

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

Craig J. Phillips MRC, BA

Second Chance to Live



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

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

Quality, not Quantity of Expression

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

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

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

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

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

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

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

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

The Process of Discovery

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

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

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

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

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

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

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

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

Free to Fly above the Chatter

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

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

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

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

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

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

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

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

Trusting the Process, a loving God and Ourselves

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

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

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

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

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

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

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

Running Our own Race — Staying in Our own Lane

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

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

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

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

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

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

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

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

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

The Fable of the Tortoise and the Hare

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

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

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

Fable of the Tortoise and the Hare

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

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

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

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

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

And so, he did.

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

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

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

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

Slow and Steady Wins the Race



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

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

My Email Contact

secondchancetolive1@yahoo.com

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

[2046 Article/Video Presentation Links within 12 Peer Support Categories](#)

[Navigating Life After a Traumatic Brain Injury 448 Video Presentations Playlist](#)

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

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

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

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

[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 31 months, I have spoken at 96 events publicly, with upcoming events covering 16 core topics.

Click on this link to schedule

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

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

[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](#)

[The Progression of Living My Best Life after My Brain Injury 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](#)

[Second Chance to Live and Succeeding Beyond my Special Needs from 10 Years of Age 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 **2013–2018** click **[Here](#)**.

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

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

The Process and Goal

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

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

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

Create Your Own Program

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

body. Brain reorganization to improve and enhance your quality of life and well-being.

Neuroplasticity through Martial Arts 2013

<https://youtu.be/snHjkxYrRYU>

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>

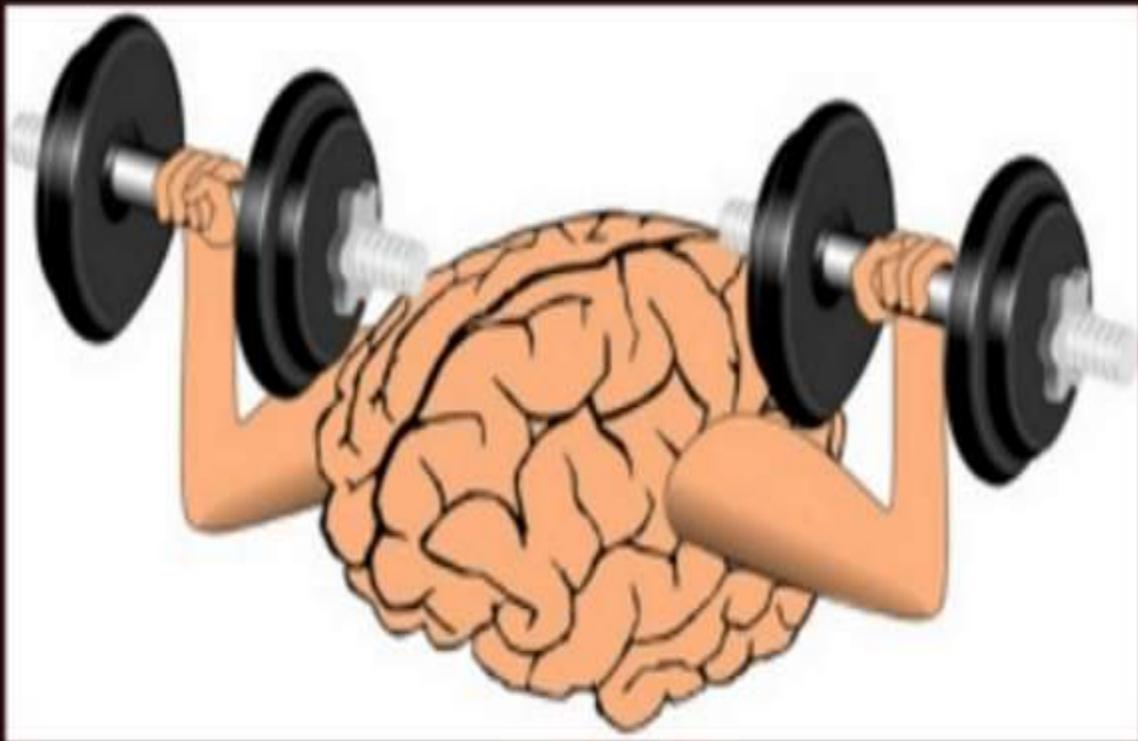
Using upper and lower body coordination and movement to improve focus, agility and balance of upper body and lower body martial art skills. Created February 14, 2022

<https://youtu.be/nBSQx0y3aP0>

**Below are 40 of the Posters that I have Created to Encourage,
Motivate, Empower and Inspire Hope**

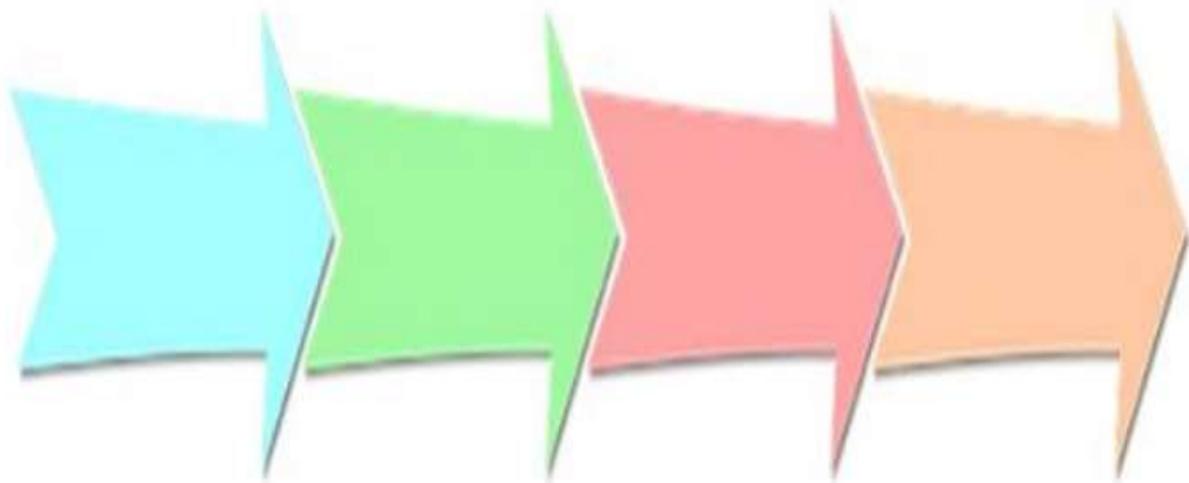
(Scroll Down)

SECOND CHANCE TO LIVE
SECONDCHANCETOLIVE.ORG



EMPOWERING BRAIN, BODY, SPIRIT
ONE SKILL AT A TIME

“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**

“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**

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

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



"We convince by our presence." Walt Whitman

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

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

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

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**

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

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

Lao Tzu "

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

Craig J. Phillips MRC, BA

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

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

HOPE Empowers Me to be a CO-CREATOR

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

"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

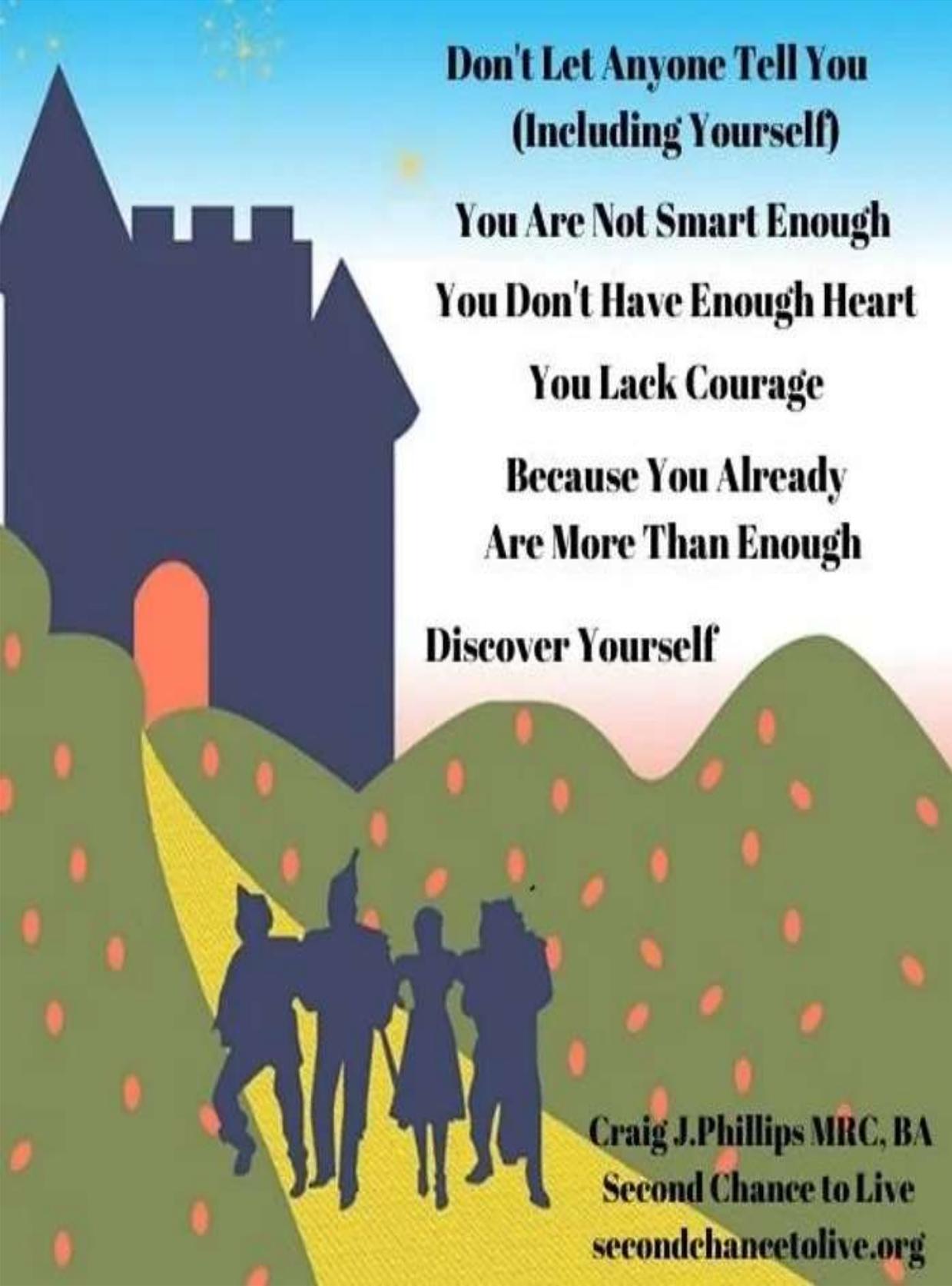
Consider the Spark

**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**

The background features a stylized illustration. On the left, a dark blue castle with a red arched entrance stands on a green hill. A yellow brick road winds from the bottom center towards the castle. Four dark blue silhouettes of people are walking along the road. The sky is light blue with yellow stars, and the ground is green with scattered red spots.

