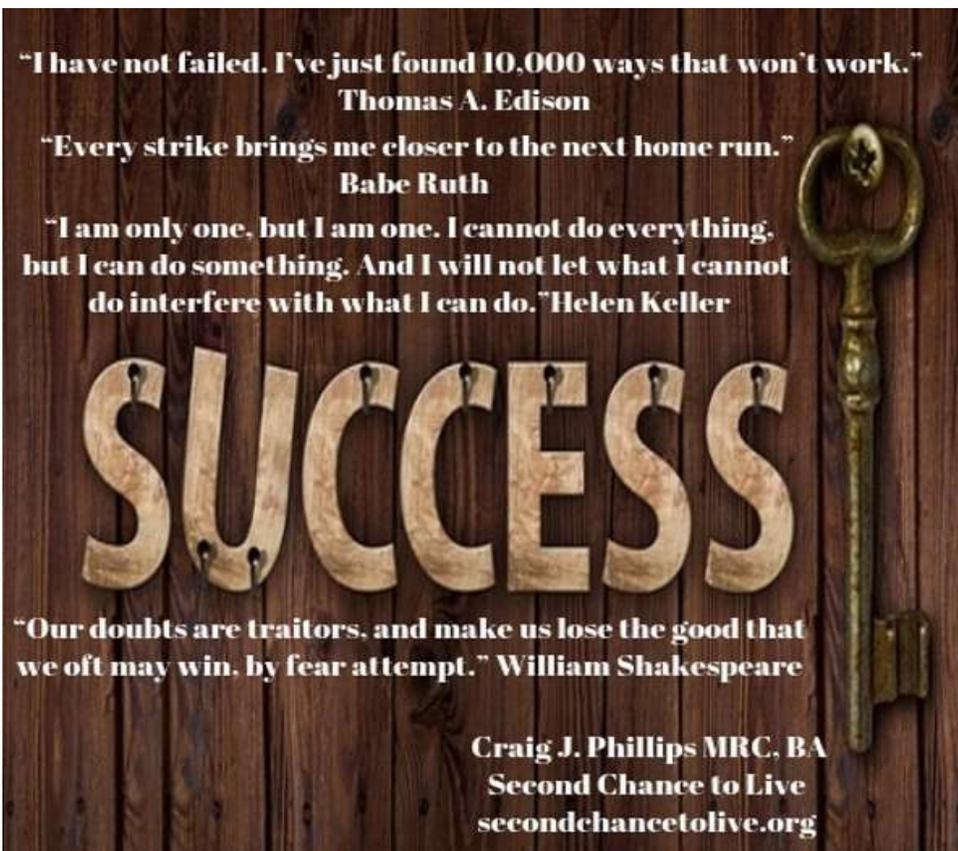


"Purpose is about a process and a journey, not a destination. I can not know until I know and knowing just takes what it takes. There are no shortcuts, "silver bullets" or "magic potions".

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

**Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org**



**"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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Finding Purpose after Brain Injury and Stroke

Zoom Presentation

Second Chance to Live

Craig J. Phillips MRC, BA

What I Have Learned in My Pursuit of Purpose

Living with a Brain Injury can be likened to a box of jigsaw puzzle pieces that are dumped out onto the table of life. Individually the puzzle pieces make little sense, however when put together bring clarity.

In this presentation I will share what I discovered about these individual puzzle pieces. I will share what helped me to learn how to live and thrive with the conundrum of a brain injury jigsaw puzzle.

My Process and Journey in Finding My Purpose after my Brain Injury

Car accident at age 10 in 1967 – right frontal lobe damage, severe brain bruise, brain stem involvement, coma for 3 weeks. Fractured left femur.

Traction for 6-7 weeks to set the fractured femur, placed in a full body or Spica cast for 5-6 months. Transferred to another hospital, brain and skull surgery. Transferred back to the other hospital in Newton, New Jersey.

Released from the hospital a week or so later to home. Tutored at home in the 5th grade. Taken out of the Spica cast. Physical therapy and then on my own to learn how to walk again.

Had several EEG's and Cognitive and Psychosocial Testing.

Results shared with my mom, and Dad, but not with me.

Once my external wounds healed the impact of my traumatic brain injury went invisible.

Mainstreamed into elementary school 6th grade.

Graduated on time with my high school class 1975.

University of Arizona: Geology then Physical Ed.

Transferred to Pima Community College to take pre-requisites. Applied to the Licensed Practical Nursing program. Obtained my Nursing Assistant

Certification. Eight weeks before graduating with my LPN was asked to leave the LPN program.

Transferred to Oral Robert's University – parents asked to meet with undergraduate program chair due to unknown difficulties on campus?

Graduate School – Asbury Theological Seminary. On probation. Difficulties as a student chaplain during a J-term. Asked to meet with Department chair at the Seminary. Not admitted for my 2nd year.

Graduate School – University of Kentucky. Difficulties with 1st practicum, met with Department Chair Graduate program. Was given 1 more practicum, Internship difficulties. 1 hour before graduation was told.

Passed the exam and obtained my credentials as a certified rehabilitation counselor (CRC). Worked in Worker's Comp out of Graduate School.

Florida

Employment – fired from 4 professional jobs.

Applied 2 times for SSDI in Florida and then 1 time in North Carolina.

