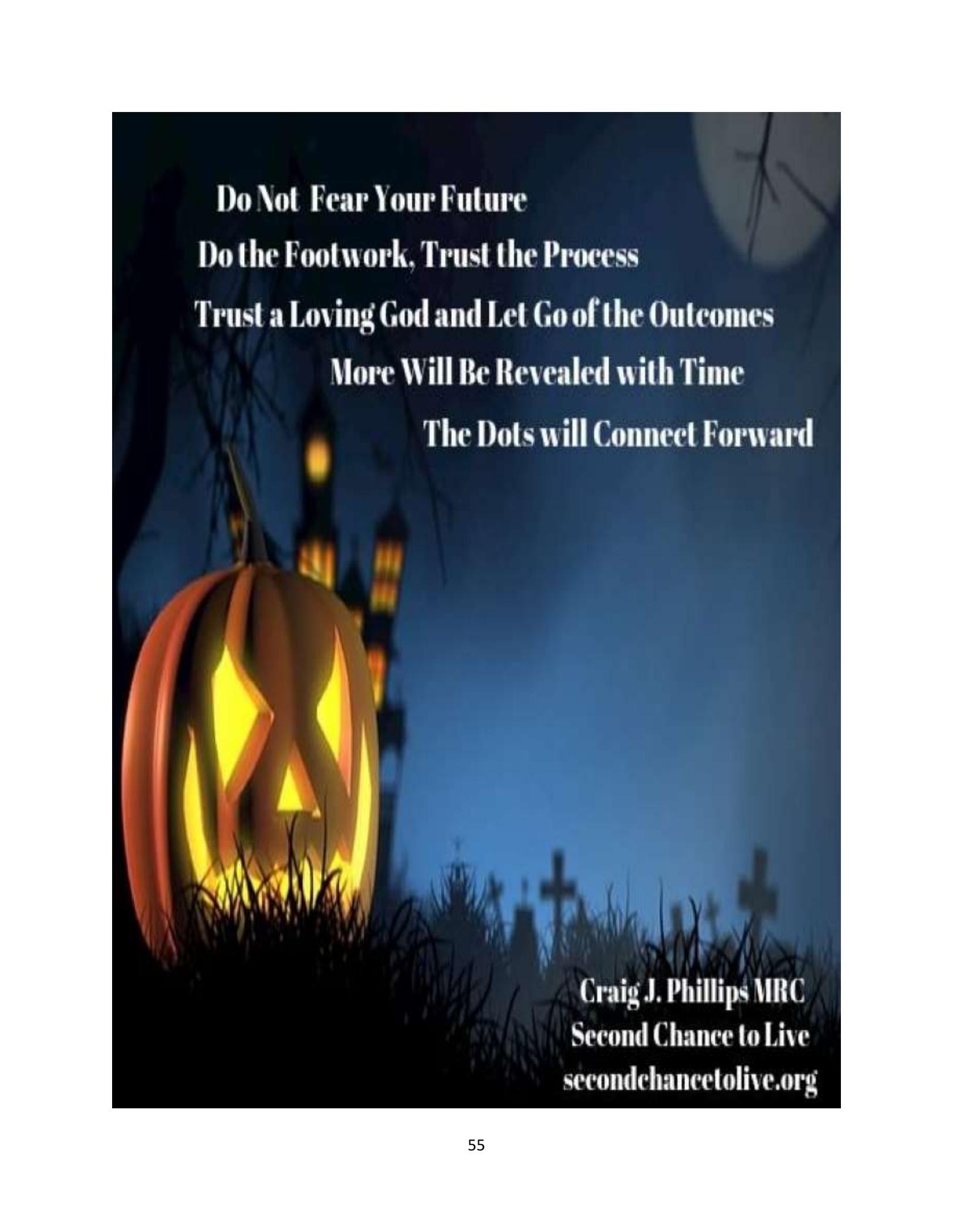
Although You May Feel Stuck at Times, Don't Give Up