**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**

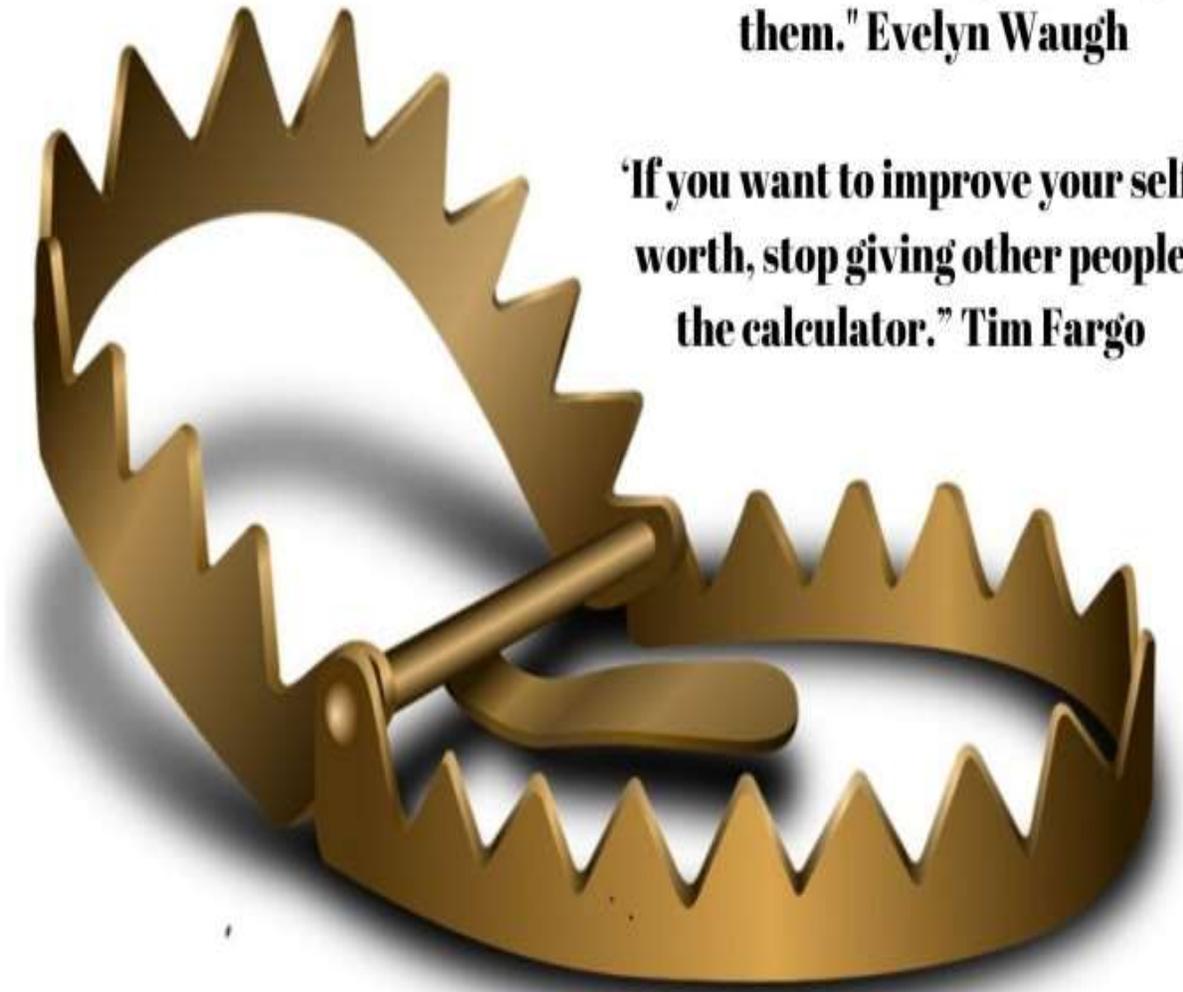
Discover Yourself

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

**“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**

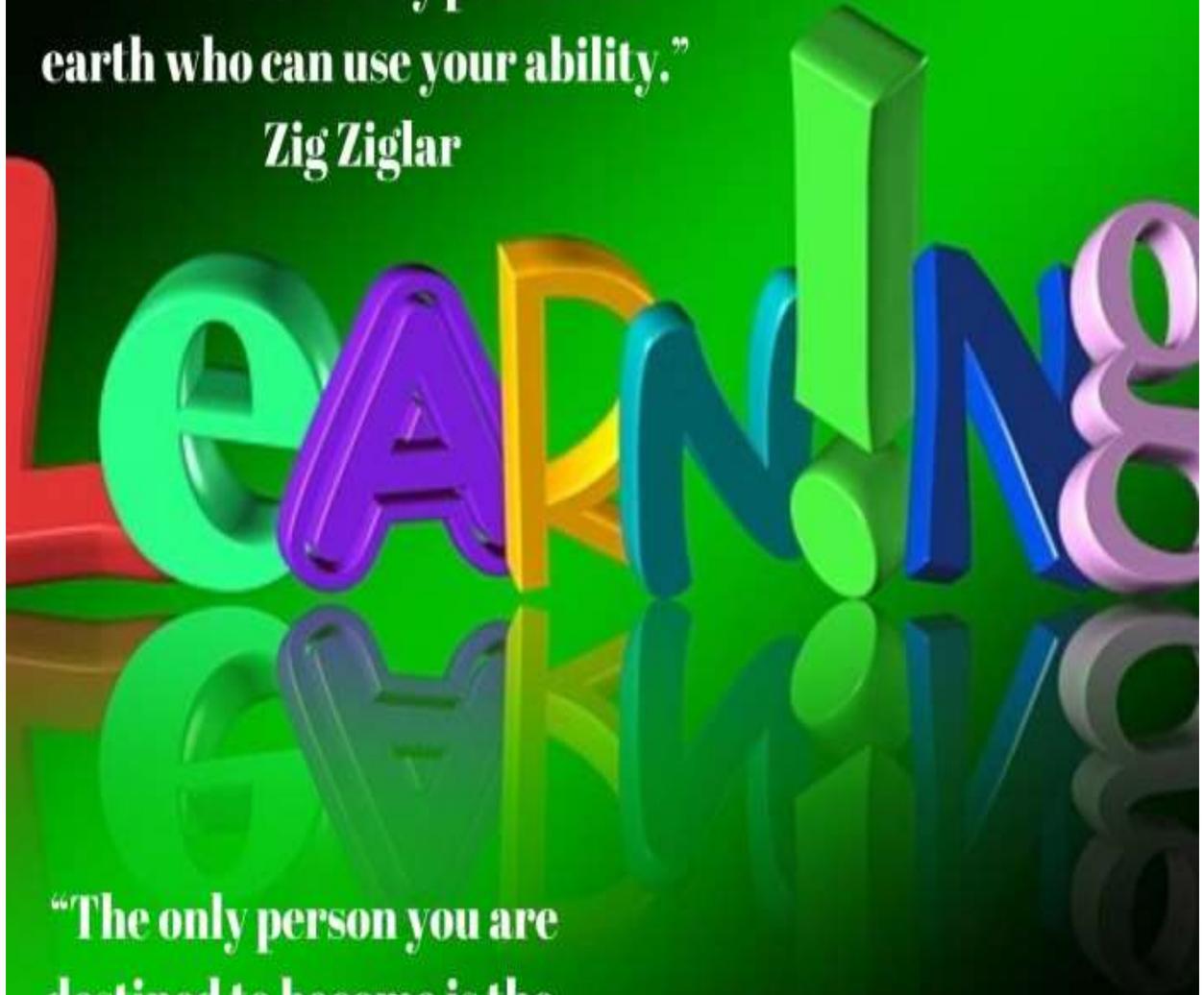
**Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org**

