

# **Second Chance to Live and Succeeding Beyond my Special Needs from 10 Years of Age Presentation**

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



My name is Craig J. Phillips. In 1967, at the age of 10, I sustained a severe traumatic brain injury in an automobile accident.

A fractured skull with right frontal lobe damage, a severe brain bruise with brain stem involvement and in a 3-week coma.

Consequently, I grew up with special needs that left me in the “dark”. Left me in the dark’ as I sought to navigate life.

---

**Understanding my Process and Journey with Unbeknownst to me and with little direction, special needs.**



[Finding Craig — Growing Up...](#)

Open skull fracture with right frontal lobe damage.

[Finding Craig — Learning to Walk Again](#)

Learning how to walk again after left femur fracture.

[Finding Craig — My Academic Path](#)

Education when there was little assistance known.

[Finding Craig — My Brain Injury Awareness](#)

With my experience, I grew in my awareness.

[Finding Craig — Empowering My Life](#)

Empowering my life as I grew in awareness

[Finding Craig — My Physical Recovery Process](#)

Empowering my physical recovery process.

[Finding Craig — Making Sense of Brain Injury](#)

Excelling in my life despite special needs

---

For more insight into my process and journey living and growing up with special needs read my eBook by clicking on this Link:

[Moving forward following a Brain Injury eBook](#)

---

**And Don't Give Up!**

Although I encountered many disappointments and discouragement along the way due to my special needs, I did not give up. My encouragement to you is to not give up on your process because of your special needs.

**Instead, find a way that will work for you beyond your special needs.**

On February 6, 2007 I created my website to share what I learned growing up and learning how to both navigate and thrive. Navigate and thrive beyond the “box” of a label, stereotype, or stigmatization.

**Navigate and thrive beyond the “box” of a disability, a diagnosis, a prognosis and a set of circumstances.**

---

My website offers hope and encouragement to both teachers and students.

To read a **Comprehensive History of Second Chance to Live — Answering the Call that Never Came**, click on this link:

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

---

**“The three most important ways to lead people are: ... By example... By example... By example.” Albert Schweitzer**

---

## **What I Believe**

I believe what I bring to the table is unique in that what I provide is hope to both the brain injury community worldwide, as well as to the special needs community worldwide.

### **I see my role as 2 pronged.**

As an educator, I educate the educators to empower their service providers. As an educator, motivational and inspirational speaker I bring **hope** and **encouragement** to individuals, families, friends and caregivers.

### **Hope and Encouragement**

Hope and encouragement to not give up on their process or journey, a loving God or themselves.

More will be revealed with time.

---

“Do what you can, with what you have, where you are.” Theodore Roosevelt

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

---

Through **Second Chance to Live** and my **2026 Articles, 446 Video presentations, 12 eBooks, 20 Slideshow Presentations, 40 Posters, 15 Keynote Presentations** my gift is to educate and inspire.

All of what I create and present focuses on and addresses a **holistic** and an **ongoing personal development process** and **journey** in the **brain injury community** and in the **special needs community**.

Personal development in **mind, body, spirit, soul** and **emotions**.

Below are links to **resources** available on **Second Chance to Live** to be used to **educate, motivate, inspire and enhance lives**.

[2026 Article/Video Presentation Links within 12 Peer Support Categories](#)

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

[14 Power Point Presentations Public Speaking Availability](#)

---

During the past **26 months** I have had the opportunity to speak publicly around that country via zoom through the below **14 different presentations**.

To date I have spoken **86 times**. See this link: [Public Speaking; Book Craig J. Phillips MRC, BA — Second Chance to Live](#)

---

I am available to give one or more of my below presentations to your faculty and staff. At this time, I do not charge a fee to share my presentations through zoom or in person.

**Note:** Although the titles are specific to brain injury and stroke, the content of the presentations have universal application. Universal application, regardless of specific special needs or circumstances.

---

**Links to the Outlines of My Other 14 Different Keynote 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 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](#)

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

**Improving my Brain and Body Connection One Skill and One Skill Set at a Time**

**Little by Little**

**Little by little, we can achieve what we never dreamed possible. In the process, we can begin to celebrate successes as we are learning/relearning skill sets.**

In today's article, I would like to share with you something that has helped me to learn new skill sets. Through learning these skills, I have been able to use those skills in other areas of my life. In the process of applying those skills to other areas, my quality of life has improved. In my experience, learning these skills did not come over night. But through staying committed to the process I have experienced both small and huge successes.

---

**As explained in MedicineNet.com, I had been using the principle of the concept of neuroplasticity:**

*“Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment. Brain reorganization takes place by mechanisms such as “axonal sprouting” in which undamaged axons grow new nerve endings to reconnect neurons whose links were injured or severed. Undamaged axons can also sprout nerve endings and connect with other undamaged nerve cells, forming new neural pathways to accomplish a needed function.”*

---

Recently I wrote and published an article, **Living Life on Life's Terms and Small Successes** in which I spoke about life as a process and a journey,

not a destination. As I embrace life — as a process and a journey — I am able to live life on life's terms. As I live life on life's terms, I am able to celebrate the progress that I make through small successes. These small successes have been gained through working on each part of the desired skill. These small successes have been gained through endless repetitions.

By breaking the skill down into individual parts, I have been able to enjoy the process, instead of judging my individual efforts. By working on individual parts of the skill, I have been able to celebrate the small successes, instead of focusing on the destination (having the skill). As I combine individual parts (small successes) I learn the desired skill. As I combine learned skills, I am able to combine skills into a series of learned skill sets. As I combine these skill sets, I create new neural pathways and, in the process, I reorganize my brain.

---

### **Not Judging my Efforts**

As I have been able to combine a series of small successes — becoming proficient in specific drills — I have been able to learn how to execute a series of skill sets in each martial art. These small successes (parts) of my drilling and training, have not only improved my abilities as a martial artist but have also given me the ability to apply the hand-eye coordination, agility, motor and fine motor skills, speed, precision and focus to other areas of my life.

### **Celebrate Small Successes**

What I discovered is that my drilling, training, and mirroring of skills and skill sets — on the non-dominant side of my body — has improved the quality of my life that I experience in other areas of my life. My encouragement to you my friend would be, start slow, but start. Learn a new skill and skill set through a series of small successes. By doing so you will improve the quality of your life. By doing so you can move beyond a diagnosis or prognosis. By doing so you will move beyond the confines of any "box".

### **Run Your Own Race**

I share the above information with you for this reason. Applying the principle and concept of neuroplasticity may help to improve the quality of life of the individuals whom you serve. Through persistence and tenacity, those individuals may find, as I have, that they are able to accomplish learn/relearn skills. Skills and abilities that may have previously seemed out of reach to them. Skills and abilities that they may have lost due to a stroke or other cognitive changes. Skills and abilities that may have seemed to be out of their grasp. Skills and abilities that may help them to have experience “awakenings”.

## **Stay in Your Own Lane**

---

### **Exercise:**

Whatever you are able to do with your dominant side of your body, start doing – mirroring – the same ability with your non-dominant side of your body. Start out slowly, but be persistent in your commitment. Work on one part (drill) of the skill at a time. As you become comfortable with that particular part of the skill, move onto the next part of the skill. By combining parts of the skill (small successes) you will find that you have learned or relearned a new skill. As you master that skill, begin working on parts of another skill.

### **One Skill and One Skill Set at a Time**

Combine those parts (small successes) into learning that skill. As you continue in that process, you will be able to combine each skill into a skill set. As I have found, by doing so you will be able to learn or relearn new skills sets. In the process, you will create new neural pathways and brain reorganization. In the process, you will improve your quality of life through small successes.

---

### **Riddle:**

“How do you eat an elephant?”, one man said to the other. The man asked, “Tell me the answer”. One bite at a time. What you see as an elephant (skill or ability) may seem overwhelming. My encouragement to you my friend —

as I need to remember too — would be that you work on consuming the elephant, one part at a time. By doing so, your elephant will be reduced (through small successes) to a new or relearned skill., because you kept “chewing”.

---

## **How I Use the Principle of Neuroplasticity to Create new Neural Pathways and Brain Reorganization**

Below are links to short video presentations showing the progression of how the concept of neuroplasticity through repetitive mirrored movements has benefited my mind and body.

### **I began my process of using repetitive mirrored movements through different martial art disciplines in October of 1998.**

In August 2013 a friend of mine made a video presentation of the progress that I made using the principle of neuroplasticity. Other friends have helped me to make video presentations of my progress in each year since 2013.

Below are links to YouTube presentations of the progress made using repetitive mirrored movements. To watch the progress made using the principle of neuroplasticity over the past 9 years, click on **Start >** for each of the demonstrations.

### **Developing both Gross and fine Motor Skills and Skill Sets**

To own the power of my brain (right and left hemispheres) and the functional ability of the right and left sides of my body (to improve balance, coordination, eye and hand/foot coordination, body awareness, focus, agility, spatial orientation, and precision).

### **Neuroplasticity through Martial Arts Disciplines August 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](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 September  
2, 2021**

<https://youtu.be/YLOeOUq4170>

**Transition Drills to Improve Agility, Focus, Speed & Coordination  
September 6, 2021**

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

---

## **Strategies for Achieving the Goals we Set through Using the Principles of Neuroplasticity**

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

---

**Below is a link to a PowerPoint presentation that I created and am available to present at coming conferences**

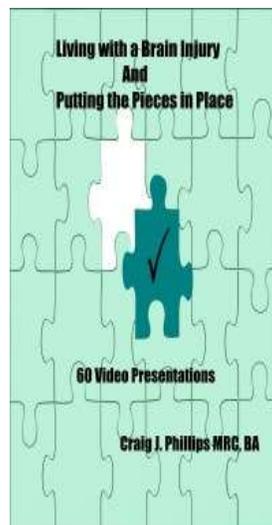
### **[Neuroplasticity and Opening the Door to Hope PowerPoint Presentation](#)**

---

**Below are my 12 e Books, which are free to Read.**

**Click on the blue links to open PDF files of the books**

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



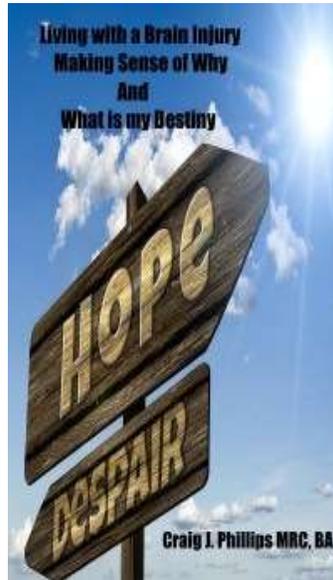
[Being Your own Hero through Overcoming Adversity – Tool for Rebuilding Your Life eBook](#)



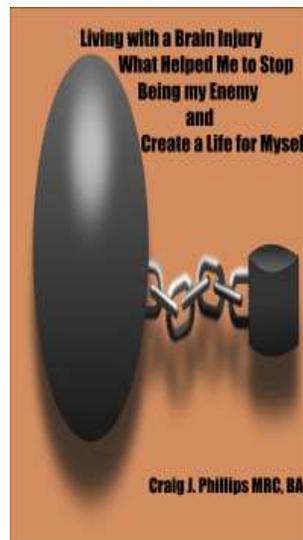
[Living with a brain injury and Building Self-Esteem and Self-Acceptance eBook](#)



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



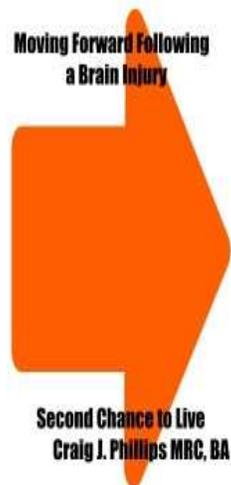
[Living with a Brain Injury, What Helped Me to Stop being my Enemy and Create a life for Myself eBook](#)



