

**The Progression of Living My Best Life
after My Brain Injury Presentation
Craig J. Phillips MRC, BA Second Chance to Live**

**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 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**

In response to a request to SHARE what helped me to CREATE.

**CREATE my BEST life after my brain injury, I created this
presentation.**

**May you also be encouraged, by HOPE, to create your BEST life after
your brain injury.**

My Relationship with Hope

For many years I had a dysfunctional relationship with hope because hope did not play by my rules and fulfill my expectations.

Gaining a Healthy Relationship

Through my process I gained a healthy relationship with hope. I began to see hope as a coach that empowered my ability to be a co-creator in my life and relationships.

Being a Co-Creator

A co-creator through being an actor, instead of a reactor in my life. An actor through being responsible to and for my reactions to my life and circumstance.

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

"Our circumstances are not meant to keep us down, but they are meant to build us up. They are meant to build us up by teaching us lessons that provide experiences and offer opportunities." Craig J. Phillips

"History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats." B.C. Forbes

What has Helped me to Move Forward

Discovery

Finding Purpose after Brain Injury – this just takes time, lots of time at least it did for me. In my experience, executing my purpose was a process.

"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 that has been opened for us." Helen Keller

Acceptance

To find and live my purpose I needed to accept what I could not change. To change what I could. Bottom line. If nothing changes it remains the same.

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

Execution

Process of elimination. Was all about determining what no longer worked to determine what worked. Creating and accepting my new normal, took time.

“I am only one, but still, I am one. I cannot do everything, but still, I can do something; and because I cannot do everything, I will not refuse to do something that I can do. “Helen Keller

Development

In my experience, I needed to involve my brain / body connection in the process to be able to develop and excel. Excel through Neuroplasticity.

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

Albert Einstein

Advocacy

In my experience, I was the one who needed to become aware of what I needed in my mind, body, spirit, soul and body to advocate for myself.

“The most common way people give away their power is thinking they don’t have any.” Alice Walker

The Path

In my experience, I needed to have help to move me through this process. In my experience, I found 12 ways that helped me in this ongoing process.

“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

Commitment

In my experience, I realized that I needed to have a change of attitude. A change in attitude to be able stay committed to running my own race.

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

Ownership

In my experience, what became apparent was that I brought me into all my relationships. Therefore, I could not wait for anyone to change to feel safe.

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

Staying Focused

In my experience I needed to look at success in a different way. In a way that was defined by me and not by how other people defined success.

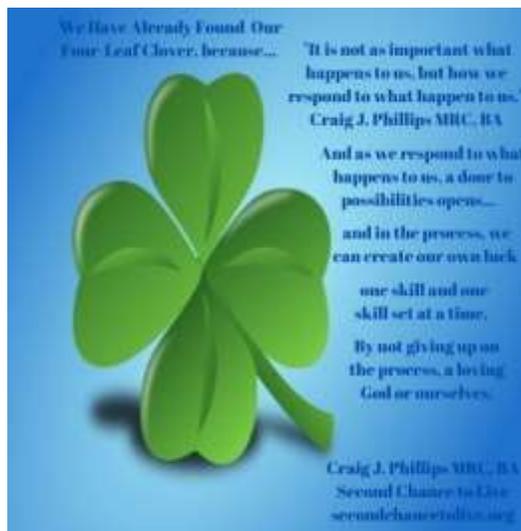
“Not everyone will understand your journey. That’s okay. You’re here to live your life, not to make everyone understand.” Banksy

Run My Own Race

In my experience and because I grew in awareness, acceptance and action, I became aware of my creating genius. Genius I develop.

“Everyone 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

Below are links to my other 15 presentations created to encourage and empower hope.



To Schedule on of the below presentations, click on this link: [Schedule](#)

[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](#)

[Cultivating Healthy Relationships 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](#)

[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](#)

[Second Chance to Live and Succeeding Beyond my Special Needs from 10 Years of Age Presentation](#)

More Information

[Second Chance to Live – Empowering the Individual, not the Brain Injury Resources](#)

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