**“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**

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

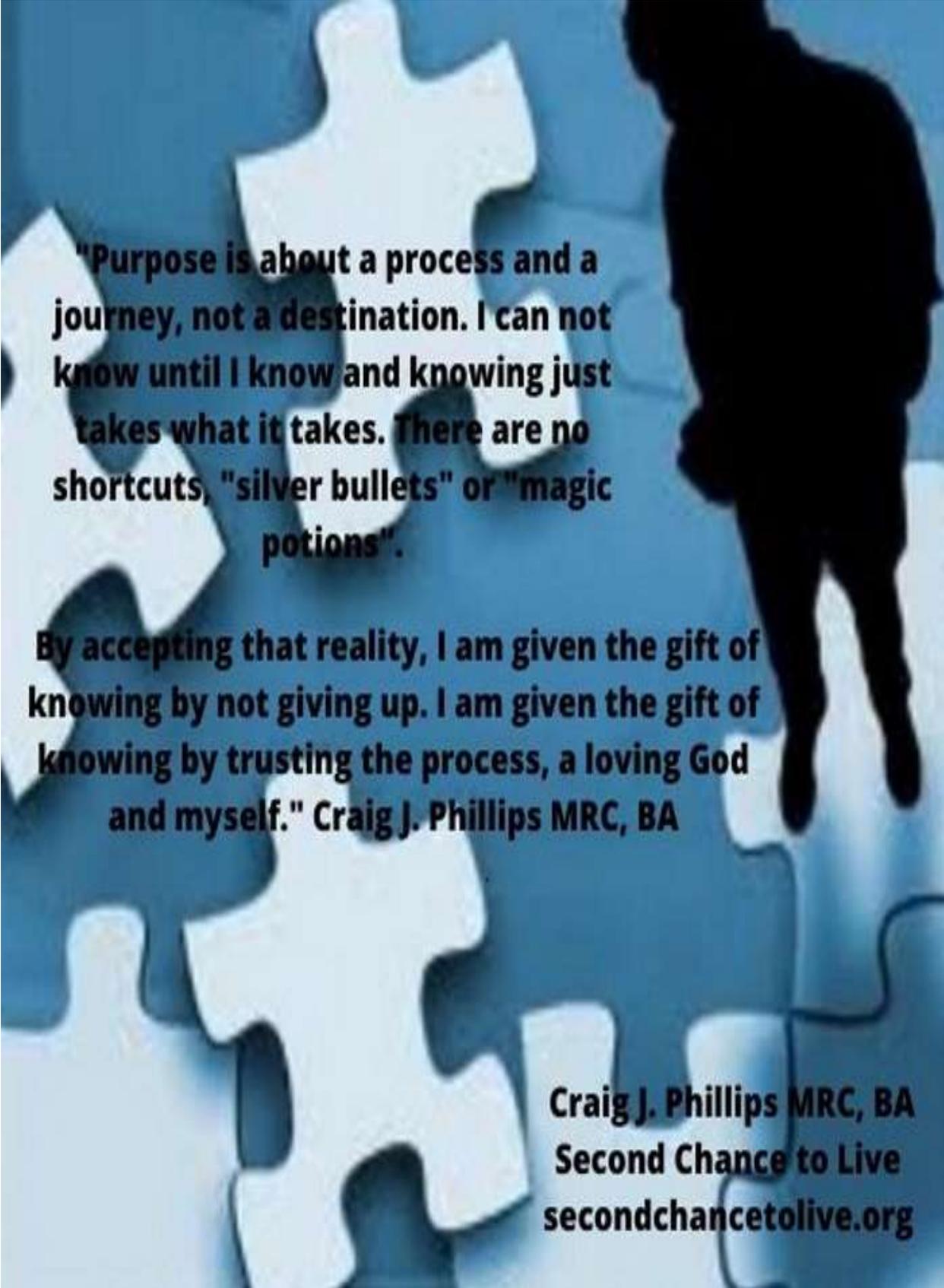
**"When setting out
on a journey do not
seek advice from
someone who never
left home. - Rumi**

**"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**



"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**

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

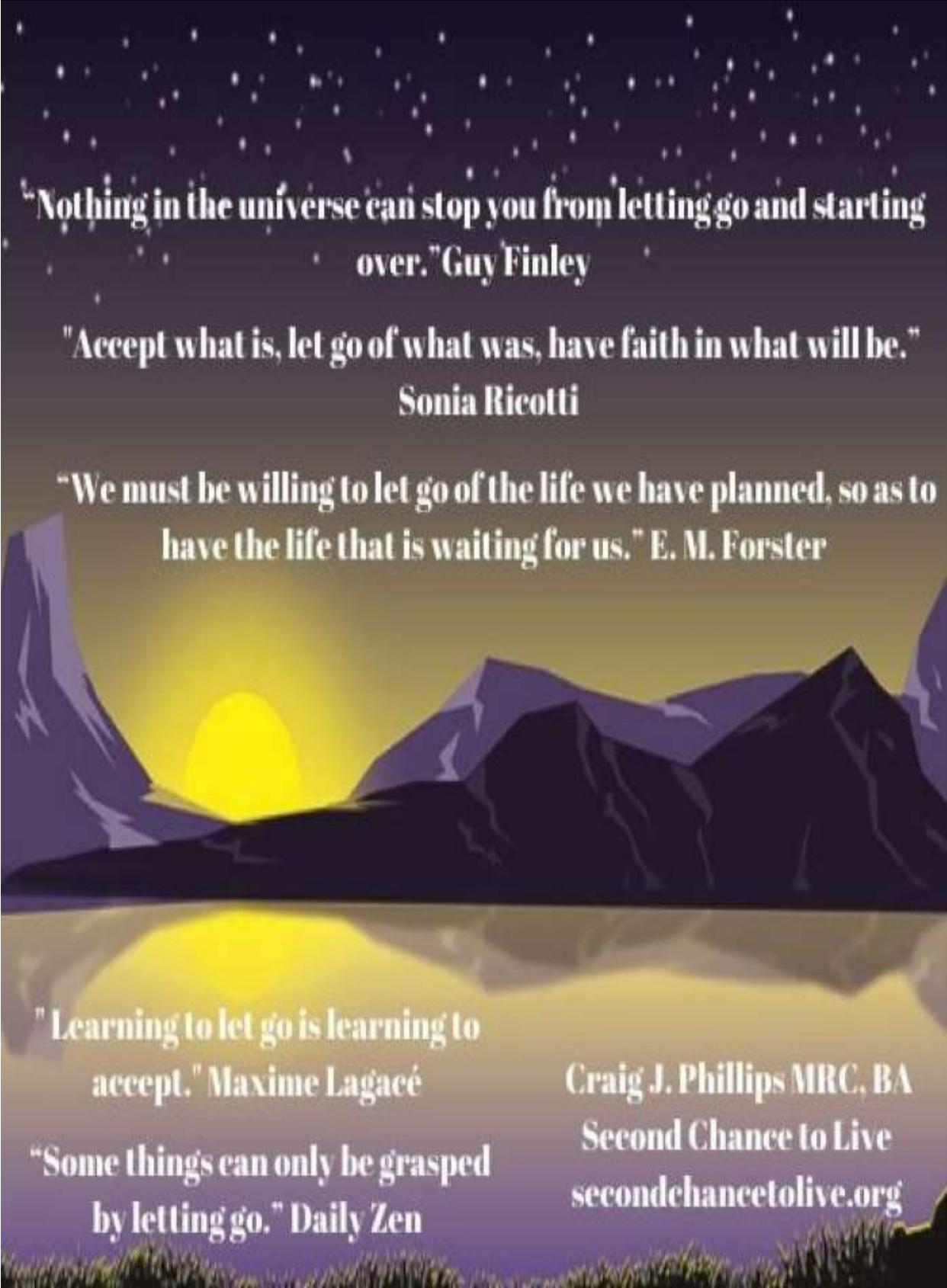
"There's only one corner of the universe you can be certain of improving, and that's your own self." Aldous Huxley

"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**

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

"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**

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**

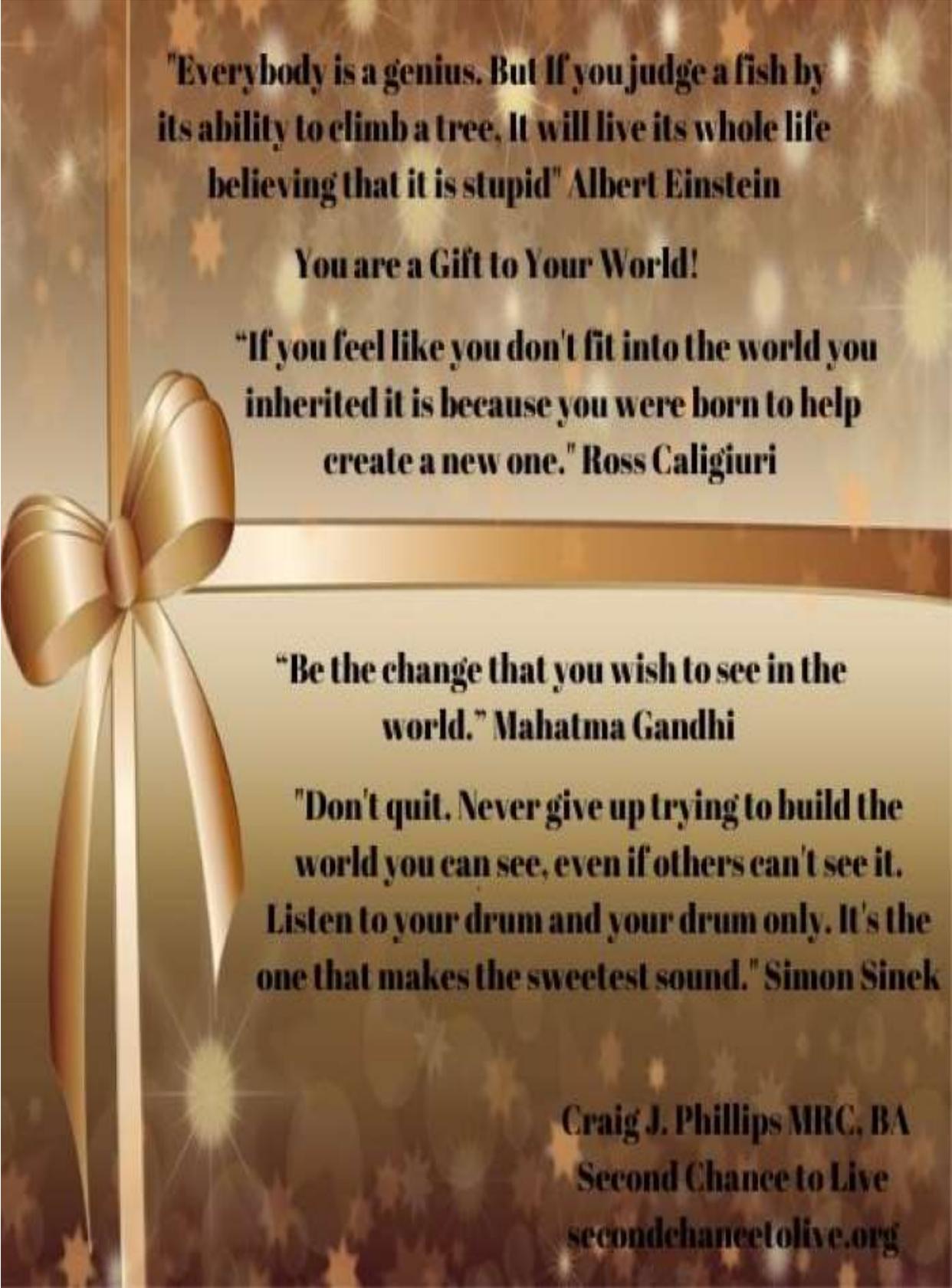
**If I am Doing the Same Thing Over and Over, Expecting to get
Different Results, I can Change.**