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



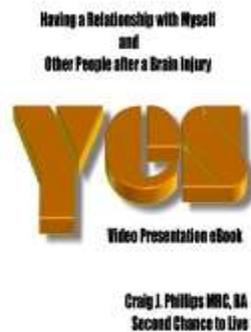
## [Moving Forward Following a Brain Injury eBook](#)



[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](#)



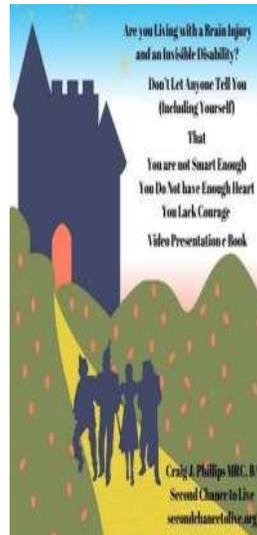
[Celebrating Success after a Brain Injury Video Presentations eBook](#)



[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**



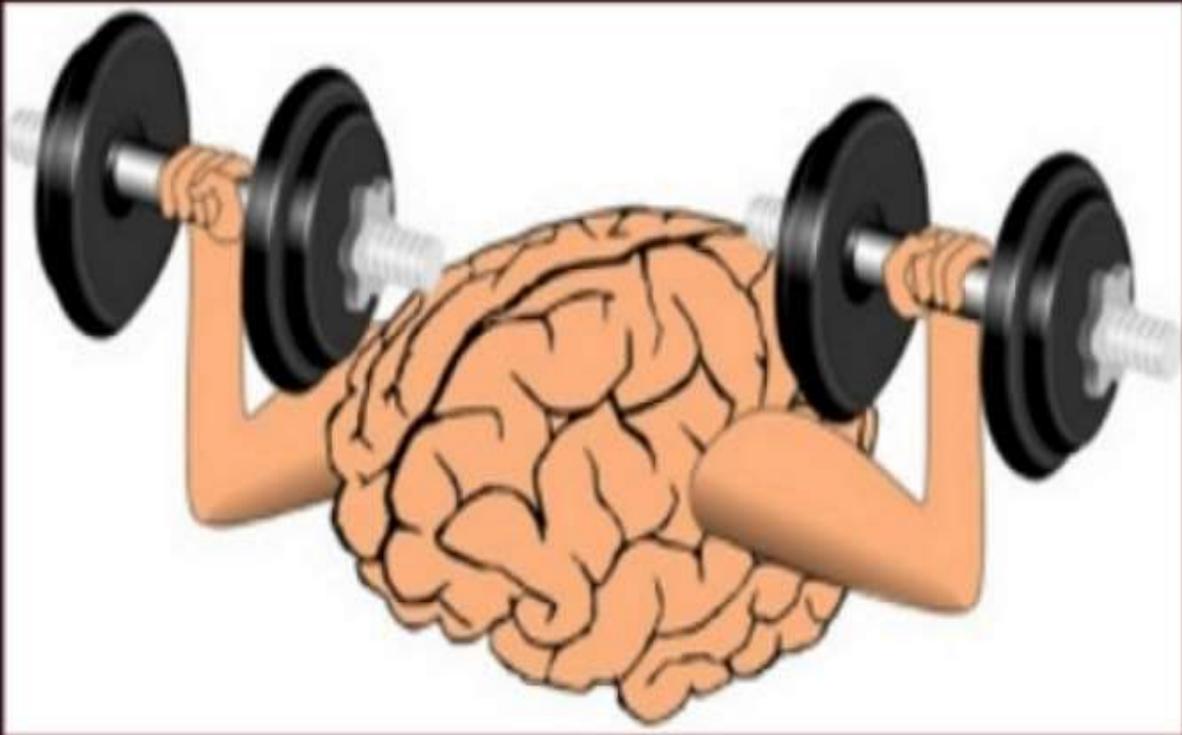
**Below are 40 Inspirational Posters that I Created to Encourage, Motivate and Empower**

**(Scroll Down)**

**DON'T GIVE UP!**

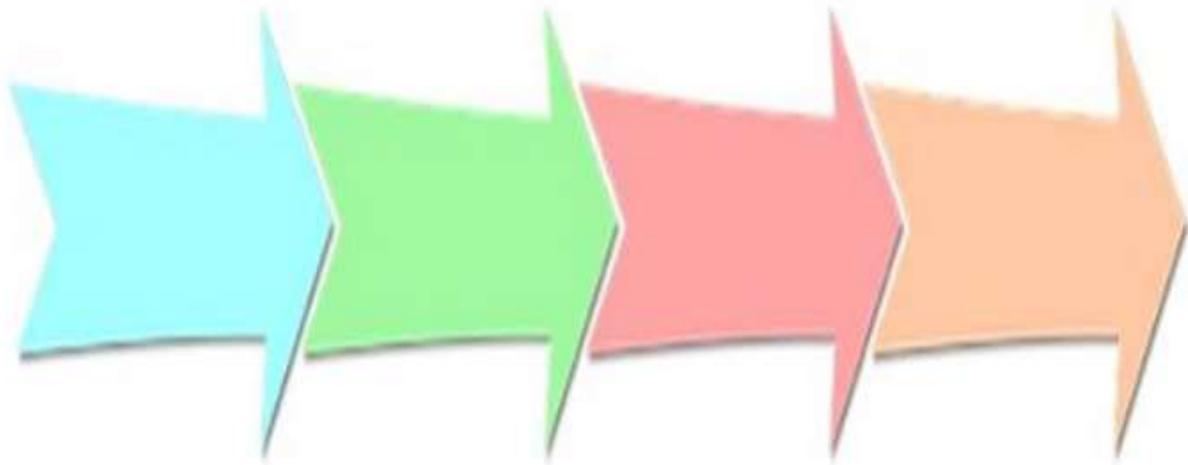
**More will Be Revealed with Time!!!**

**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**

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

**“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!**

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

**“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**

**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**

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

**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, green 3D block letters. Each letter has a slight shadow and a beveled edge, giving it a three-dimensional appearance. The letters are set against a plain white background.

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

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

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

**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**

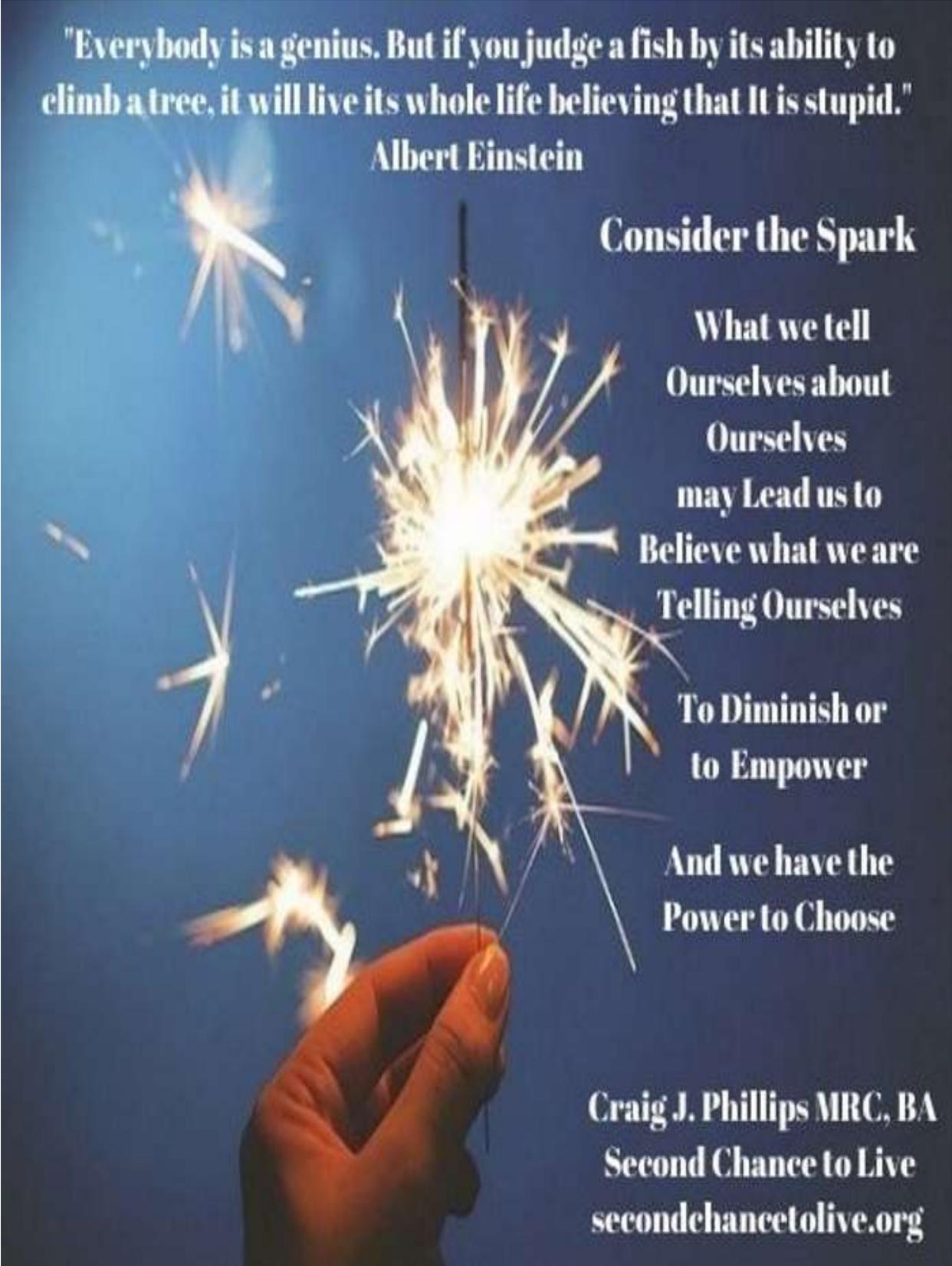
**And as we respond to what  
happens to us, a door to  
possibilities opens...**