Keep Searching and You will Find Your Way

A Way That will Guide You to Your Dreams



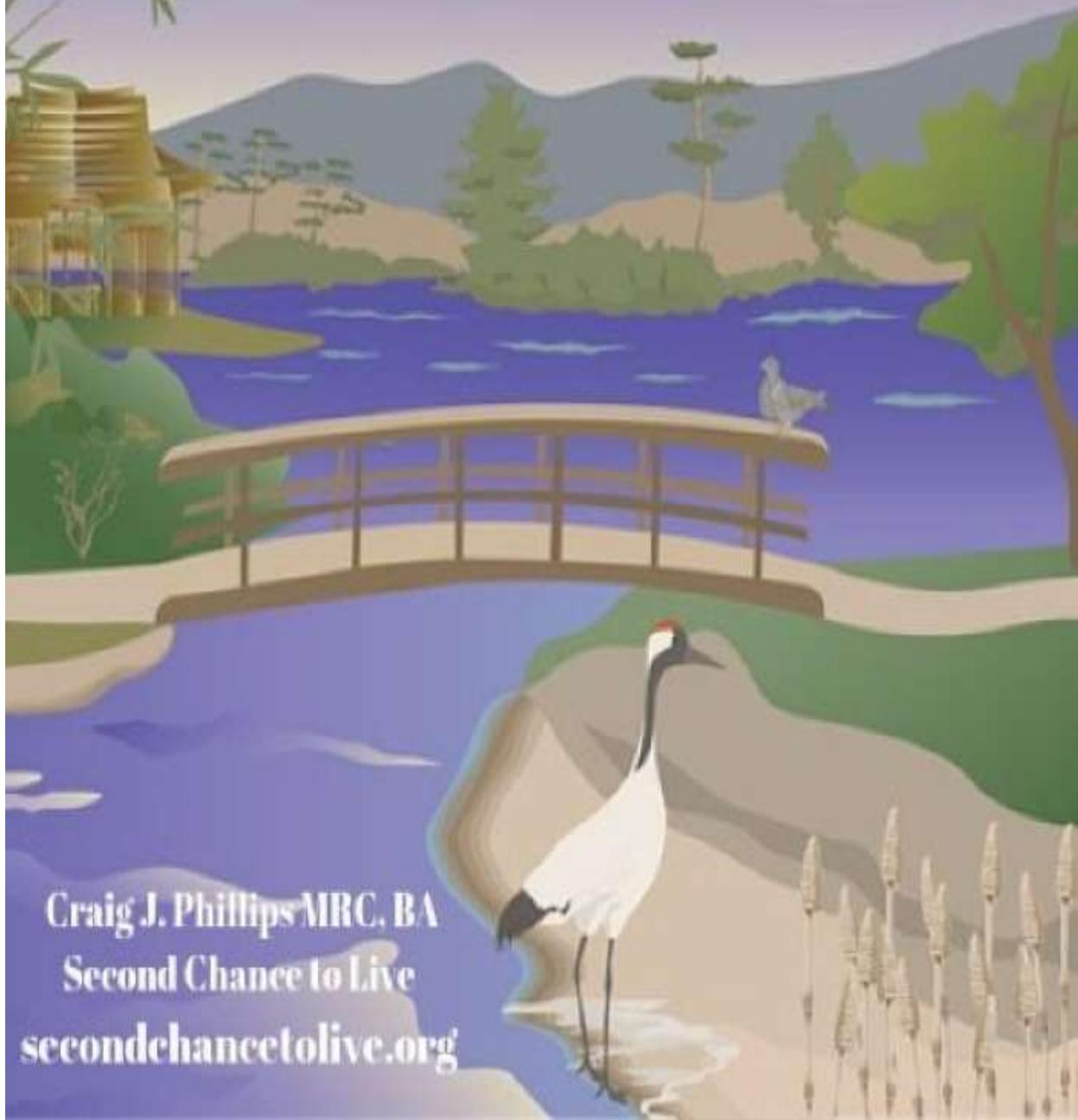
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A glowing jack-o'-lantern is the central focus, illuminated from within, casting a warm yellow light. It sits on a patch of grass in the foreground. In the background, a cemetery is visible with several tombstones and crosses silhouetted against a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