**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**



"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

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

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

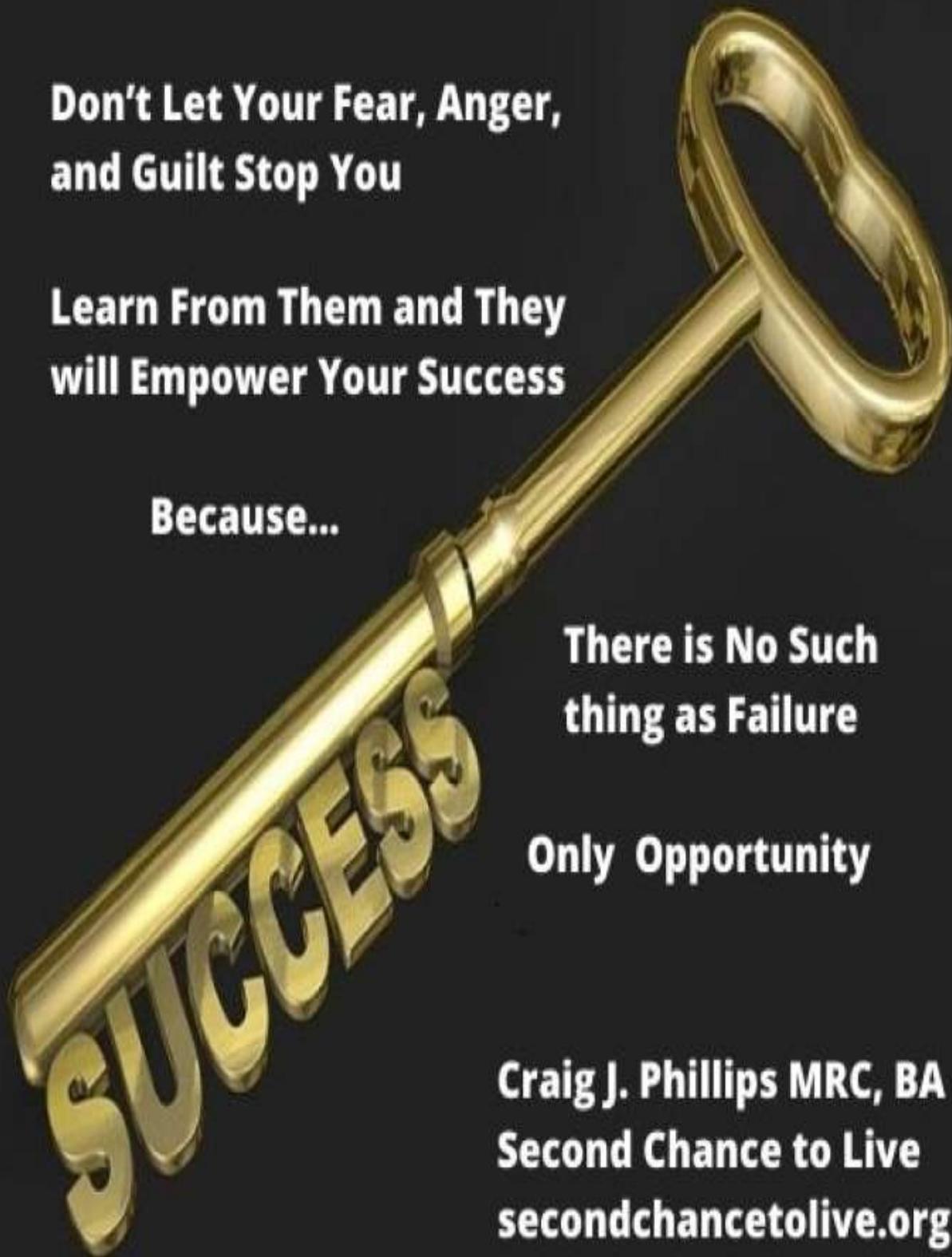
**Learn From Them and They
will Empower Your Success**

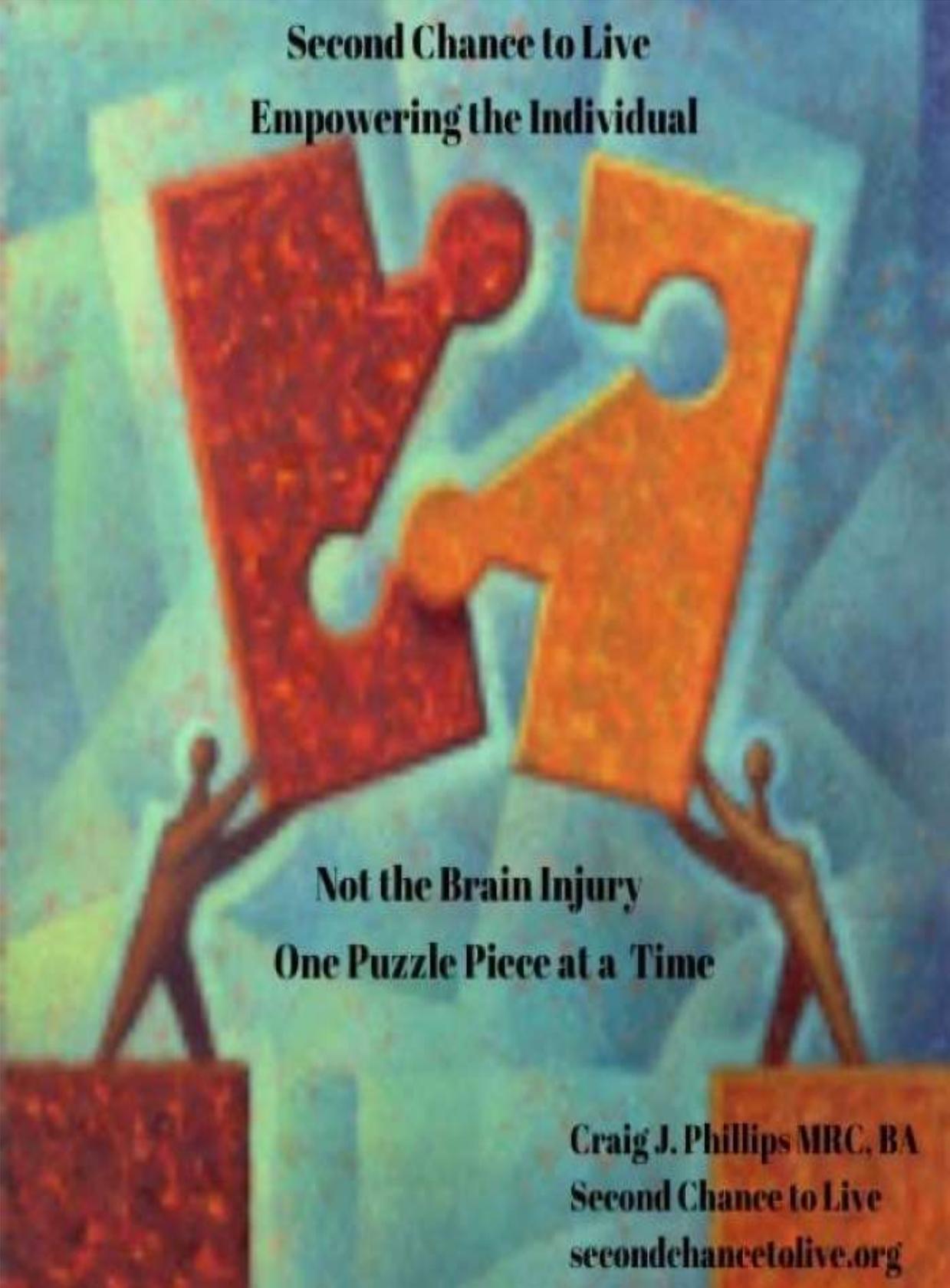
Because...