**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.**

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



**"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**

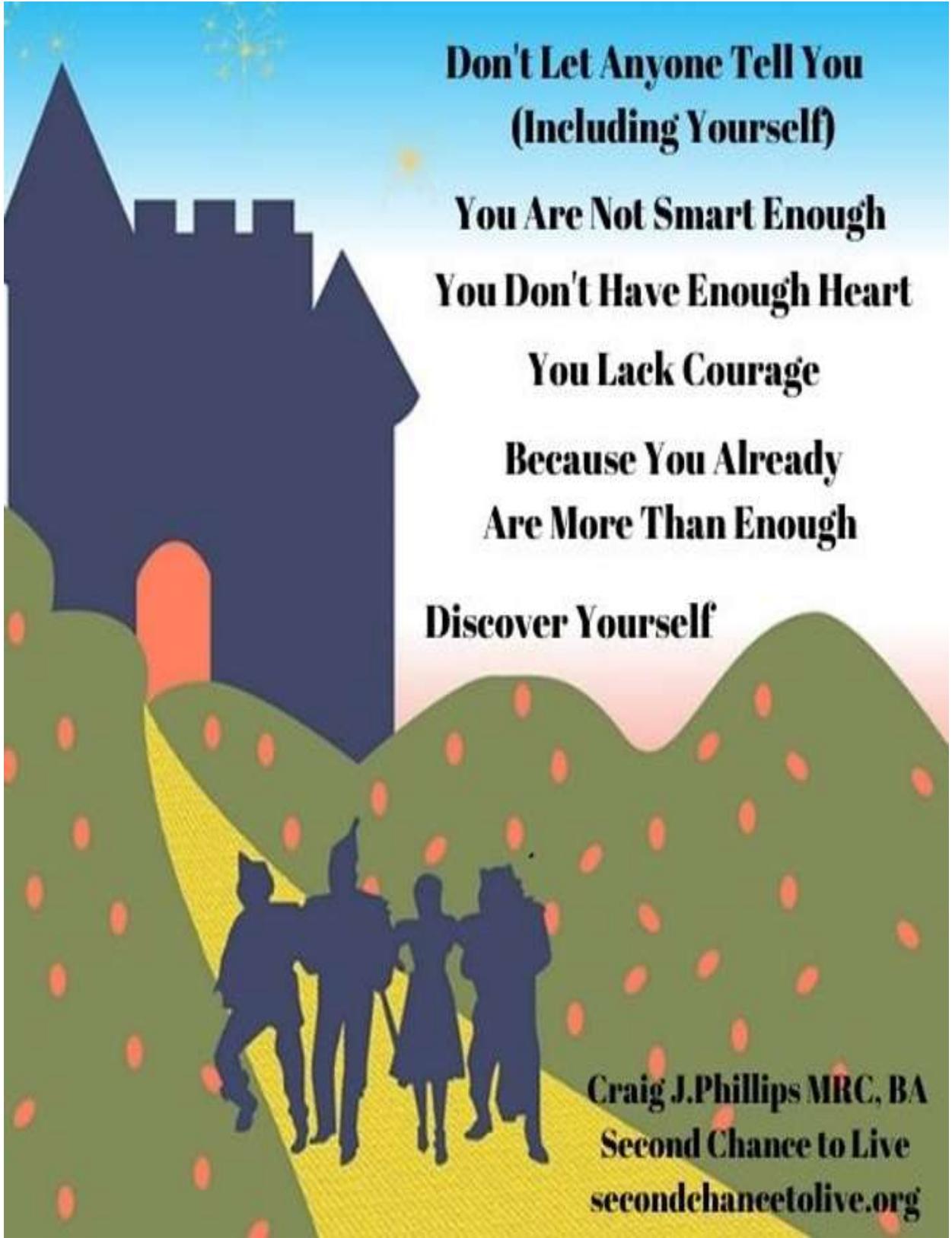
## **Consider the Spark**

**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**

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



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

**You Are Not Smart Enough**

**You Don't Have Enough Heart**

**You Lack Courage**

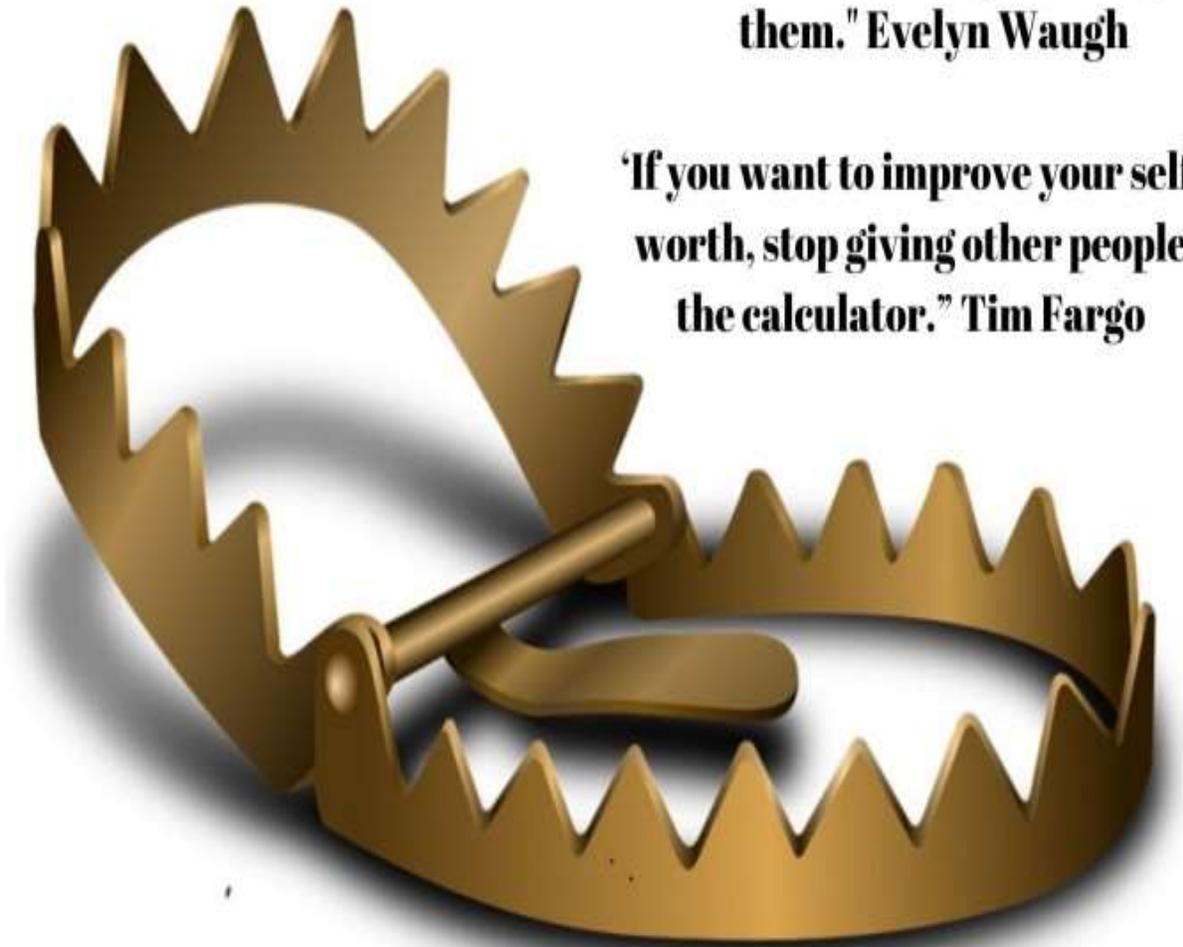
**Because You Already  
Are More Than Enough**

**Discover Yourself**

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

**“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**

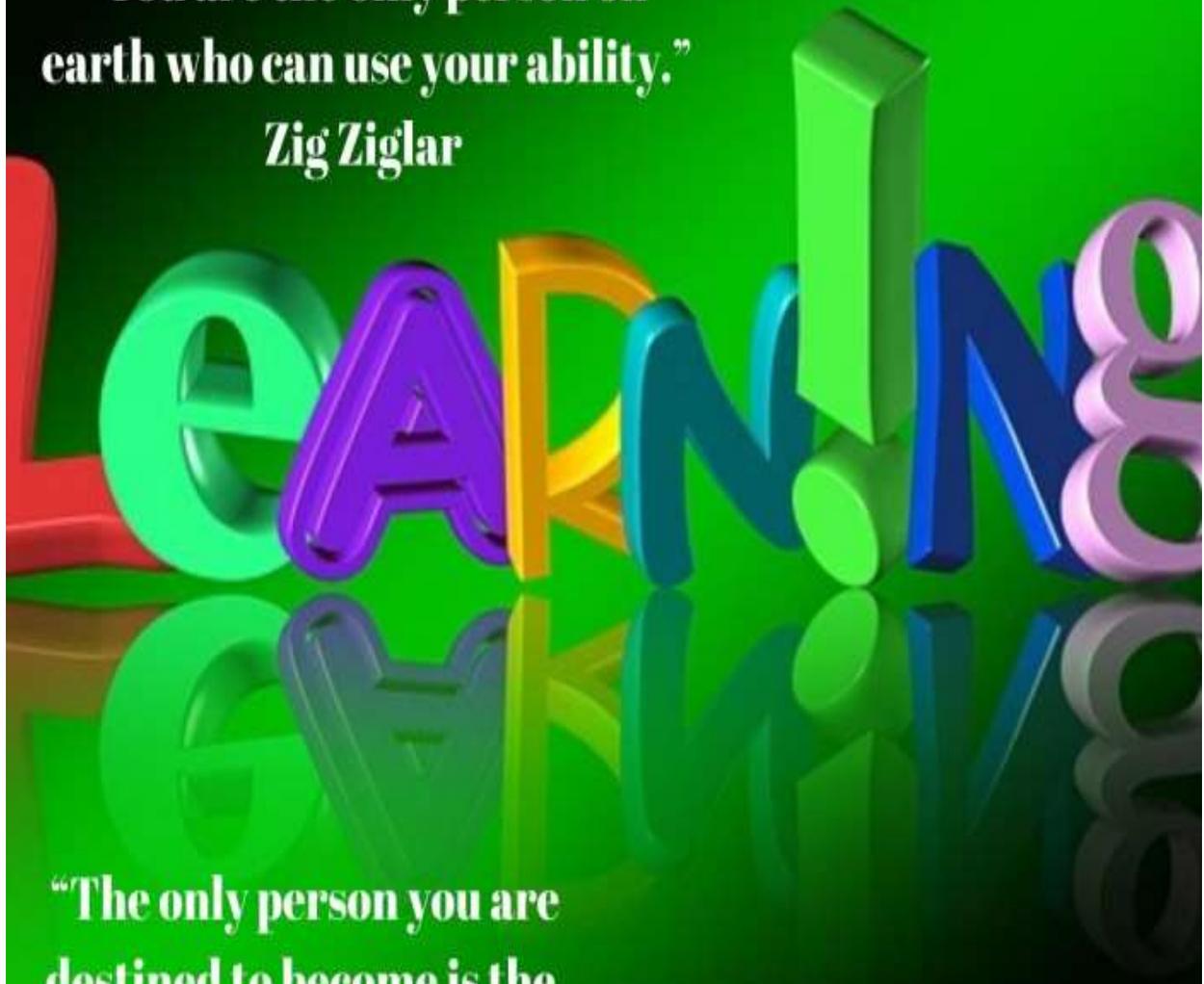
**Craig J. Phillips MRC, BA  
Second Chance to Live  
[secondchancetolive.org](http://secondchancetolive.org)**

**“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**

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

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

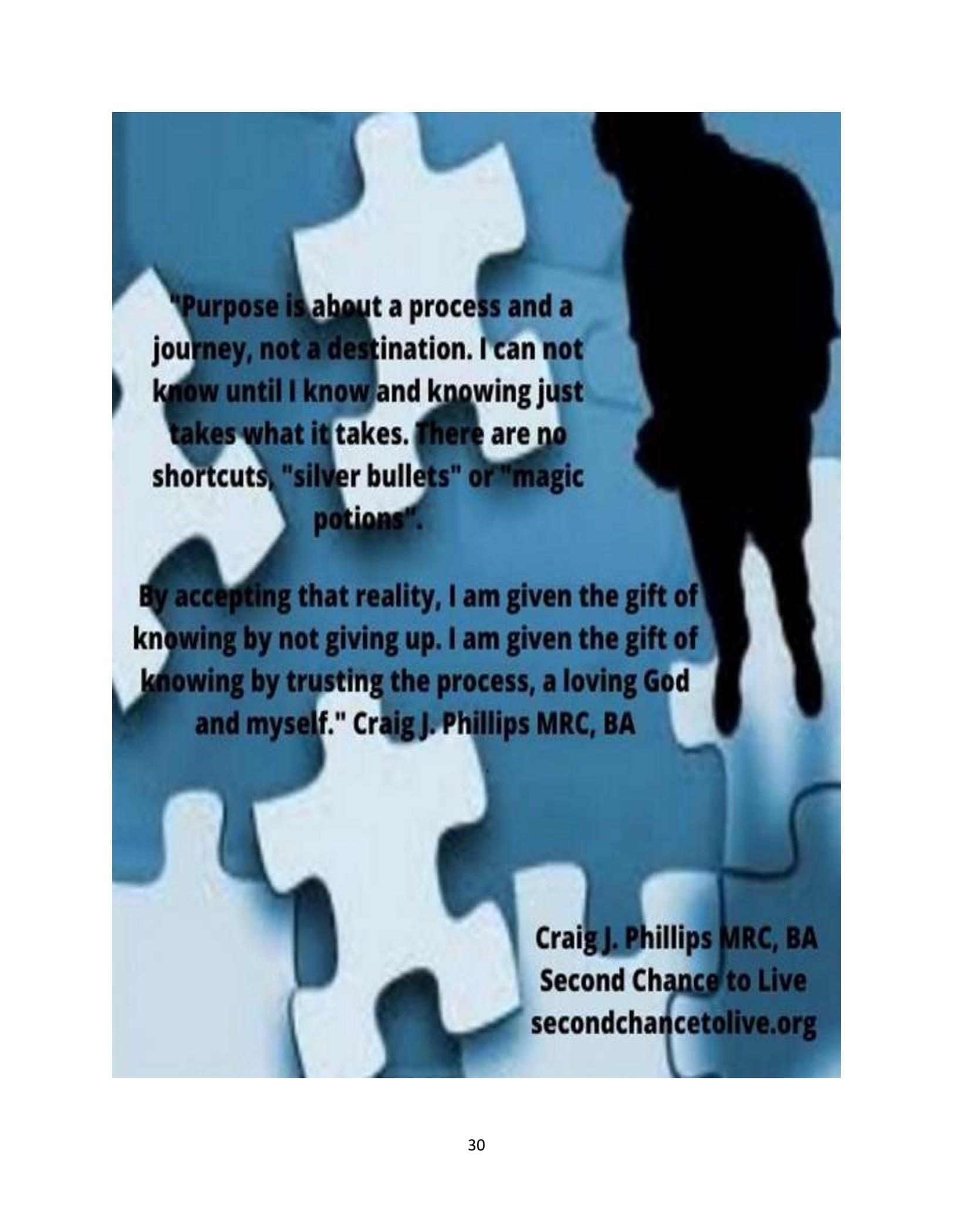
**"When setting out  
on a journey do not  
seek advice from  
someone who never  
left home. - Rumi**