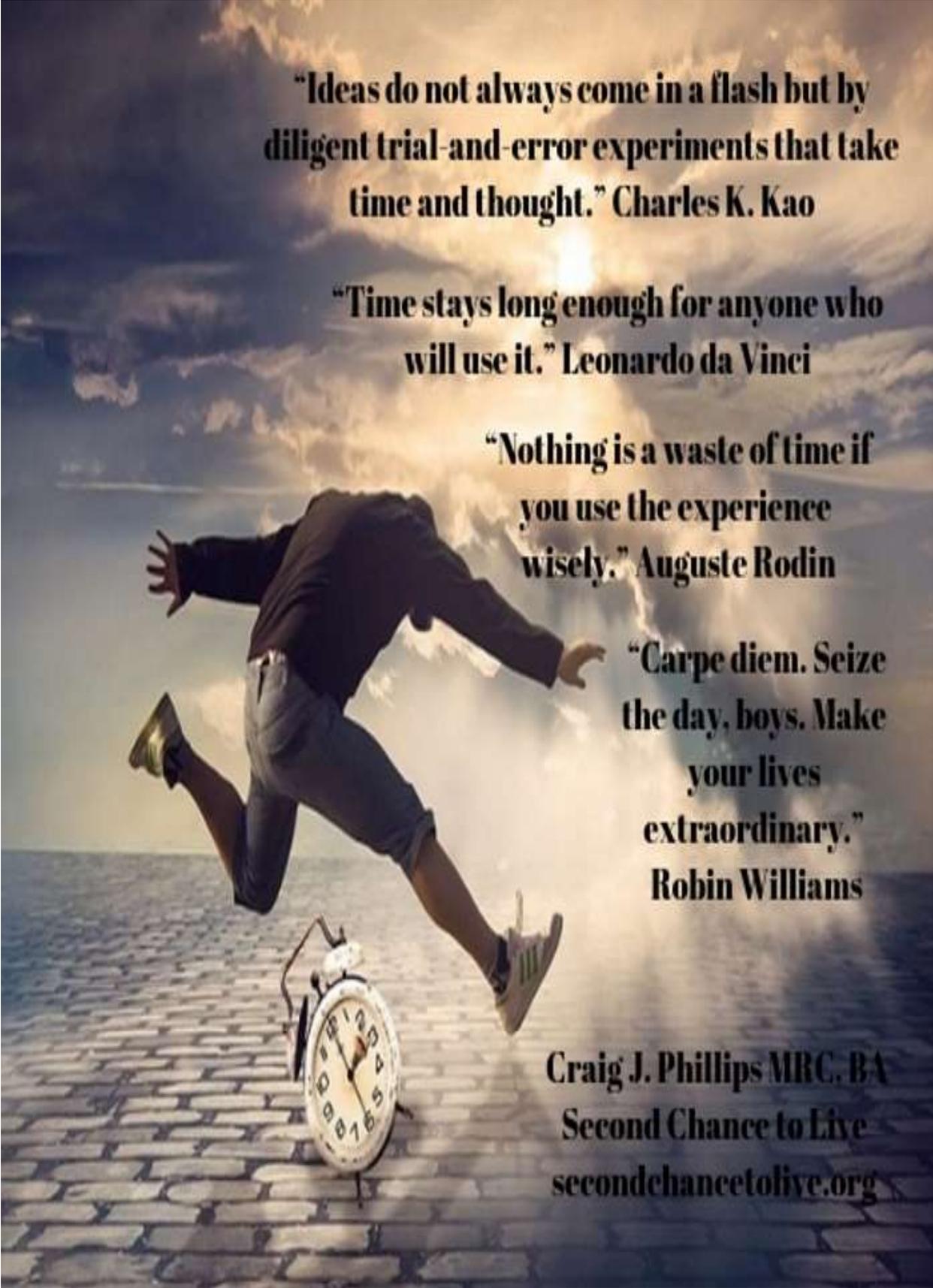
Do Not Fear Your Future
Do the Footwork, Trust the Process
Trust a Loving God and Let Go of the Outcomes
More Will Be Revealed with Time
The Dots will Connect Forward

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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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A person in a dark jacket and light-colored pants is running on a cobblestone path. An alarm clock is on the ground in front of them. The background is a dramatic sky with clouds and a bright light source, possibly the sun or moon, creating a silhouette effect on the person.