**There is No Such
thing as Failure**

Only Opportunity

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





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



**Ongoing Brain
Injury Recovery**

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

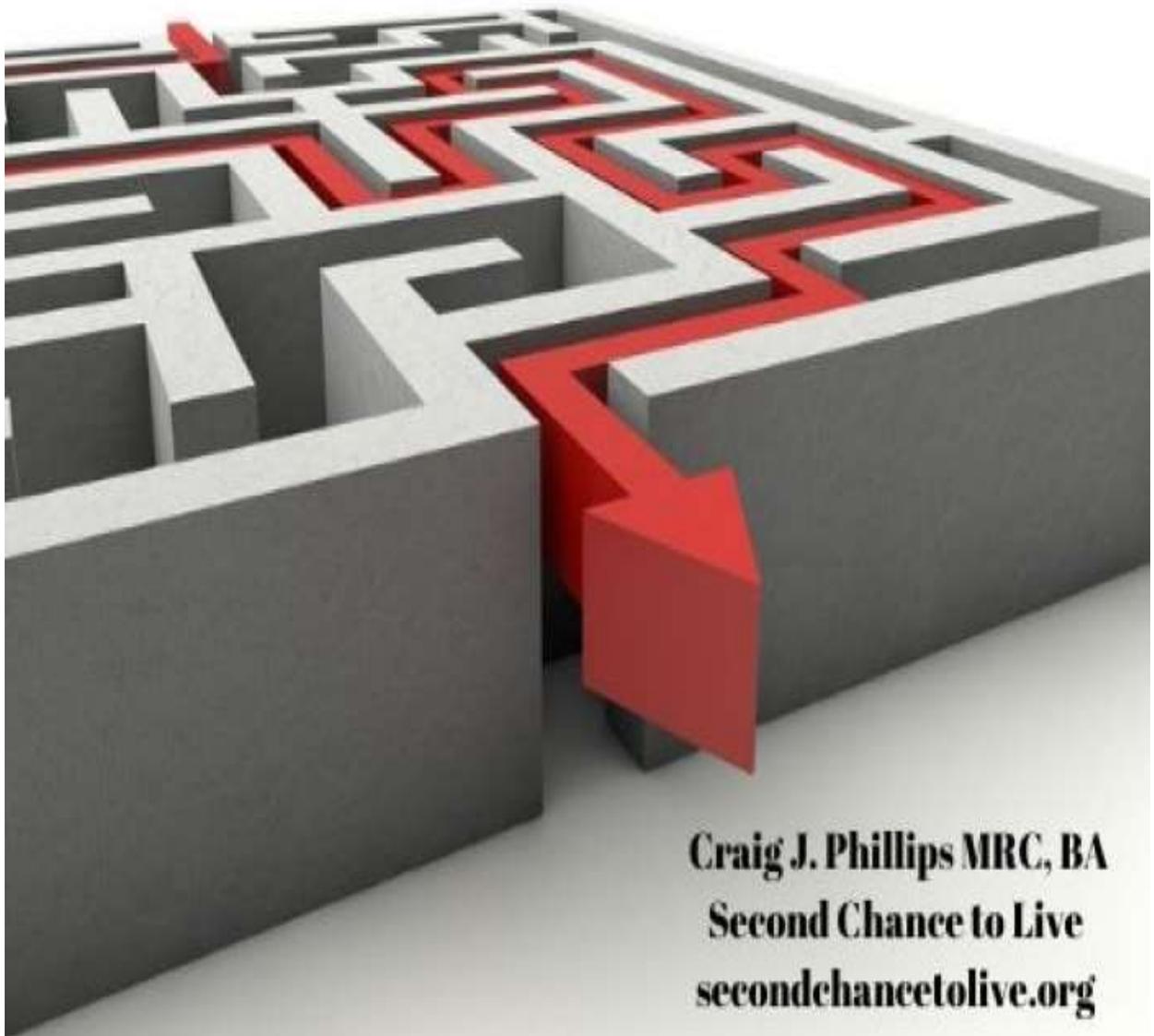
**All Working
Together**

**To Empower
the Individual to
Succeed**

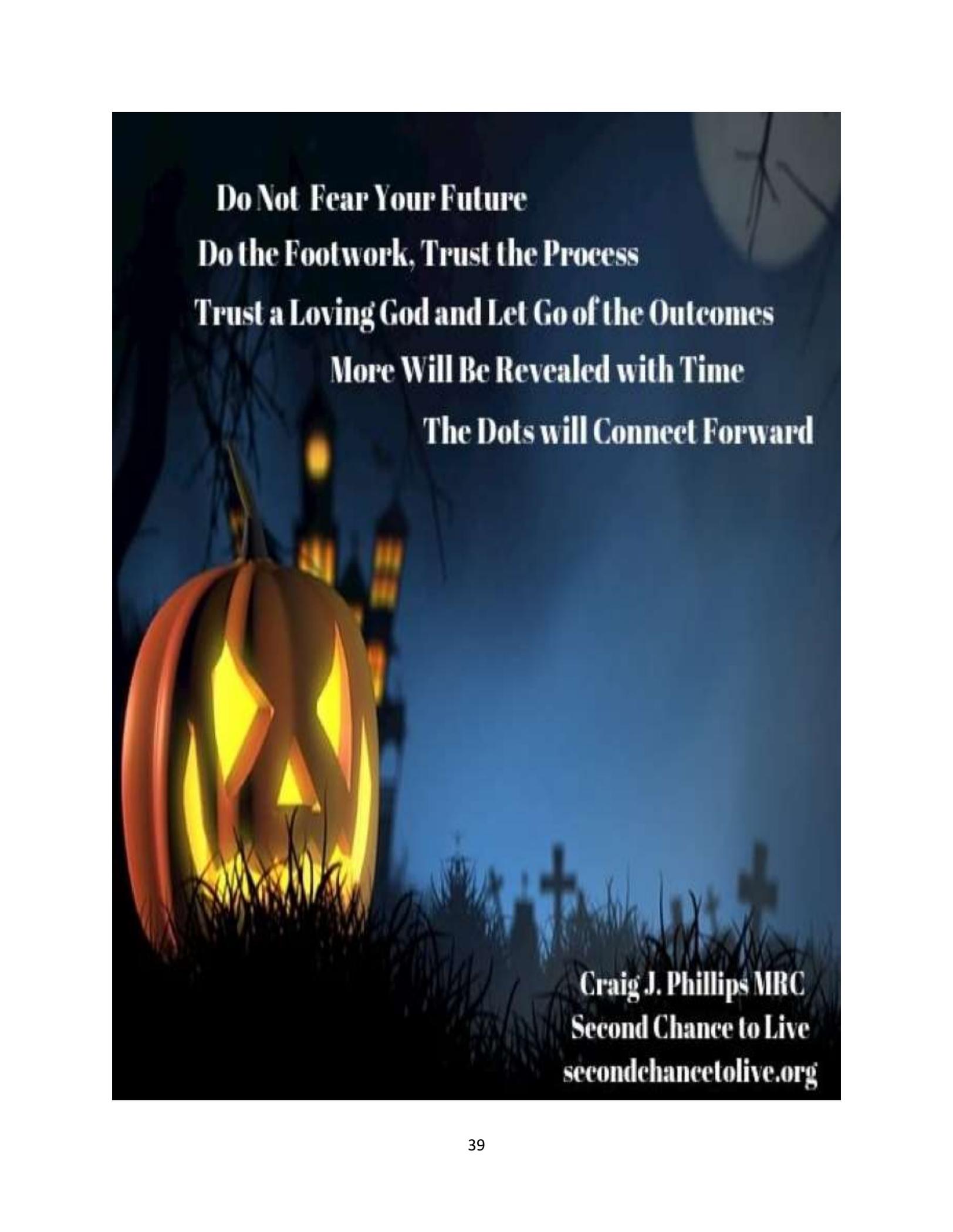
One day at a time

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

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



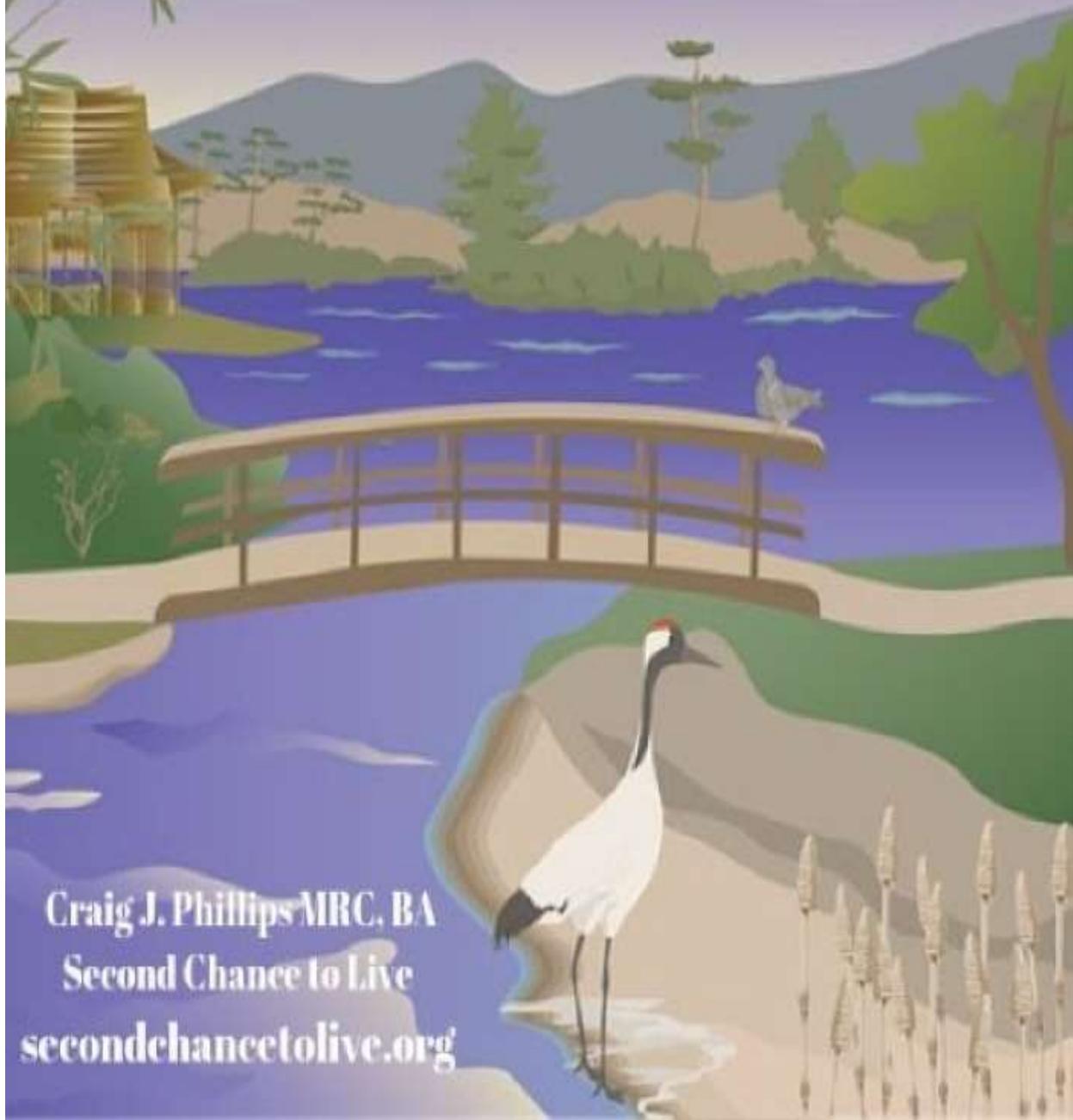
Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org

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 contemplative and serene.