**"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**

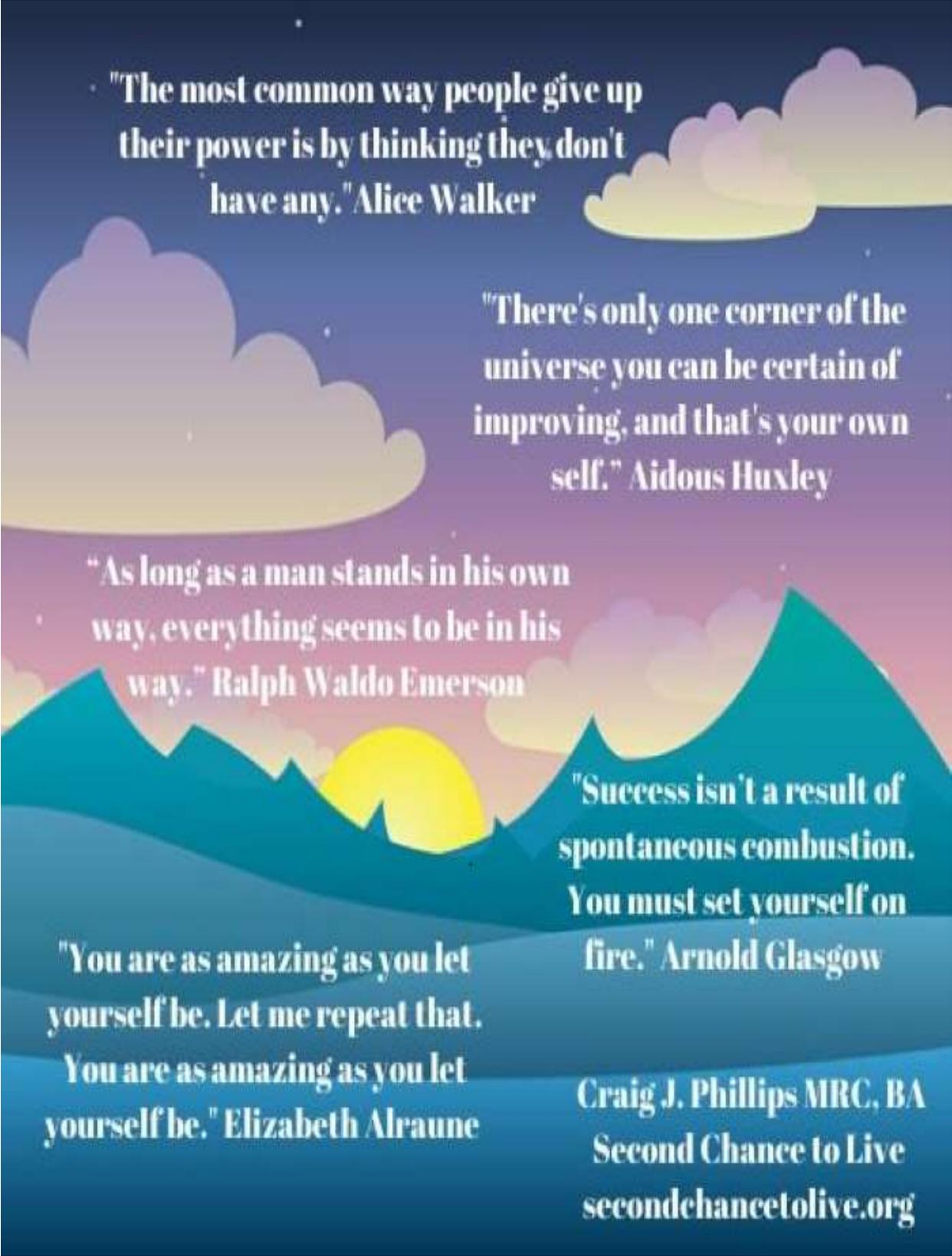
**Craig J. Phillips MRC, BA  
Second Chance to Live  
[secondchancetolive.org](http://secondchancetolive.org)**



**"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](http://secondchancetolive.org)**



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

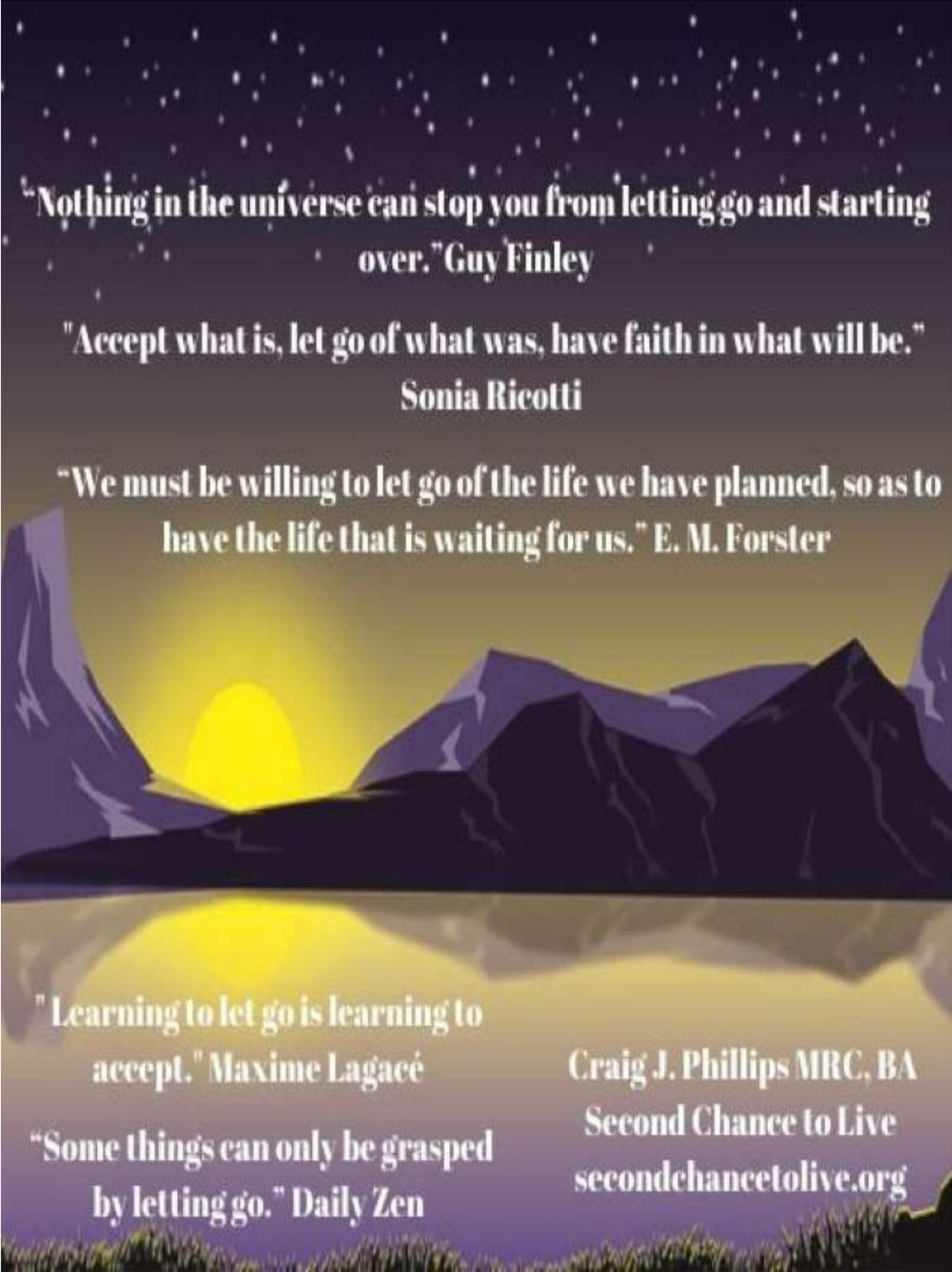
**"There's only one corner of the universe you can be certain of improving, and that's your own self." Aldous Huxley**

**"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**

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

The background of the image is a composite of three scenes. The top scene shows a dark night sky filled with numerous small, white stars. The middle scene depicts a bright yellow sun setting behind a range of dark, jagged mountains. The bottom scene shows the sun and mountains reflected in a calm body of water, with a strip of green grass visible at the very bottom edge.