“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

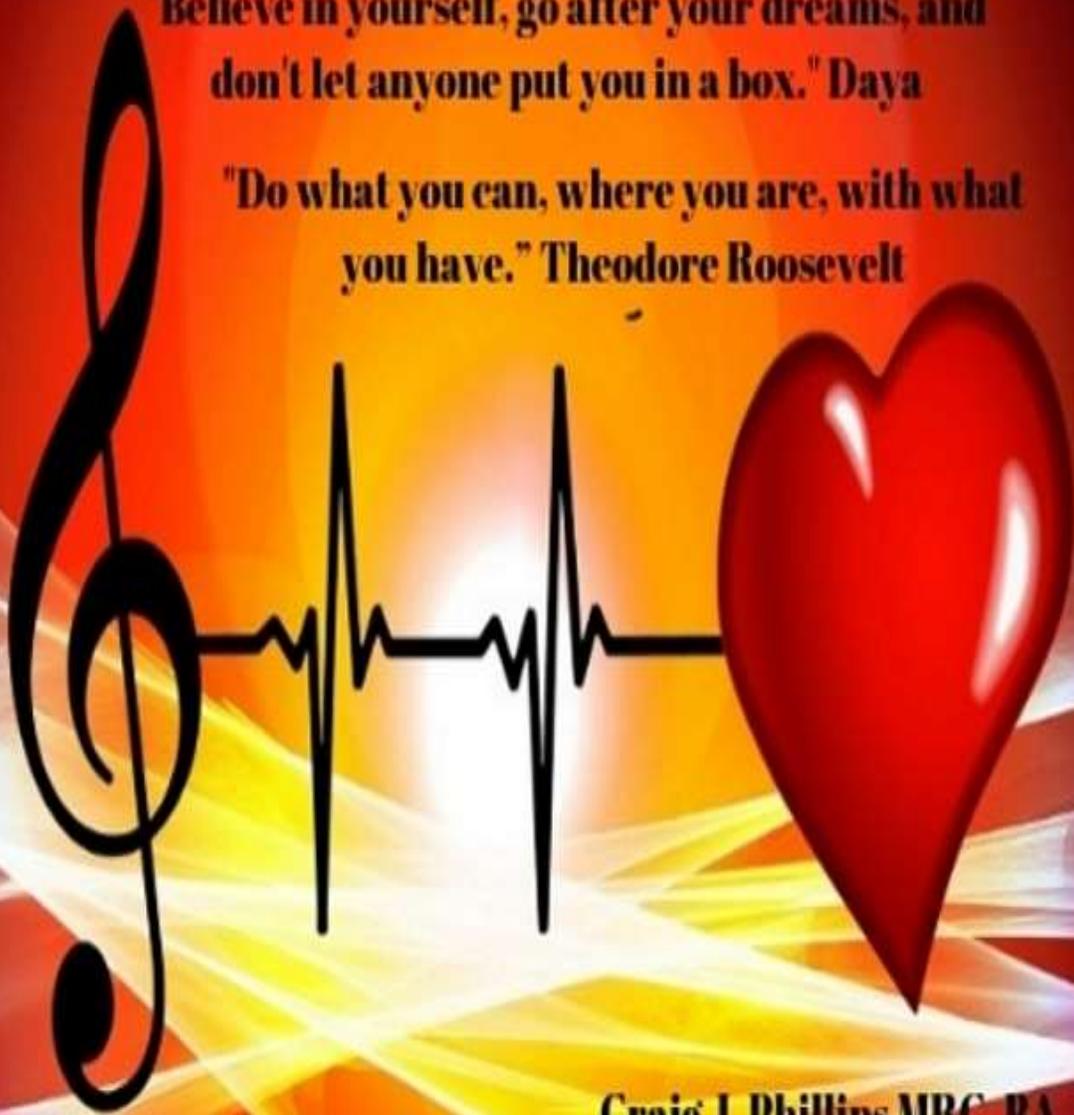
**“Carpe diem. Seize the day, boys. Make your lives extraordinary.”
Robin Williams**

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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