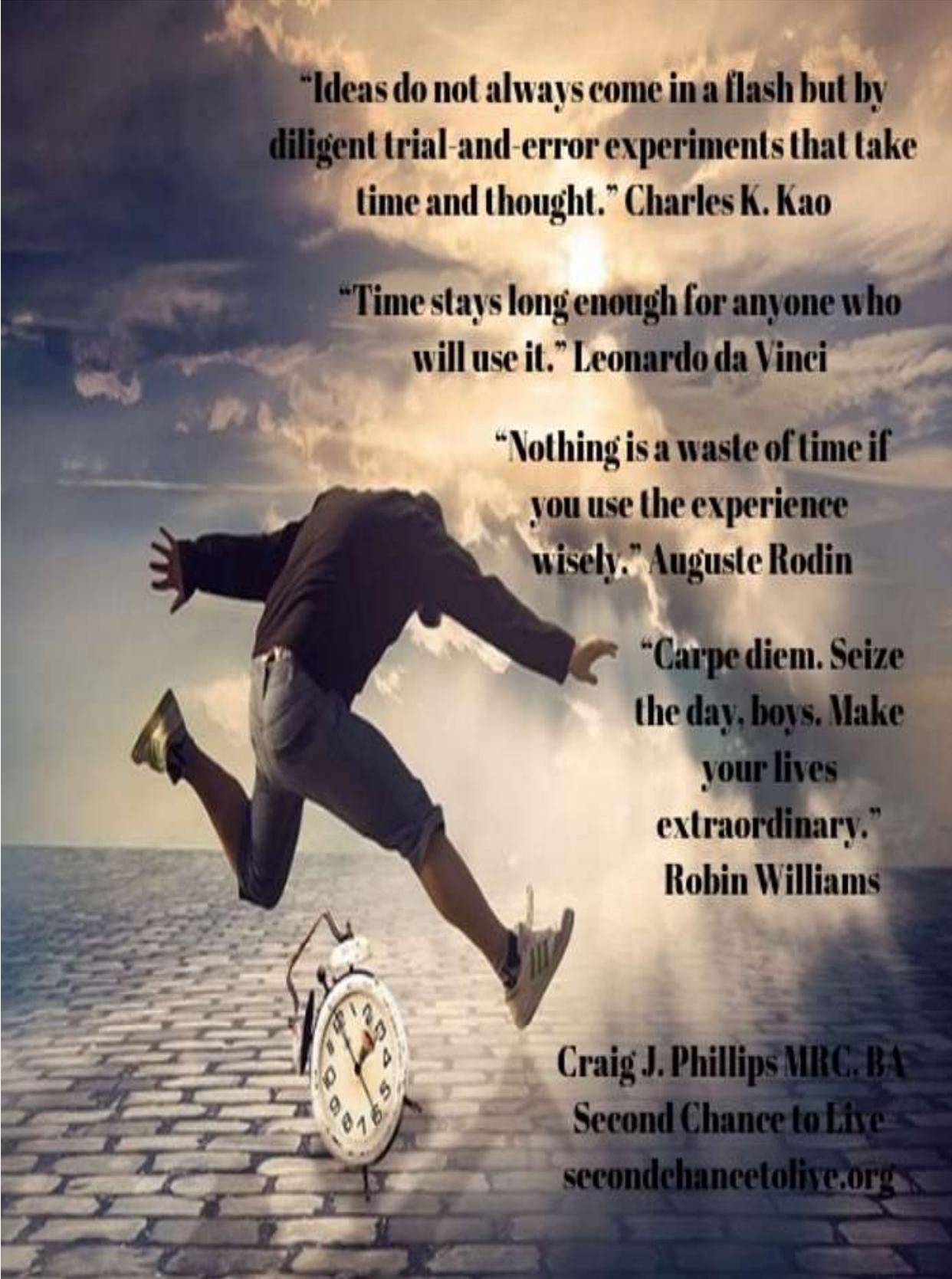
Do Not Fear Your Future
Do the Footwork, Trust the Process
Trust a Loving God and Let Go of the Outcomes
More Will Be Revealed with Time
The Dots will Connect Forward

Craig J. Phillips MRC
Second Chance to Live
secondchancetolive.org

**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**

A person in a dark jacket and light-colored pants is running across a cobblestone path. An alarm clock is on the ground in the foreground. The background is a dramatic sky with clouds and a bright sun or moon.

“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

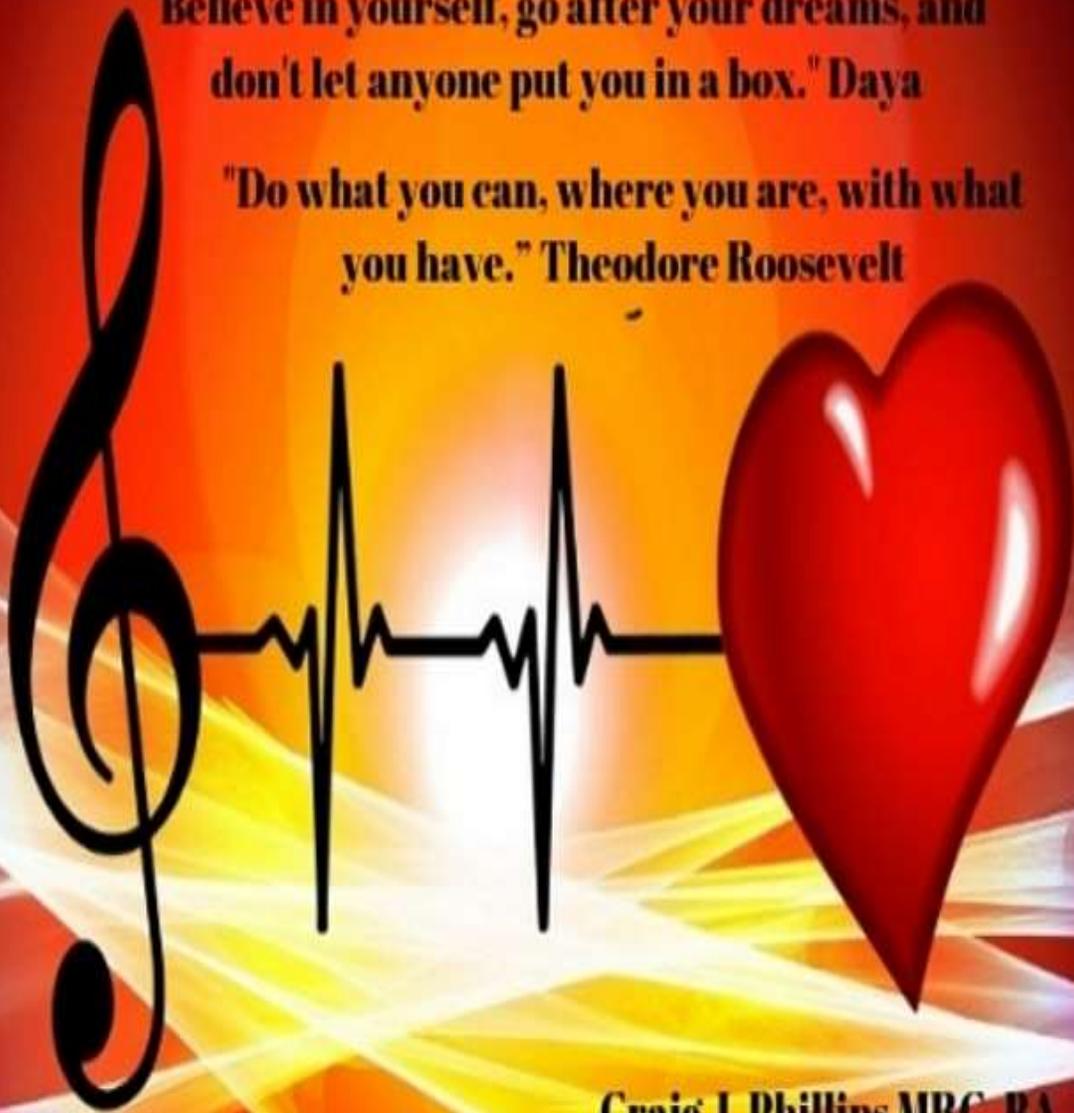
**“Carpe diem. Seize the day, boys. Make your lives extraordinary.”
Robin Williams**

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

"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

“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

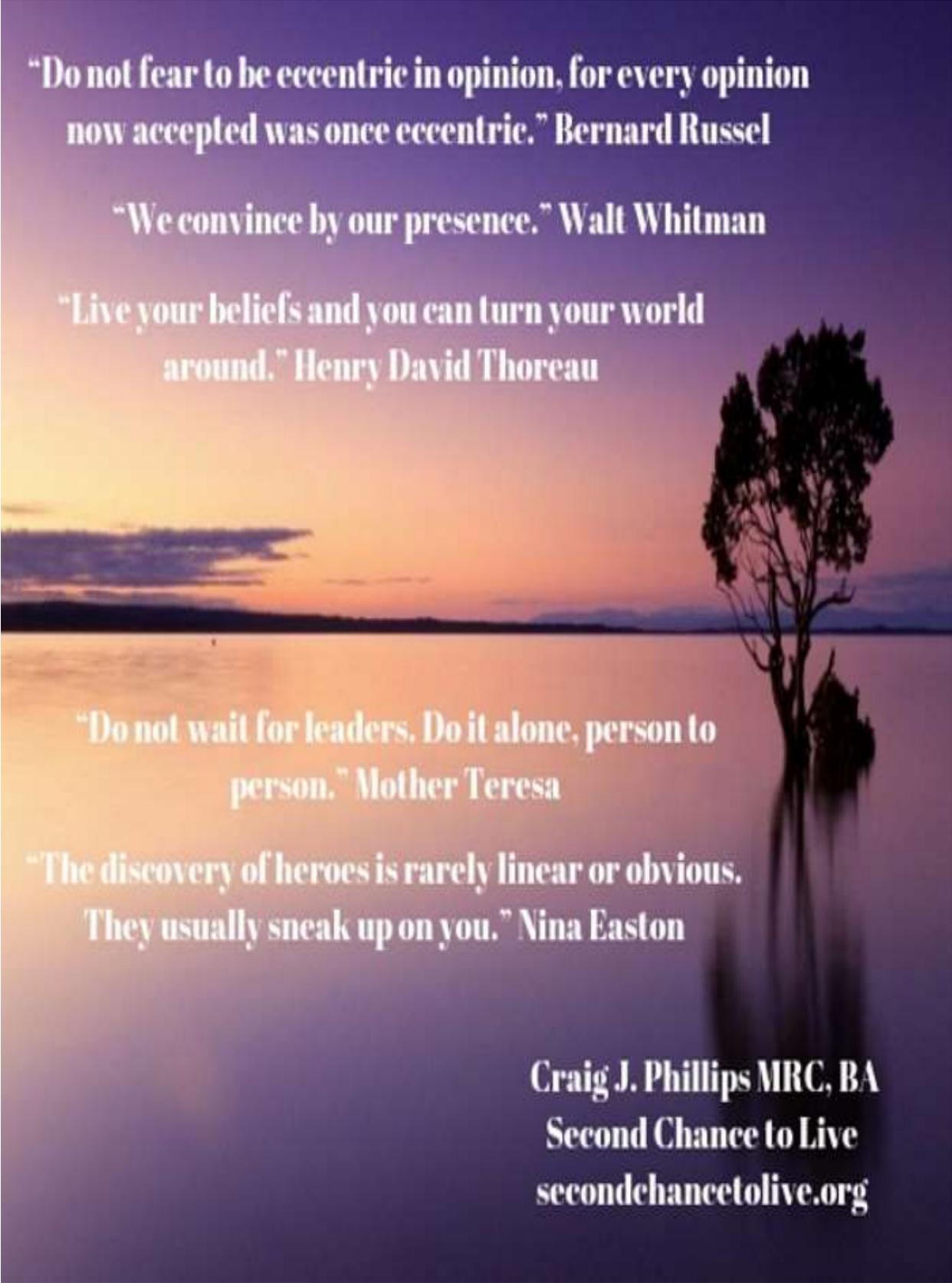
“Just keep on going and keep believing in your own original vision, no matter what odds you have to overcome. And especially don't be stopped by your own fears.” Angelina Maccarone