**"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**

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

**Subscribe to the Different Second Chance to Live Communities**

**Second Chance  
to Live website  
Community**

**Building  
Your Life after  
Traumatic  
Brain Injury  
Facebook  
Community**

**Building  
Your Life after  
Traumatic  
Brain Injury  
YouTube  
Community**

**Second  
Chance to  
Live You  
Tube  
Community**



# Subscribe

**Quick and Easy**

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

**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**

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

**"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**

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

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

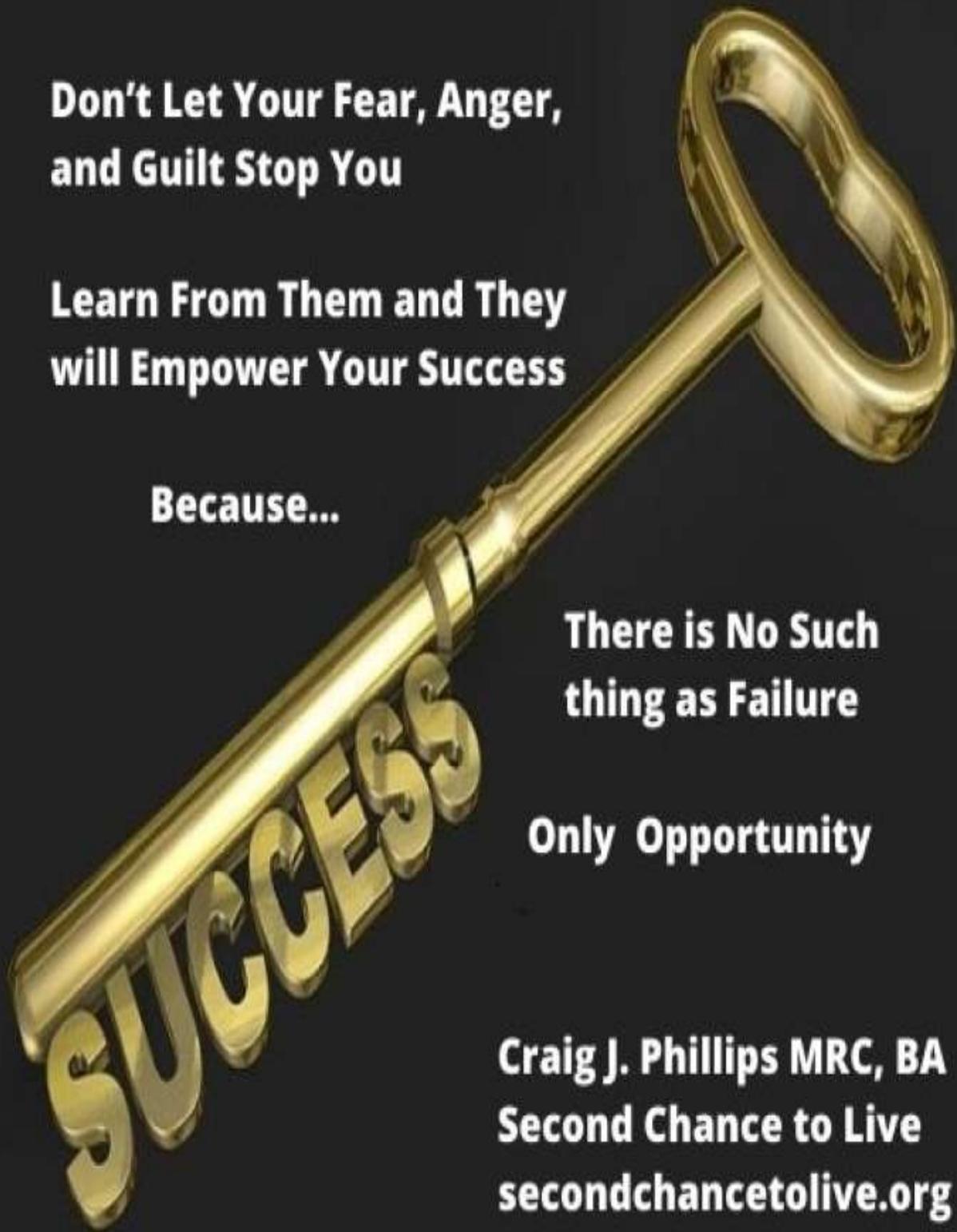
**Learn From Them and They  
will Empower Your Success**