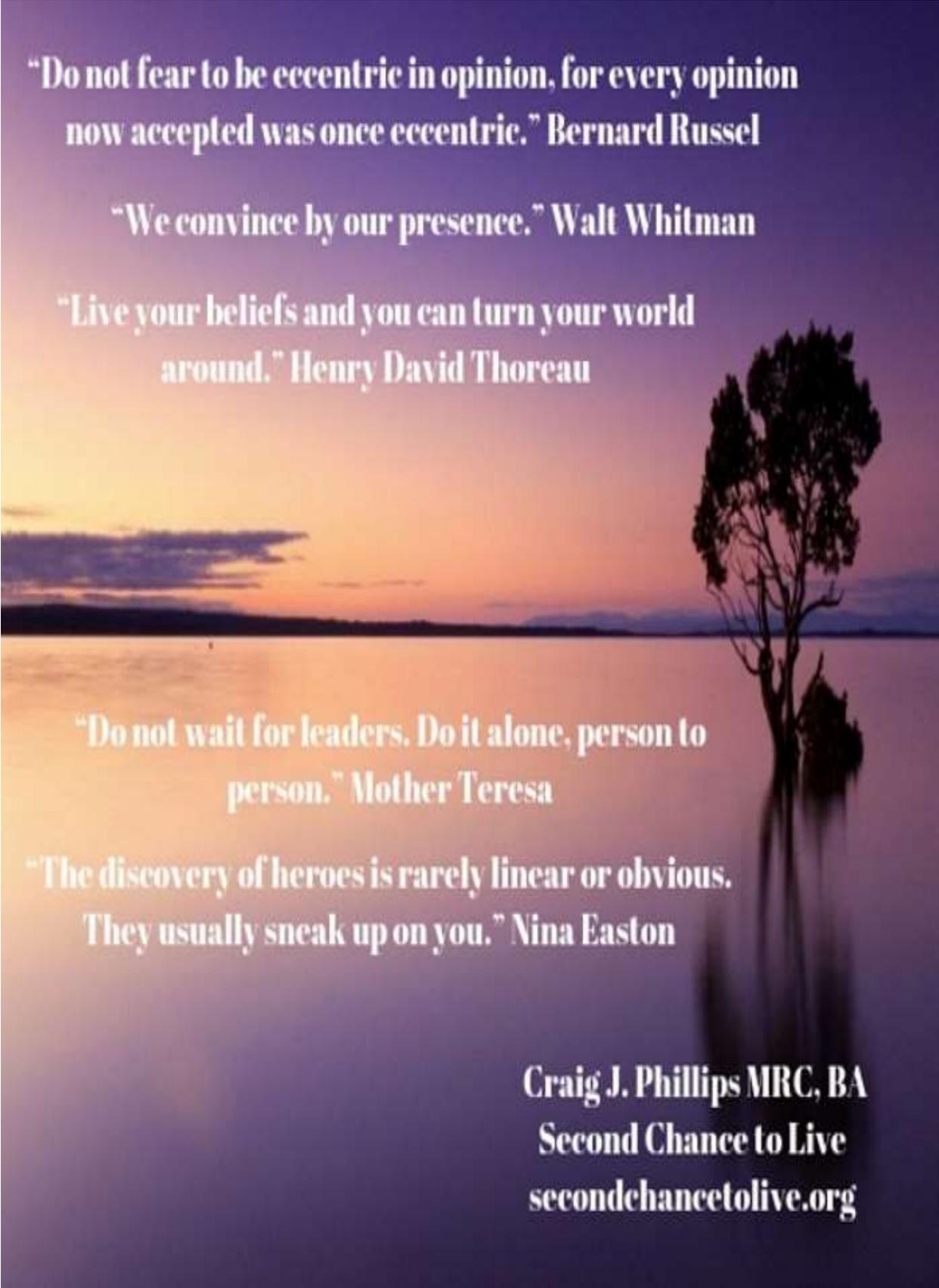
“Just keep on going and keep believing in your own original vision, no matter what odds you have to overcome. And especially don't be stopped by your own fears.” Angelina Maccarone

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 tree silhouette stands on the right side of the image, its reflection visible in the water.