Client of the Department of Vocational Rehabilitation in Florida, while I was still working as counselor on probation and then terminated as a counselor. Later terminated as a client due to an unsuccessful job placement.

North Carolina

Recruited Insurance Company as a CRC – Fired 4 months later. Could not find other employment.

Applied for SSDI for the **3rd time**. Applied to the North Carolina Department of Vocational Rehabilitation as a client. After the evaluation process, my Vocational Rehab Counselor determined that I was unemployable.

Felt like someone all dressed up with nowhere to Go although I diligently applied myself both academically and vocationally.

Shortly after being told, I was unemployable, my 3rd application for SSDI was approved. Still, I had a desire to use my gifts, talents and abilities to be of service.

Got a computer with some back pay. Wrote poems, an autobiography, a book and then started a blog, **Second Chance to Live**, on Feb 6, 2007.

Through my 54 years of ongoing brain injury recovery, I discovered that I needed to involve my body, soul, spirit, mind, and emotions in my process.

I have sought to share what has helped me through my [2020 articles](#), [446 video presentations](#), [12 e Books](#), [20 slide show presentations](#), [40 inspirational posters](#).

I have spoke a total of **83 times** via Zoom since June 2020 with **2** more schedule in 2022 on **14** core topics throughout the United States. For more information, click [Here](#).

What Helped Me Tremendously

When I reach a point in my life that I could no longer

I needed to stop defending the denial that was trapping me.

I Discovered that Interest Inventories and Career Assessments do not Factor in Brain Injuries or Invisible Disabilities

What I Discovered about Purpose

“Purpose is about a process and a journey, not a destination. I cannot 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

What is VERY IMPORTANT to Remember

Because there are voices that want you and I to agree with their assessment of who we are as individuals living with brain Injuries we need to remember:

You and I are not our brain injuries.

You and I are not a diagnosis or a prognosis

You and I are not defined by labels, stereotypes or a societal stigmatization.

Our brain injuries were only an event that occurred in our lives.
Our brain injuries do not have to define who we are as individuals.

We are not our deficits or limitations

What We Can Do to Empower our Lives

Grieve the impact of our brain injuries. Grieve the impact of what we are powerless to change.

“Confront our Denial”, “Face our Anger”, “Work through our Bargaining”,
“Embrace our Depression”, “Accept our Reality”

Awareness, Acceptance, and Action

Rail Roads — Brain injury was a switch on the railroad of life, pointing me in a different direction. A direction in which I get to learn how to use my gifts, talent, and abilities in ways that work for me.

The below quotes encourage me to not focus on my brain injury, but on the possibilities.

“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

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

“It is not as important what happens to us, as how we respond to what happens to us.” Craig J. Phillips MRC, BA

“It is not that I am so smart, it is just that I stay with problems longer.” Albert Einstein

“Everyone is a genius, but if you judge a fish by its ability to climb trees, it will live it’s whole life believing that it is stupid.” Albert Einstein

Concepts that Empower the Process of Finding and Living our Destiny

Learning Styles / Strategies — How we learn may have changed after we sustained our brain injuries. Get tested to find out how you learn –Visual, Auditory, Kinesthetic or a combination of these learning styles.

Jigsaw Puzzle — Learning from one circumstance (puzzle piece) to be able to step on another puzzle piece. Puzzle pieces will connect as I learn each lesson.

Baking Cakes — learning to combine ingredients — Sensei gives me ingredients to put together to become a black belt

Tapestries — Each thread (combined threads) look like jumbled threads on one side of the tapestry, on the other side combined create a beautiful story.

Elephant Riddle — Question — How do you eat an elephant? Answer — One bite at a Time

Light Bulbs — Thomas Edison

Strike Outs — Babe Ruth

Circumstances — lessons, opportunities, more lessons and opportunities

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

The **Story** of the Crack Pot

“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

“I will prepare and someday my chance will come.” Abraham Lincoln

“Big things have small beginnings.” Prometheus

“The most common way people give up their power is by thinking they do not have any.” Alice Walker

Through my 54 years of ongoing brain injury recovery, I needed to involve my mind, body, spirit, soul and body.

Second Chance to Live through my articles, video presentations, slide show presentations and eBooks

Empowers the whole person, not the brain injury.

Using the Principles of Neuroplasticity to create new Neural Pathways and Brain Reorganization

Over the past 25 years I have trained in different martial art disciplines to develop new neural pathways and brain reorganization. Below are several demonstrations.

Stick, Knife, Western Boxing, Kali and Wing Chun Drills

Created September 2, 2021

<https://youtu.be/YLOeOUq4170>

Hand Eye Coordination and Precision Drills using Fine Motor Skills

Created September 12, 2021

<https://youtu.be/seeH9xbkKDs>

Coordination of Upper and Lower Body Drills to Improve Balance, Focus and Agility Skills created February 14, 2022

Neuroplasticity, Martial Arts, Hand Eye/Foot Eye Coordination

<https://www.youtube.com/watch?v=nBSQx0y3aP0>

Presentations to Empower Purpose after Brain injury and Stroke

[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 Zoom Presentation](#)

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

Resources to Empower Purpose

[Self-Advocacy Resources for Ongoing Brain Injury Recovery Empowering the Individual, not the brain injury](#)



To Read more about my Process and Journey

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