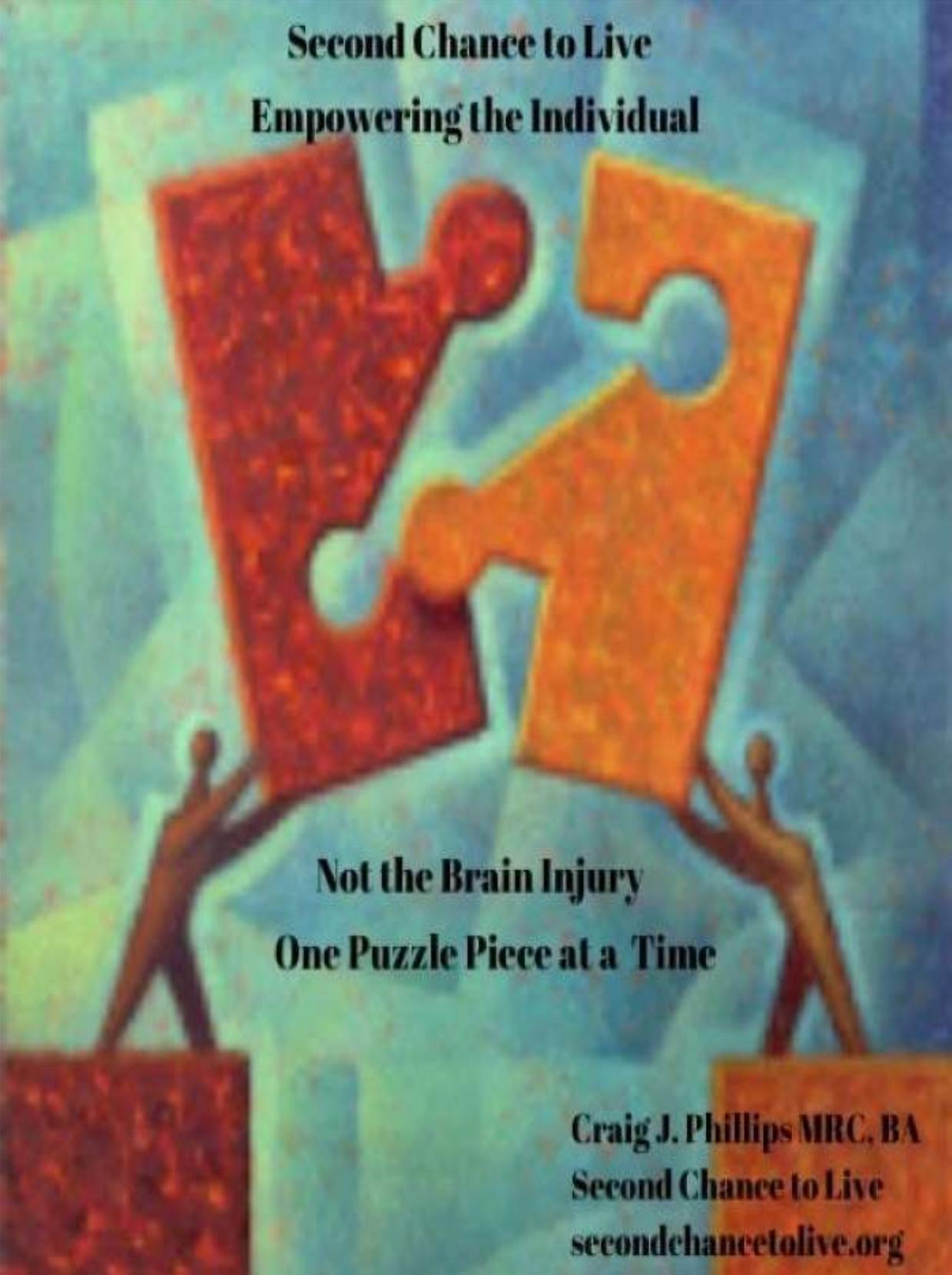
**Because...**

**There is No Such  
thing as Failure**

**Only Opportunity**

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





**Second Chance to Live  
Empowering the Individual**

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

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



**Ongoing Brain  
Injury Recovery**

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

**All Working  
Together**

**To Empower  
the Individual to  
Succeed**

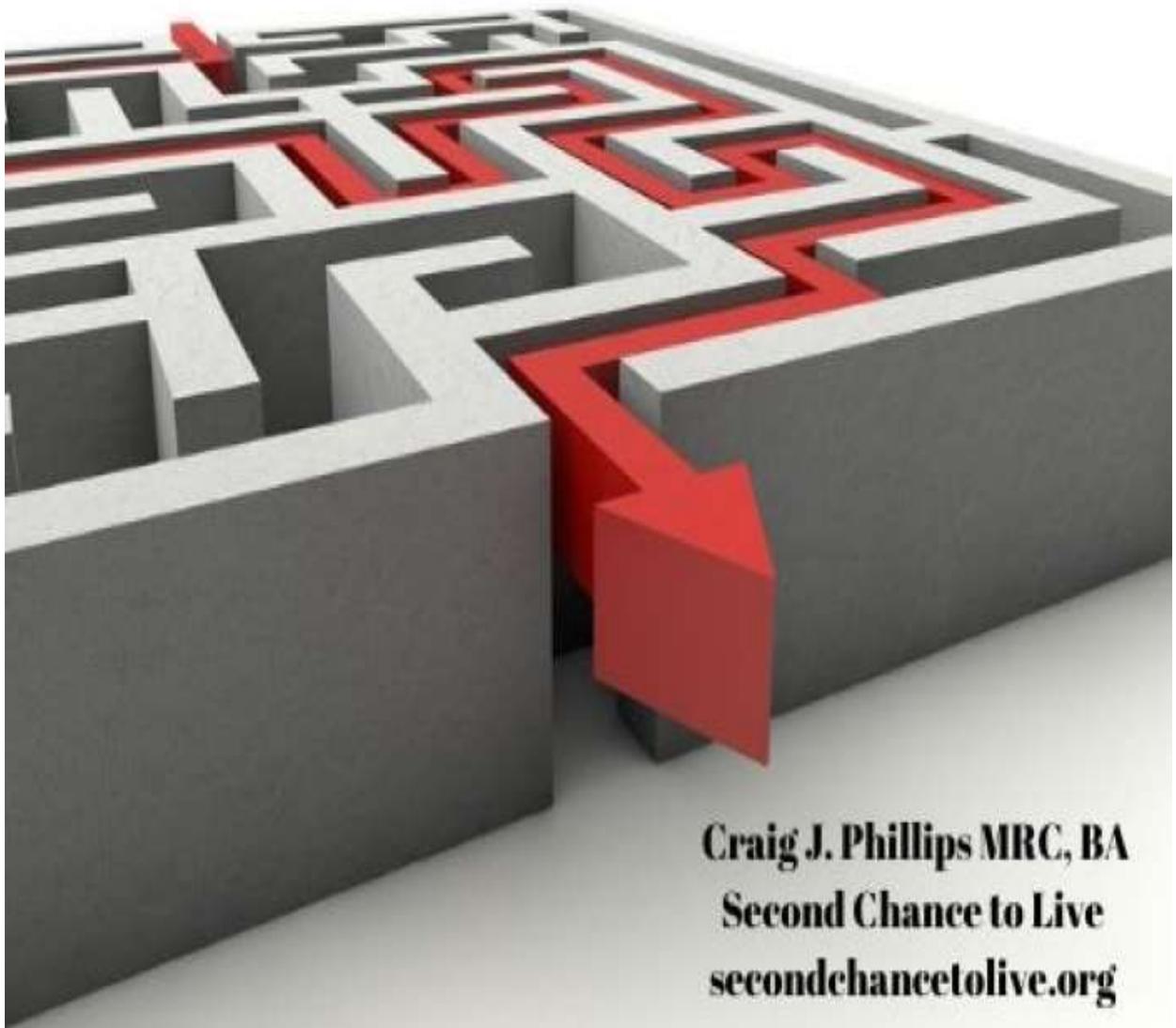
**One day at a time**

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

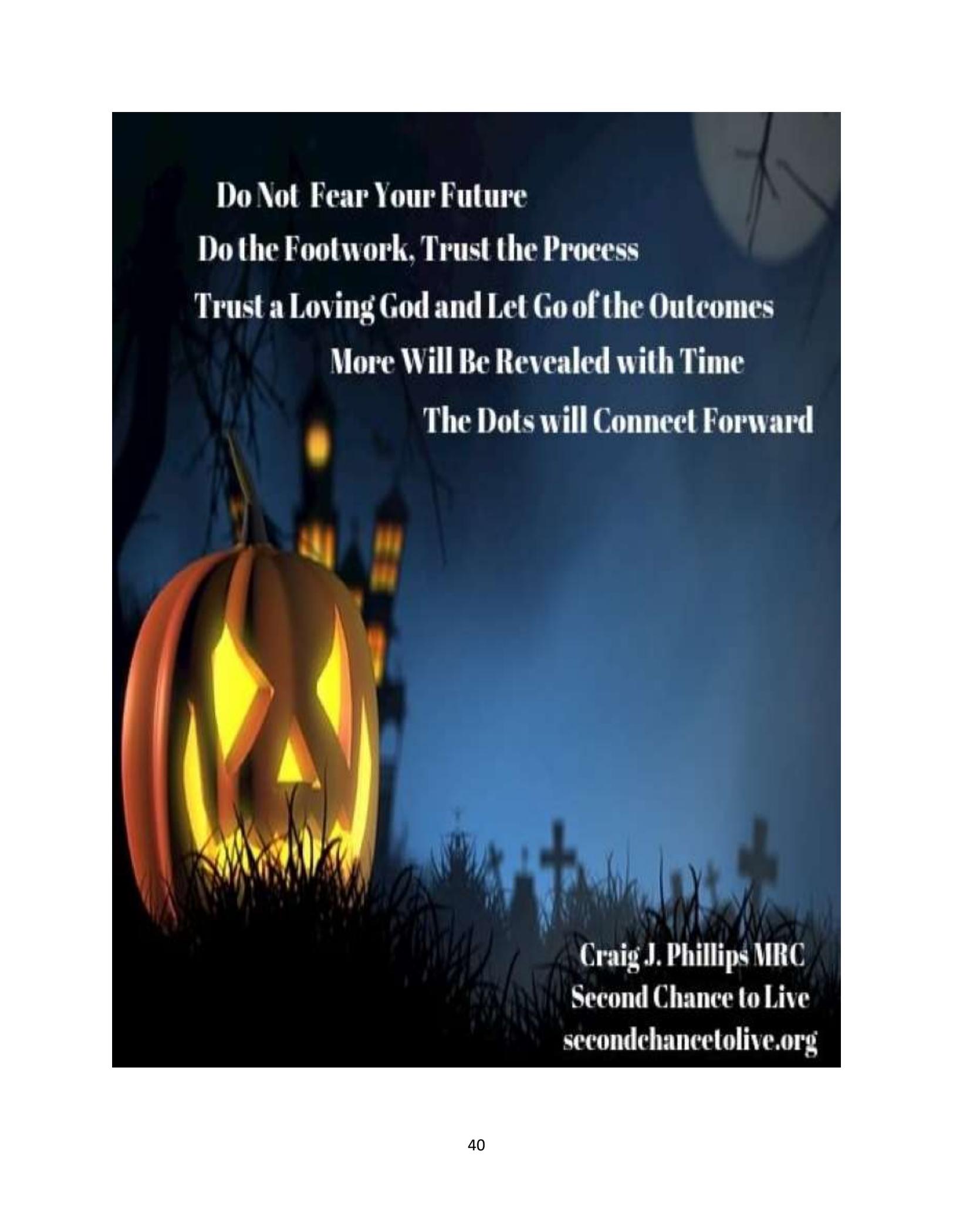
**Although You May Feel Stuck at Times, Don't Give Up**

**Keep Searching and You will Find Your Way**

**A Way That will Guide You to Your Dreams**



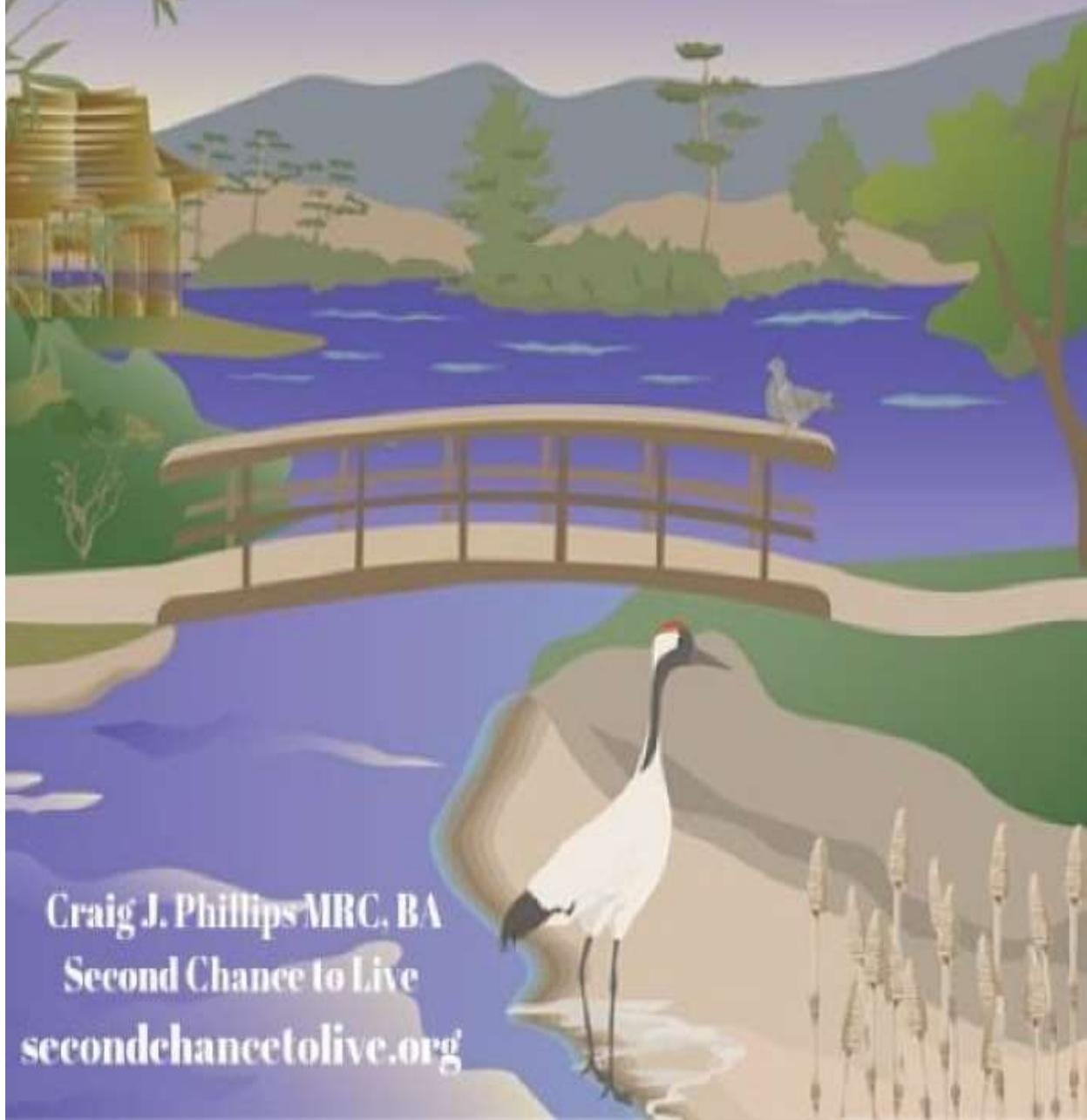
**Craig J. Phillips MRC, BA**  
**Second Chance to Live**  
**[secondchancetolive.org](http://secondchancetolive.org)**

A glowing jack-o'-lantern is the central focus, positioned in the lower-left foreground. It is carved with a classic face and glows with a warm yellow light. The background is a dark, twilight sky over a cemetery. In the distance, the silhouettes of several crosses are visible against a slightly lighter blue sky. To the left, the spires of a church with lit windows are visible. The overall mood is somber yet hopeful, with the light from the pumpkin contrasting with the dark surroundings.

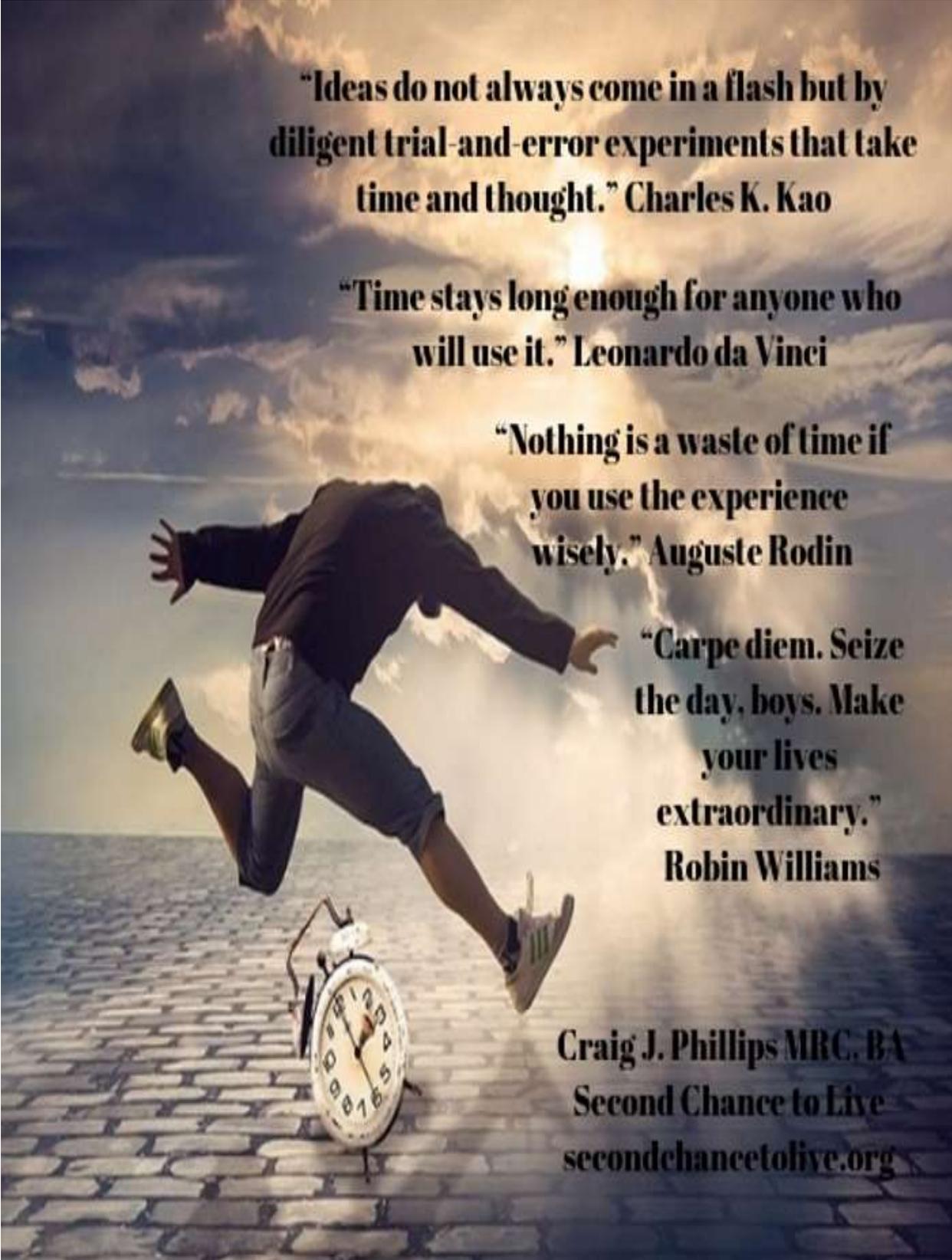
**Do Not Fear Your Future  
Do the Footwork, Trust the Process  
Trust a Loving God and Let Go of the Outcomes  
More Will Be Revealed with Time  
The Dots will Connect Forward**