“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

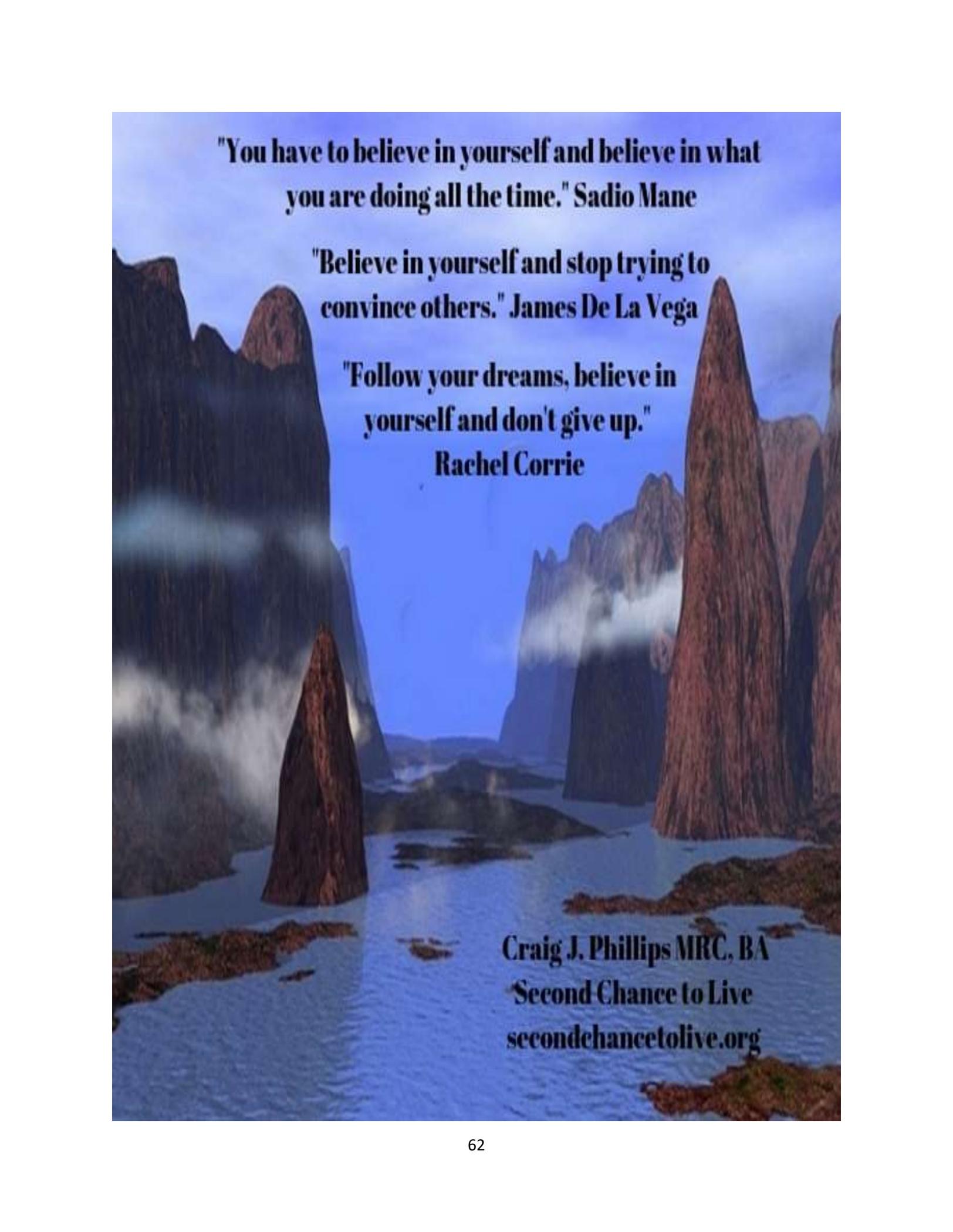
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**“YOU MAY BE THE ONLY PERSON LEFT WHO BELIEVES IN
YOU, BUT IT’S ENOUGH. IT JUST TAKES ONE STAR TO
PIERCE A UNIVERSE OF DARKNESS. NEVER GIVE UP.”**