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**

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

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

“We convince by our presence.” Walt Whitman

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

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

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

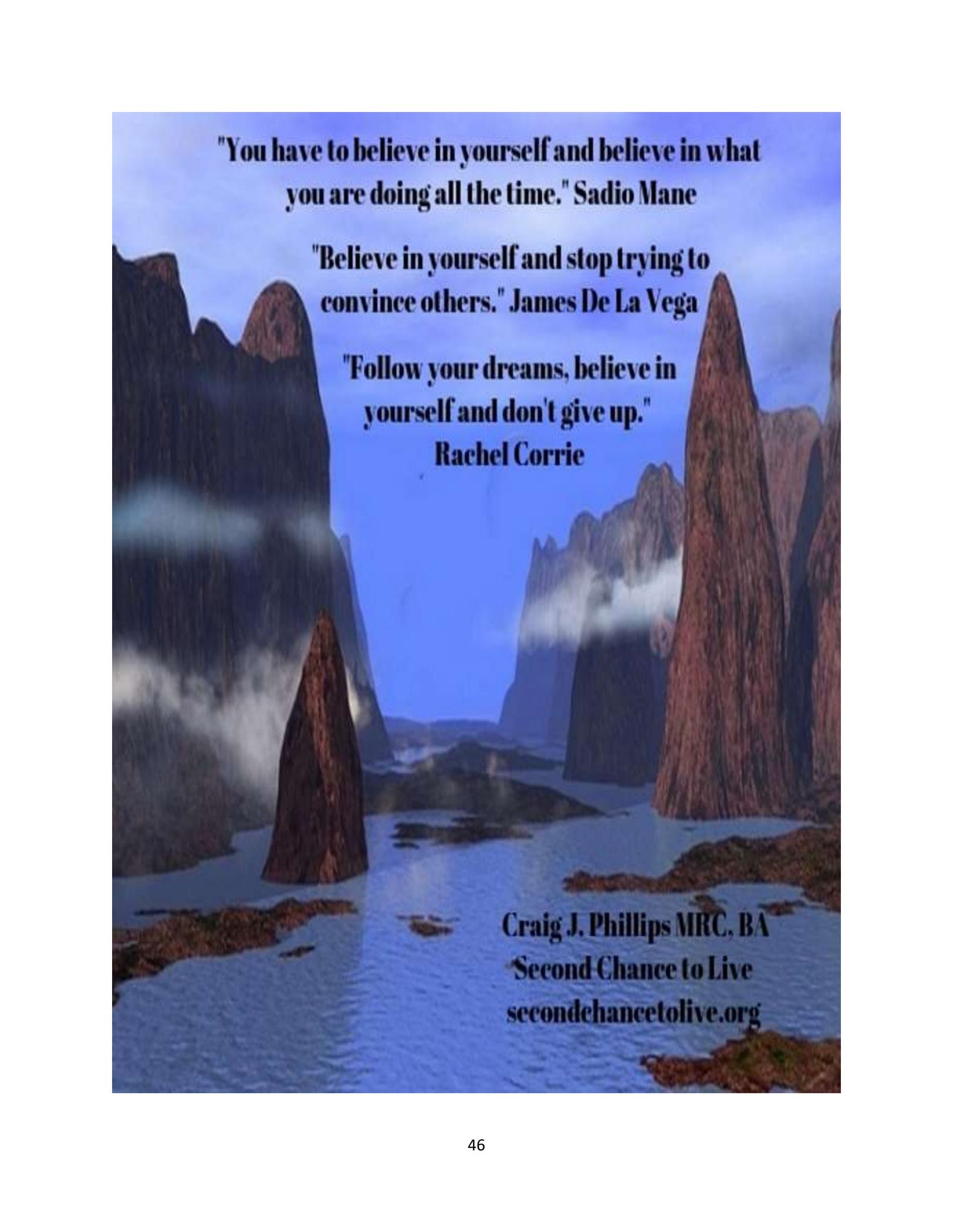
**Craig J. Phillips MRC, BA
Second Chance to Live
secondchancetolive.org**

“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



"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**

"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**

"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

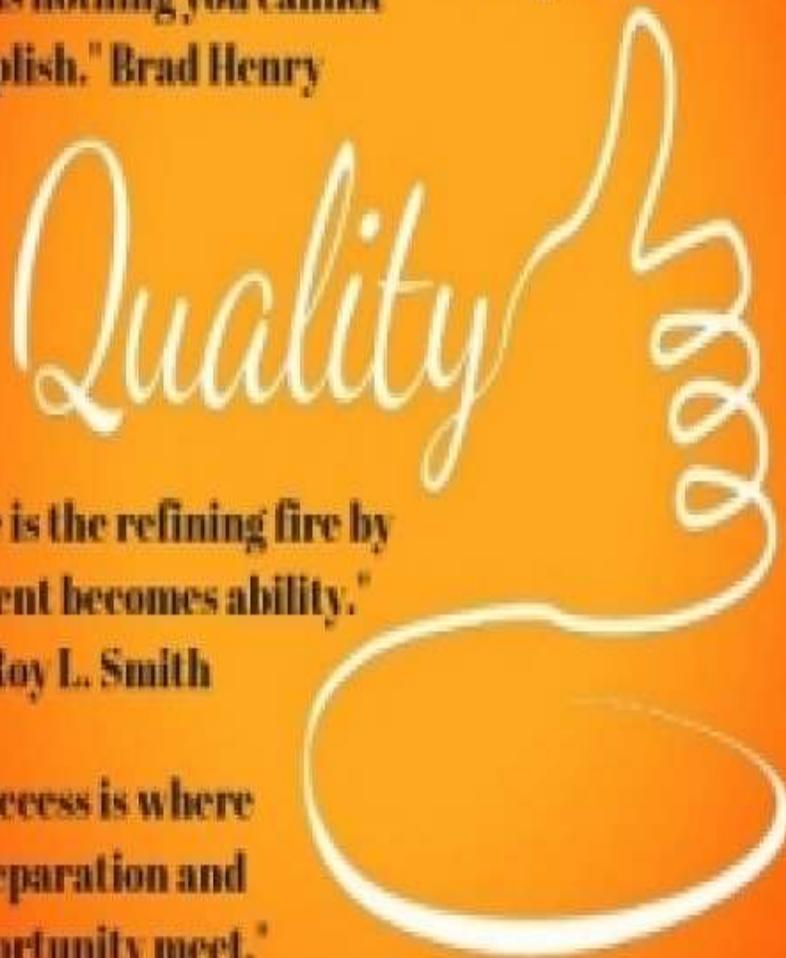
"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously. Never permit it to fade. Your mind will seek to develop the picture... Do not build up obstacles in your imagination." Norman Vincent Peale

"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**

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

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



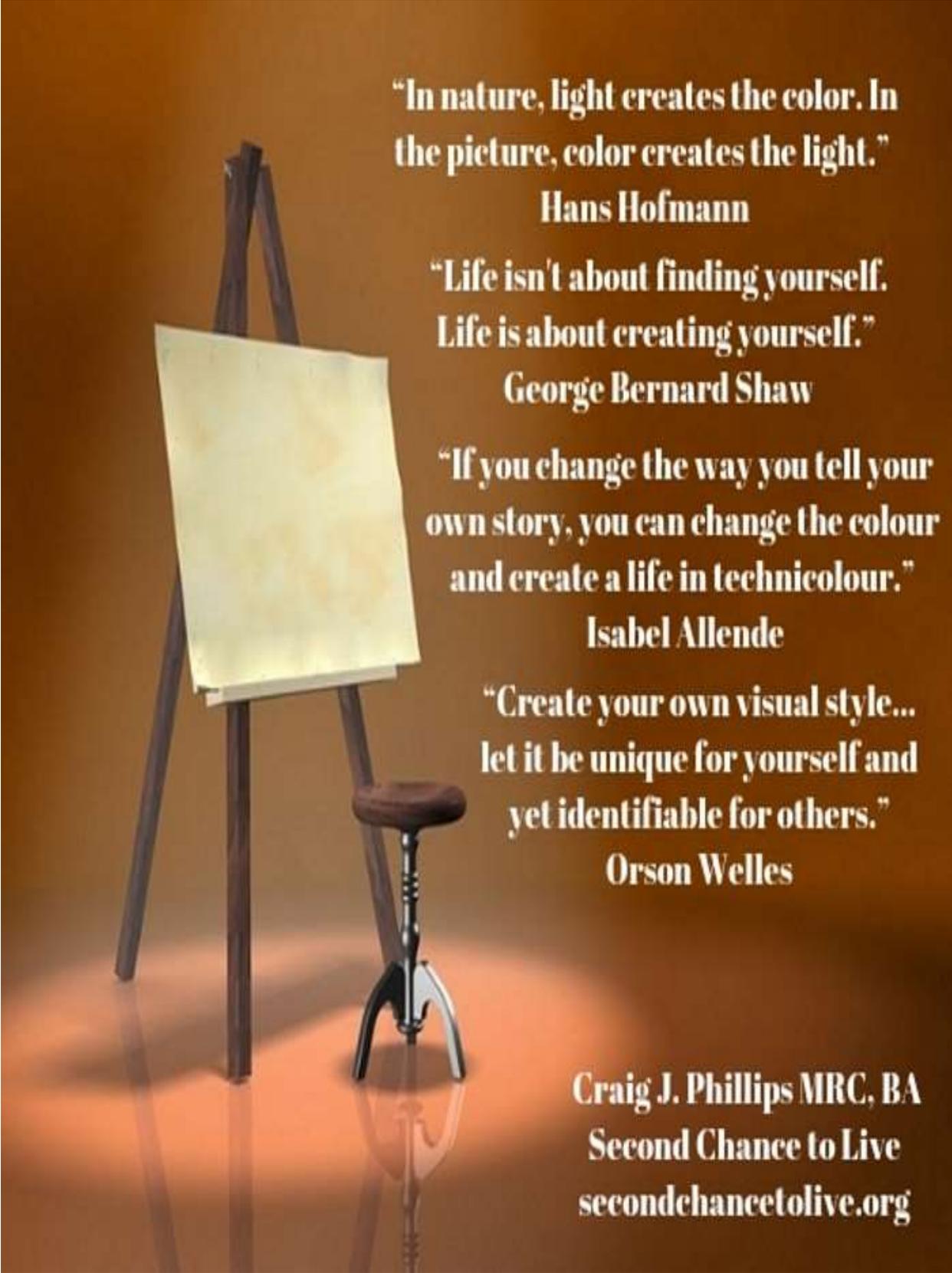
"Discipline is the refining fire by which talent becomes ability."