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

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



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

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

**“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**

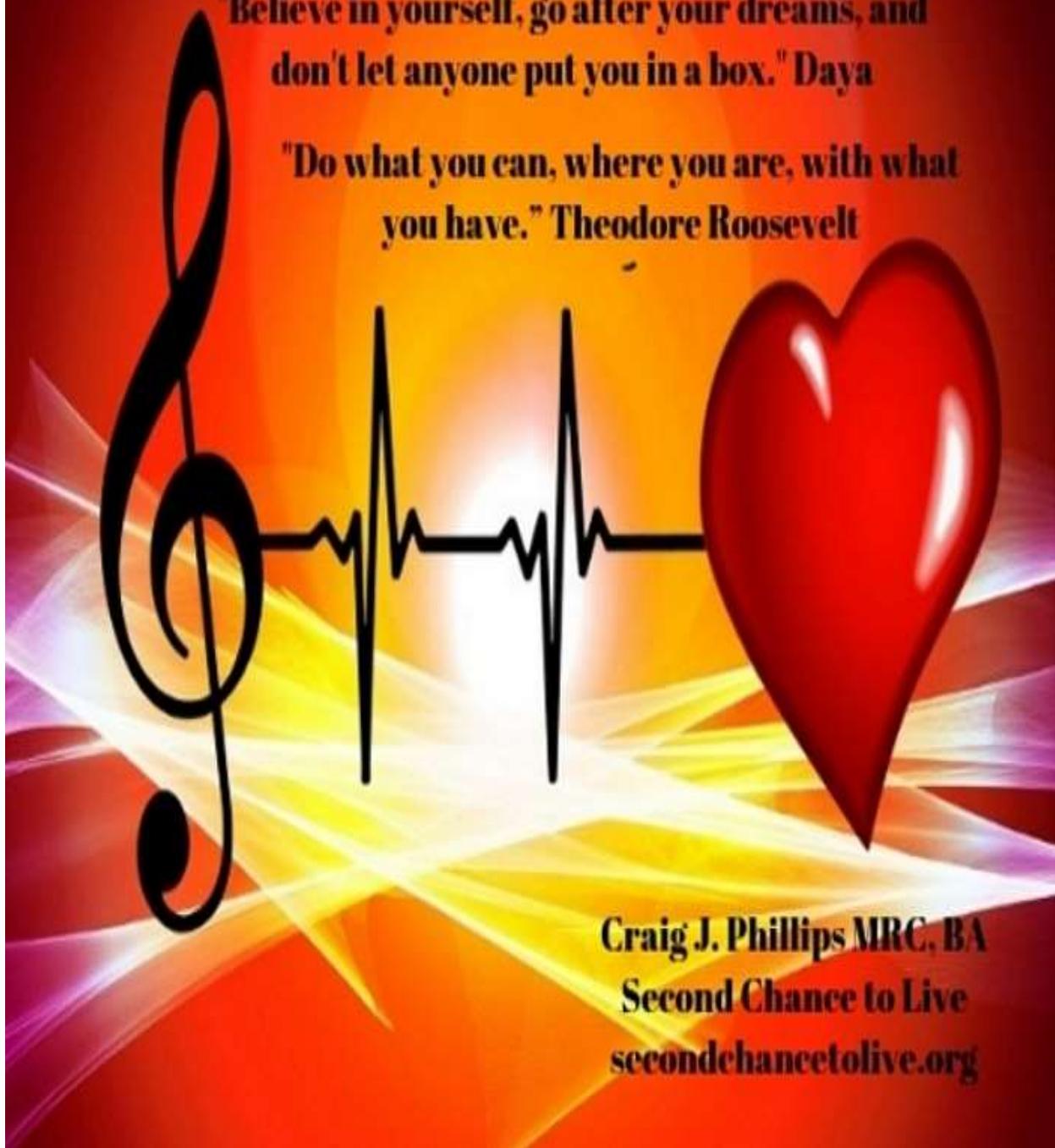
**“Carpe diem. Seize the day, boys. Make your lives extraordinary.”  
Robin Williams**

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

**"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**



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

**“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**

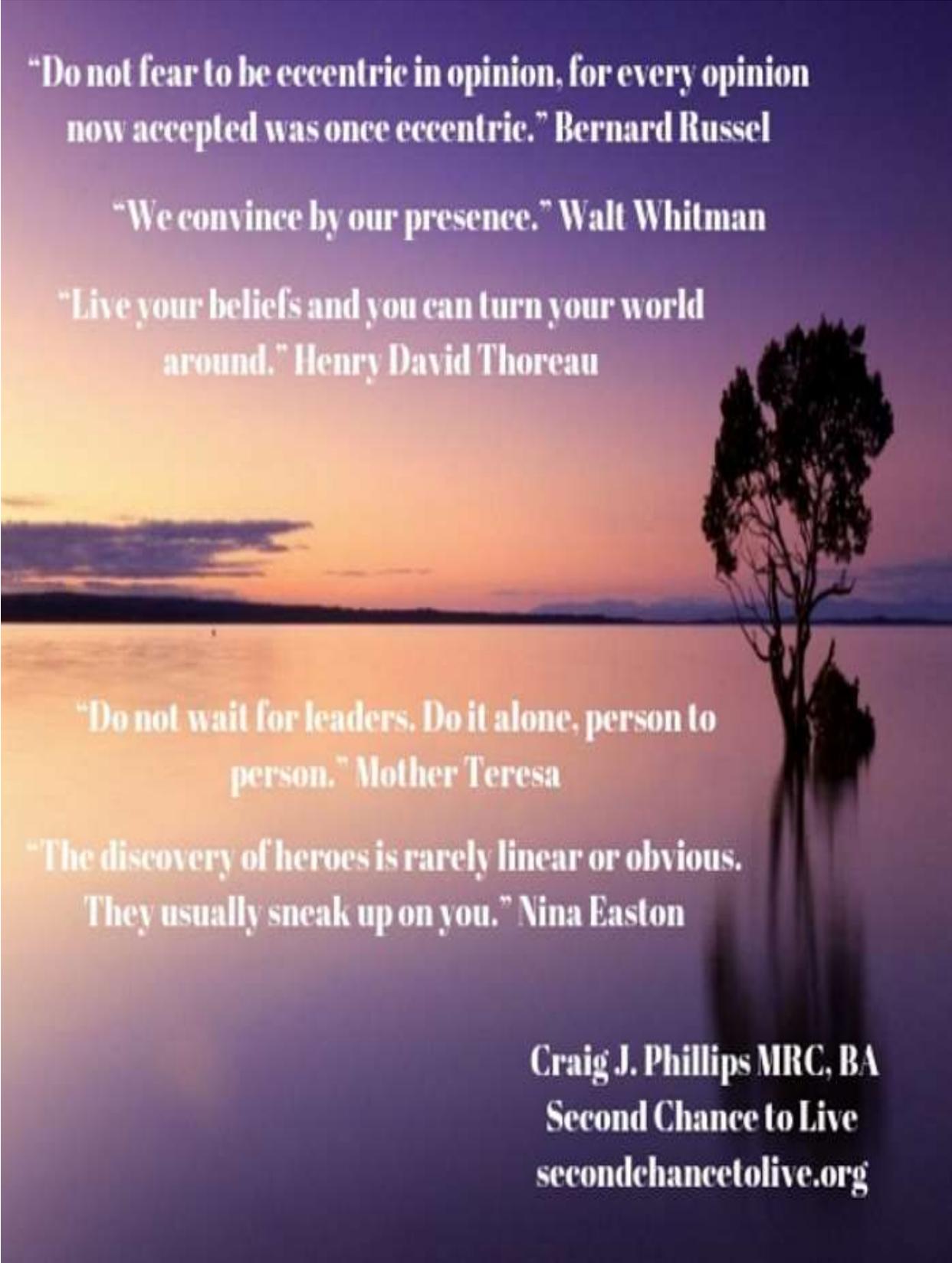
**“Just keep on going and keep believing in your own original vision, no matter what odds you have to overcome. And especially don't be stopped by your own fears.” Angelina Maccarone**

**FREE**

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

**More will be revealed**

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

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 water, its reflection visible below. The text is overlaid on the image in white.

**“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**

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

---

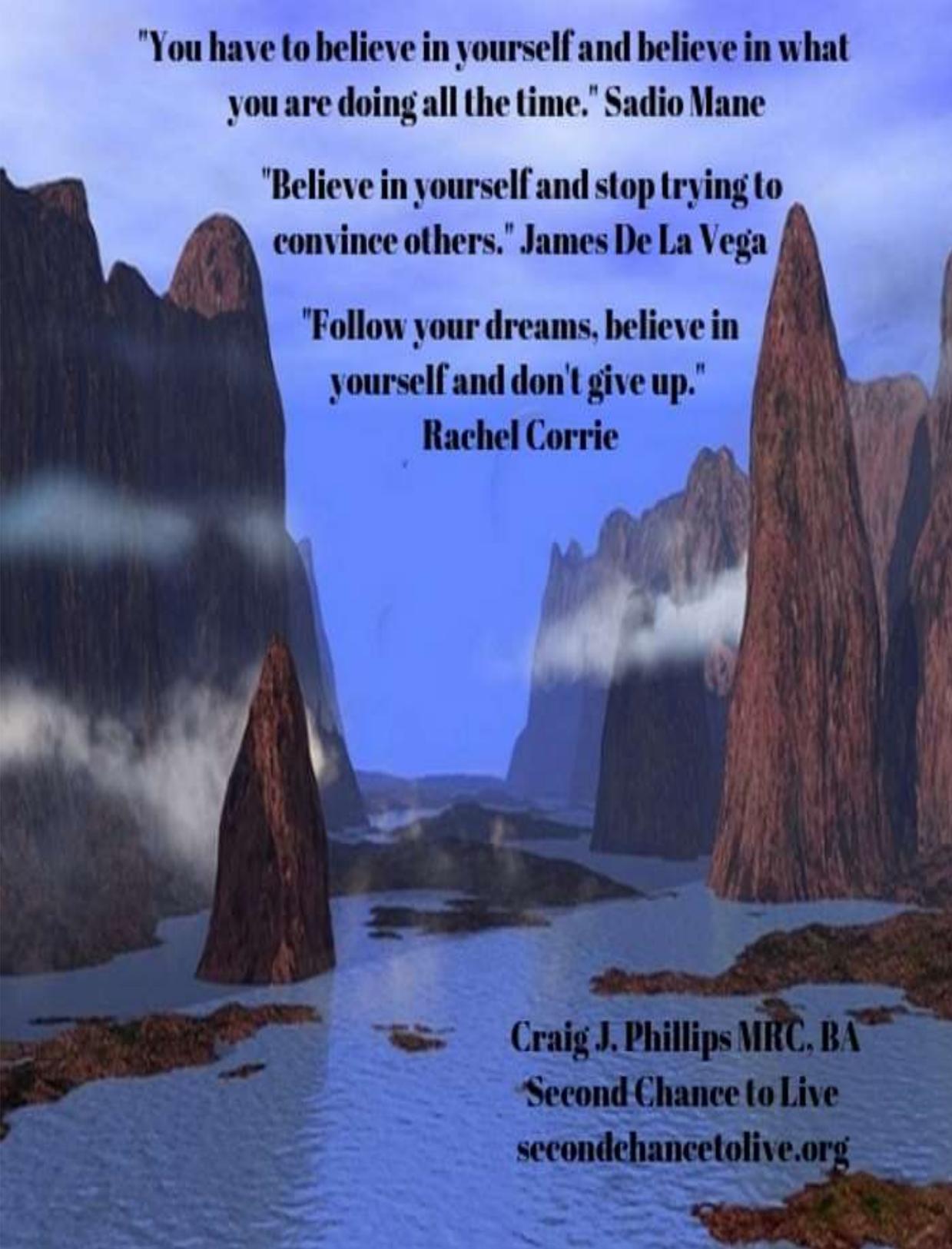
**“YOU MAY BE THE ONLY PERSON LEFT WHO BELIEVES IN  
YOU, BUT IT’S ENOUGH. IT JUST TAKES ONE STAR TO  
PIERCE A UNIVERSE OF DARKNESS. NEVER GIVE UP.”**