RICHELLE E. GOODRICH

**“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

Quality

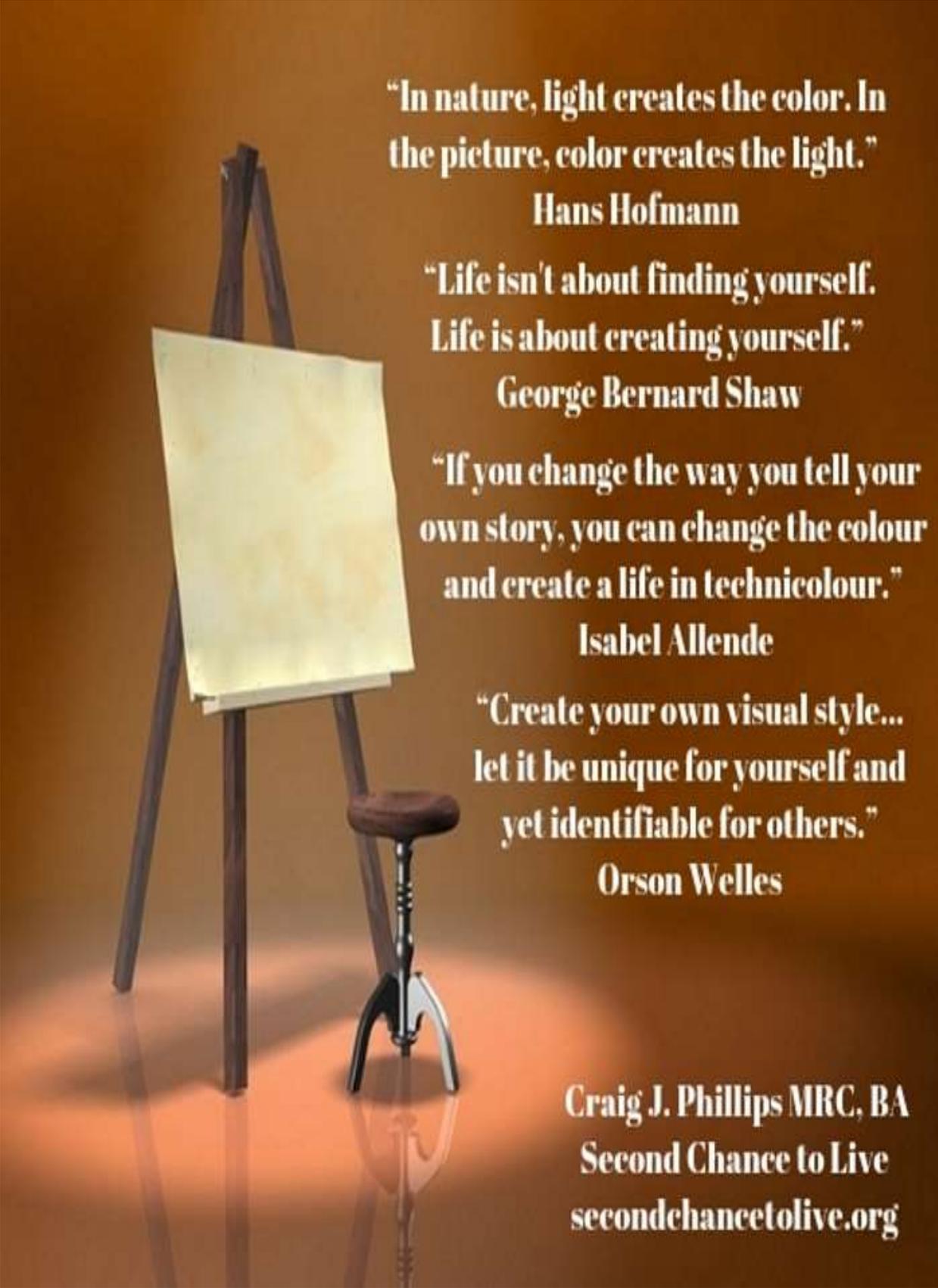
"Discipline is the refining fire by which talent becomes ability."

Roy L. Smith

"Success is where preparation and opportunity meet."