Roy L. Smith

"Success is where preparation and opportunity meet."

Bobby Unser

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



“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

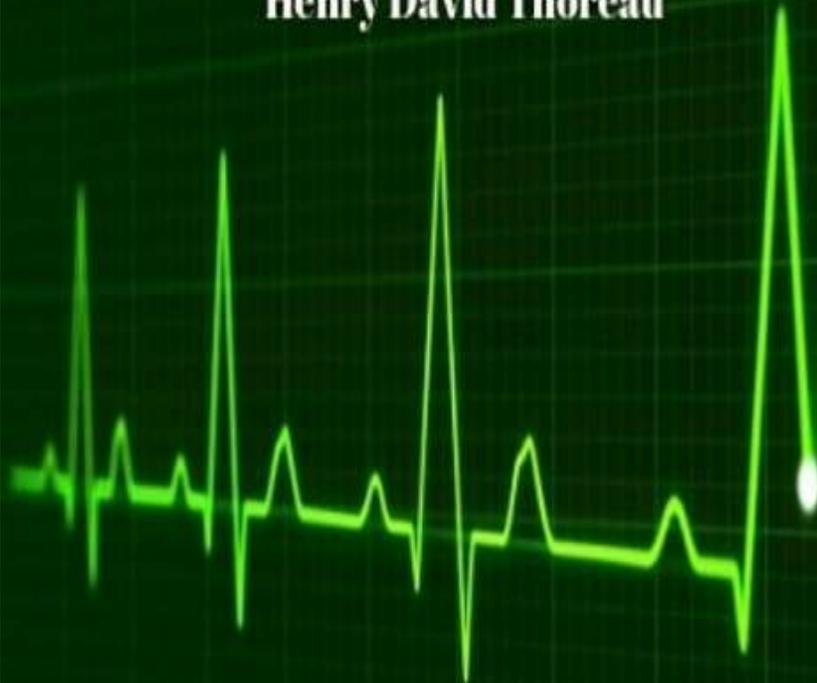
“Create your own visual style... let it be unique for yourself and yet identifiable for others.”

Orson Welles

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

**"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**

**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**



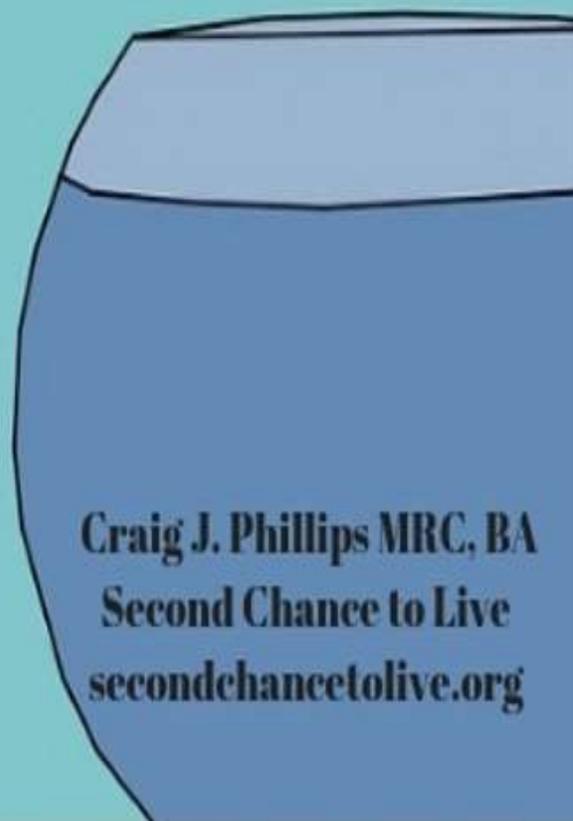
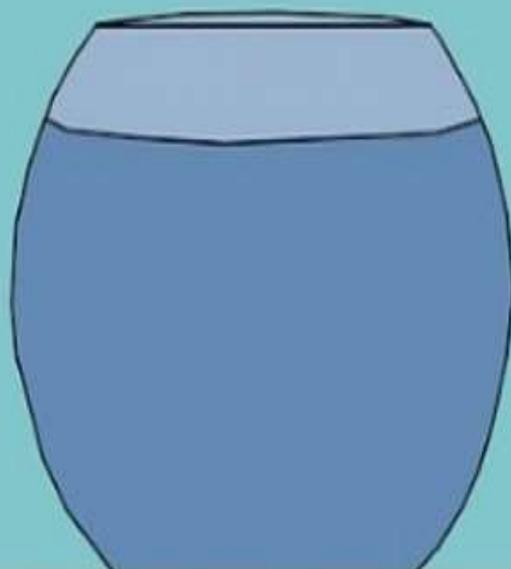
**Craig J. Phillips MRC, BA
Secon Chance to Live
secondchancetolive.org**

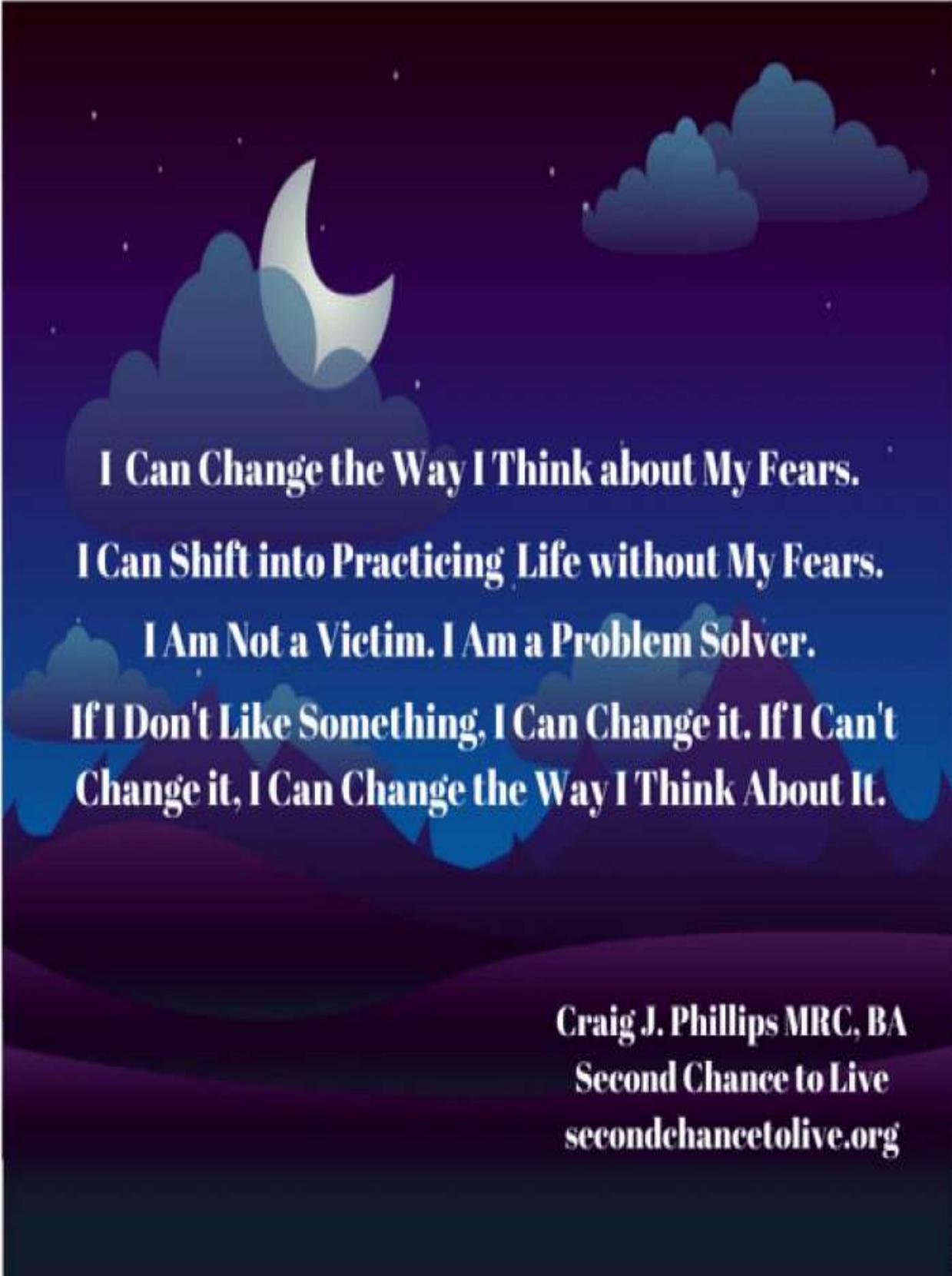
“Sometimes adversity is what you need to face in order to become successful.” Zig Ziglar

“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





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

"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**

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. Copyright 2007 -2022

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



[Schedule Second Chance to Live](#)