**RICHELLE E. GOODRICH**

---

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

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



**"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**

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

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

**"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**

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

**"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**

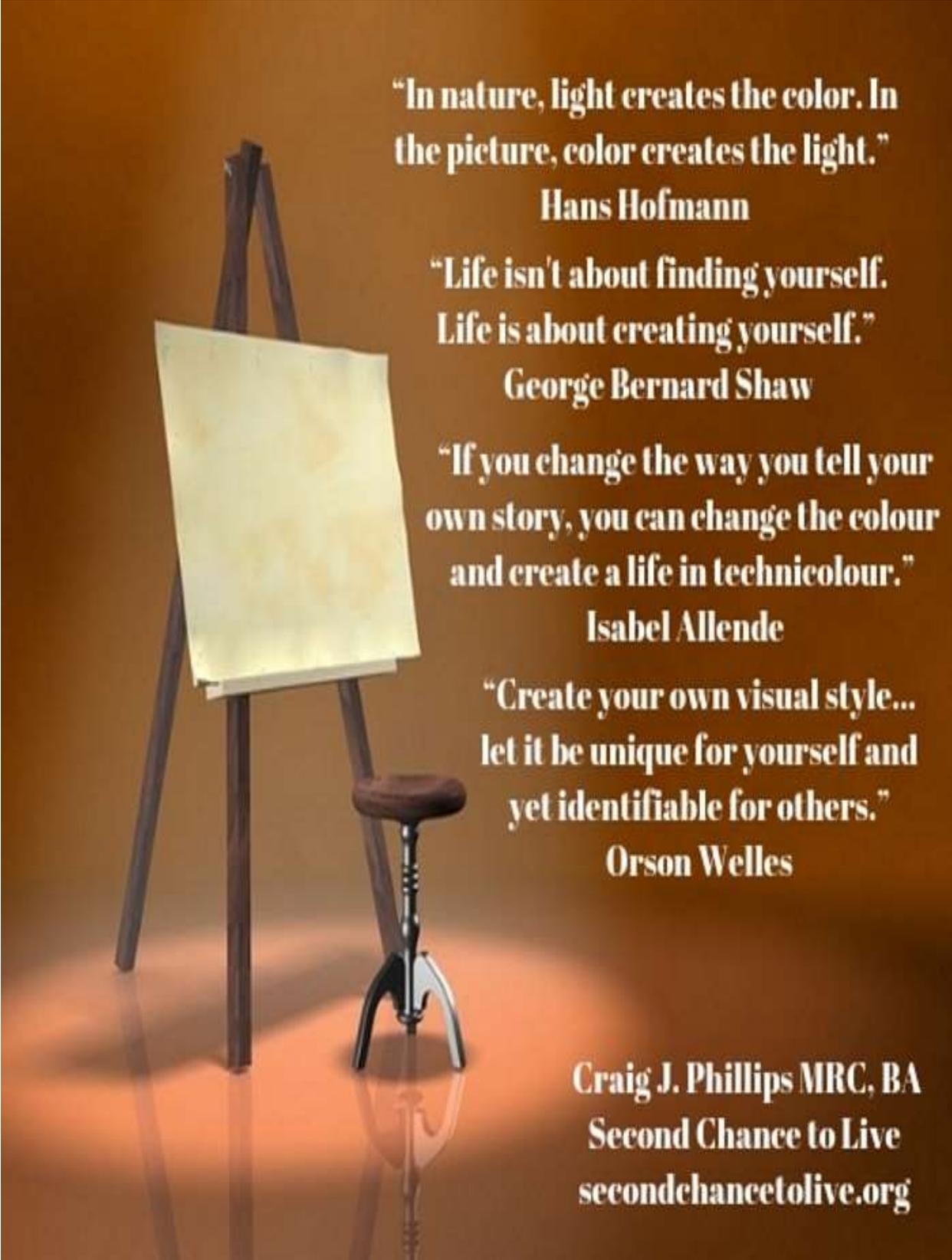
**"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." Lou Holtz**

**Quality**

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

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

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

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**

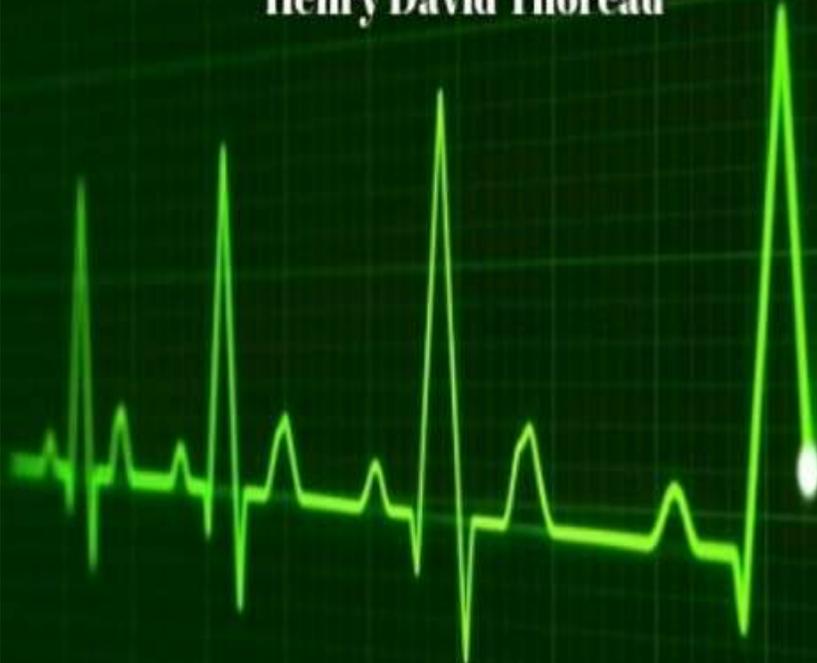
**“Create your own visual style... let it be unique for yourself and yet identifiable for others.”**

**Orson Welles**

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

**"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**

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

**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**



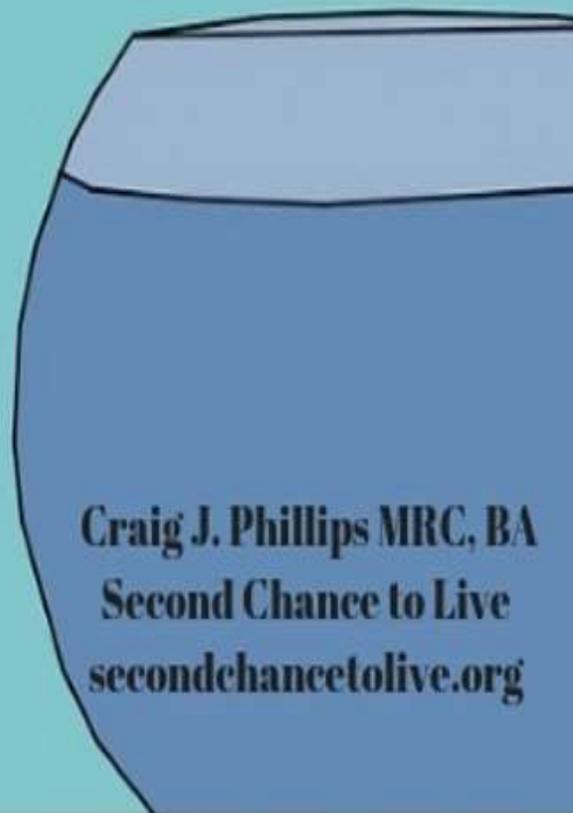
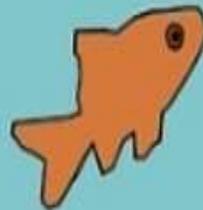
**Craig J. Phillips MRC, BA  
Second Chance to Live  
[secondchancetolive.org](http://secondchancetolive.org)**

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

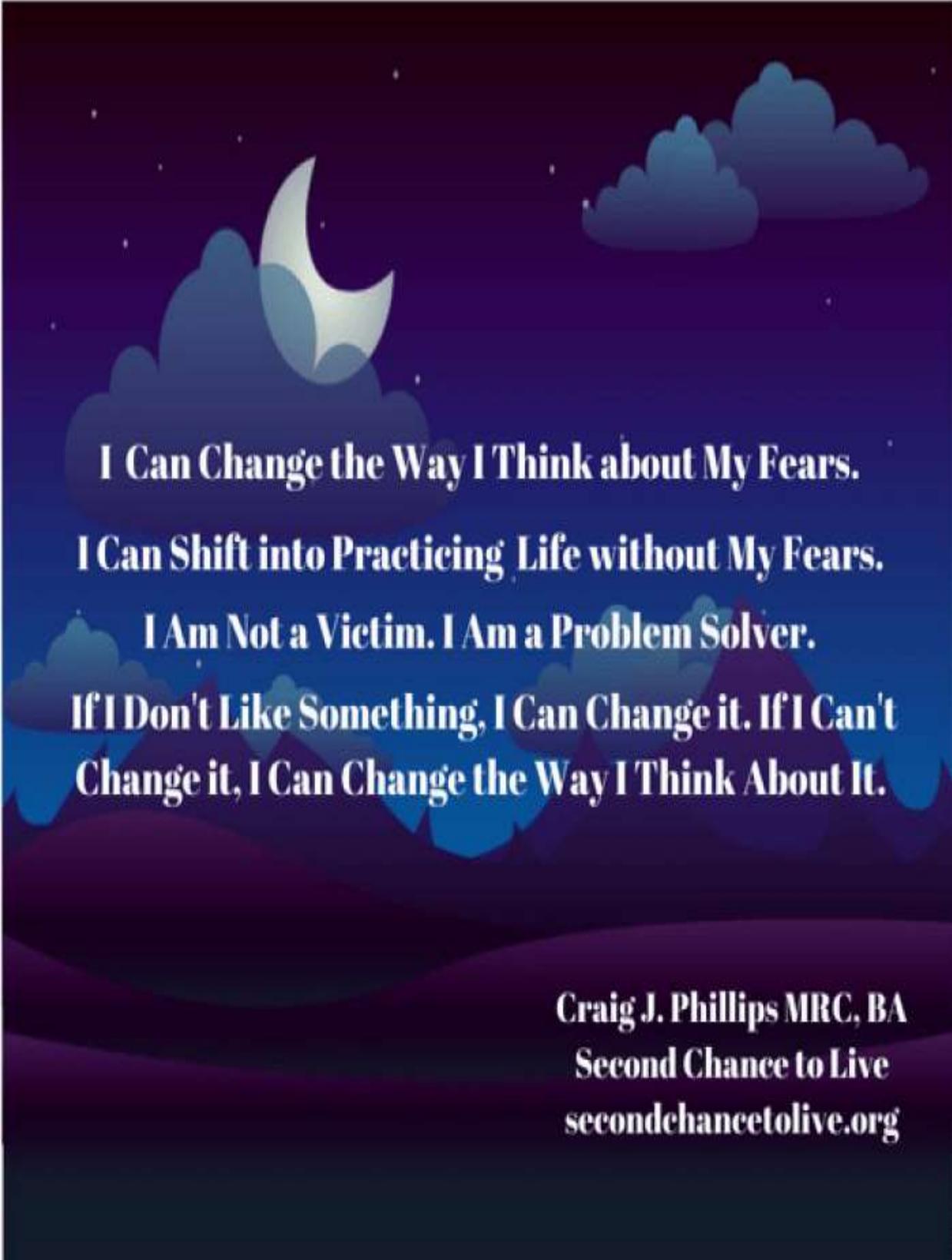
**“Continuous effort – not strength or intelligence – is the key to unlocking our potential.” Winston Churchill**

**“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**



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



**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.**

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

**"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**

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

---

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](#)

---

You have my permission to share my articles and or video presentations with anyone you believe could benefit, however, I maintain ownership of the intellectual property **AND** my articles, video presentations and eBooks are not to be considered **OPEN SOURCE**. Please also provide a link back to **Second Chance to Live**. In the event that you have questions, please send those questions to me. All questions are good questions. I look forward to hearing from you. More Information: [Copyright 2007 – 2022](#).