Robby Unser

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“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**



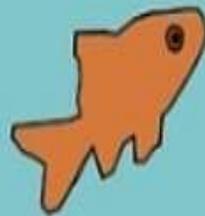
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“Sometimes adversity is what you need to face in order to become successful.” Zig Ziglar

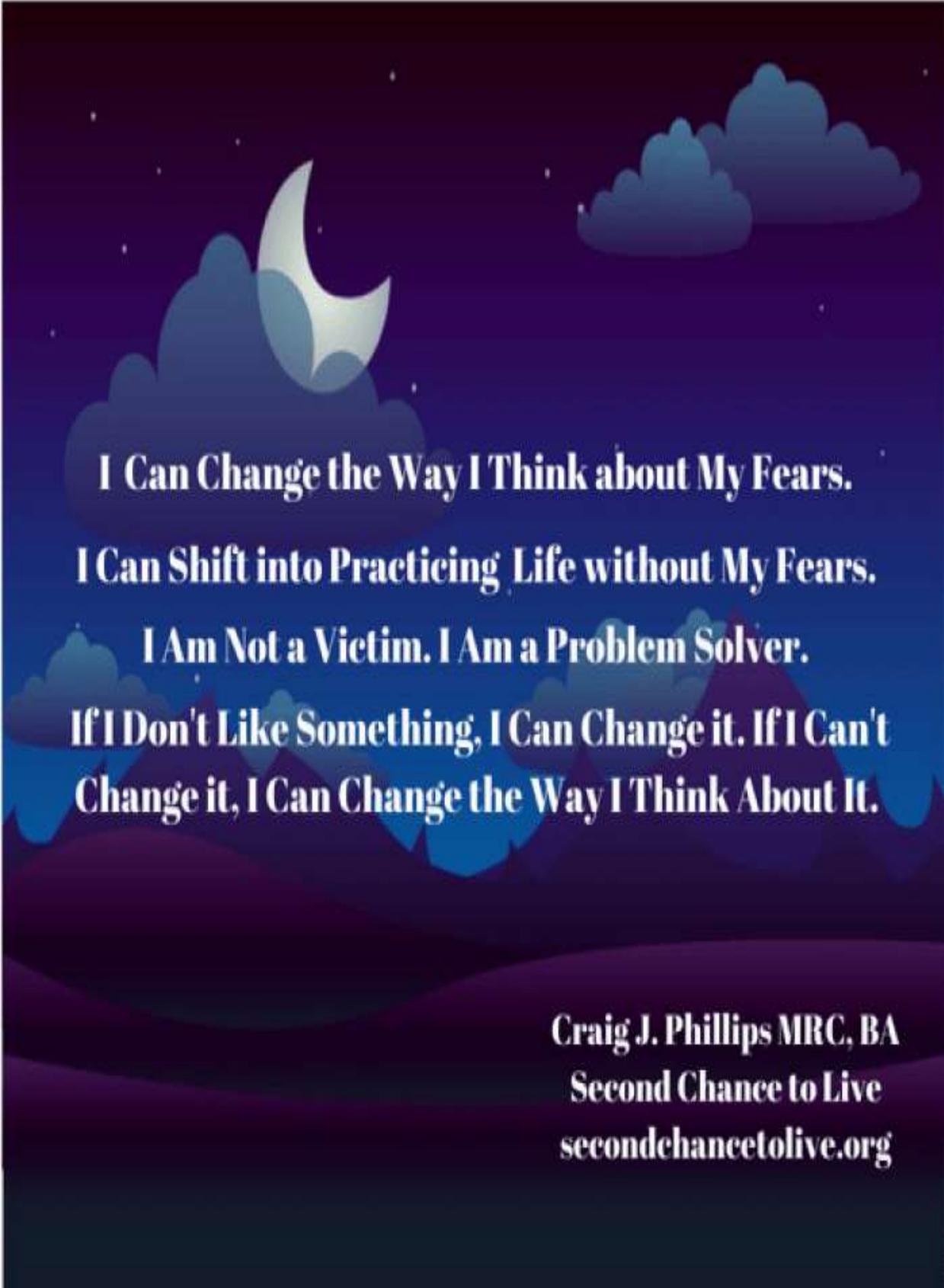
“Continuous effort – not strength or intelligence – is the key to unlocking our potential.” Winston Churchill

“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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Our Facebook Community — You are Welcome to Join

Several years ago I created a Face Book Community, The **Building Your Life after Traumatic Brain Injury Community**. I would invite you to join our community by clicking on this link and asking to join.

[The Building Your Life after Traumatic Brain Injury Community](#)

[Past and Present Organizations Using Second Chance to Live as a Useful Resource](#)

[Publications and Radio Programs hosting Second Chance to Live to Empower Members](#)

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