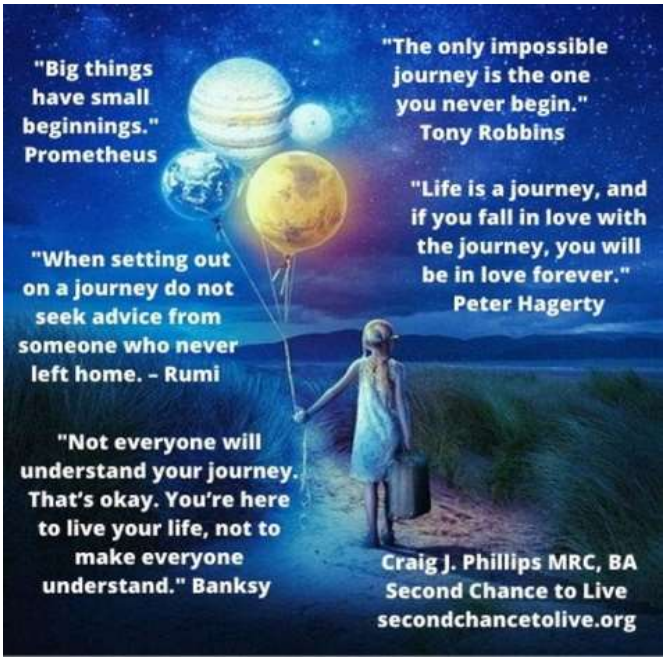
Brain Injury and The Power of “I CAN” in An Ongoing Brain Injury Recovery Process Presentation

Craig J. Phillips MRC, BA Second Chance to Live

“Big Things Have Small Beginnings.” Prometheus



Making Every Day a Good Day

What we become in life is not based on what other people say we can or cannot do. What we become is based on what we say, **WE CAN DO.**

Inch by inch, life’s a cinch. Yard by Yard, it’s very hard.

After a brain injury the way “we can” may change, but we are not limited:

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

Owning Responsibility for My Life

And with this understanding comes the realization that I need to own the responsibility. The responsibility of what I become in this life is MINE.

“Nothing in the universe can stop you from letting go and starting over.” Guy Finley

“We must be willing to let go of the life we have planned so as to have the life that is waiting for us.” Joseph Campbell

Considering the Concept of “2-Days” before our Brain Injury

Several days ago, I watched a TV program that began with the caption,”2-days before”. After the “2 days before” caption appeared, the TV show began showing the events that led up to the present-day events.

Living with a brain Injury can be likened to the “2-days before”

Living with a brain injury can leave us focusing on what we were able to do, “2-days before”.

Living with a brain injury can also keep you and I stuck focusing on what we can no longer do.

Living with a brain injury can keep you and I stuck focusing on our limitations and deficits.

Living with a brain injury can keep you and I focusing on symptoms, instead of looking for solutions.

Living with a brain injury can keep you and I from experiencing what we could be experiencing in the present.

But the Good News is that We Don’t Have to be Stuck in 2-days before

The Power of “I CAN” in My Brain Injury Recovery Process

The good news is that I CAN move beyond “2-days before”.

The good news is that I CAN live my life in “2-days” later”.

The good news is that I CAN move beyond any prediction (s).

The good news it that I CAN work to create our own predictions.

The good news is that I CAN explore my creative capacity.

The good news is that I CAN move forward to create hope in my own recovery process. My own recovery process, one day at a time.

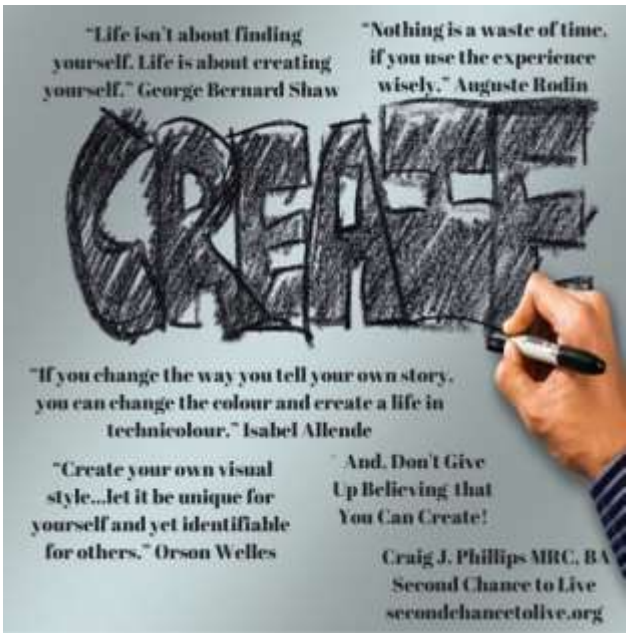
The good news is that I CAN set goals. Set and work toward doing and accomplishing those goals, one bite at a time.

The good news is that I CAN start focusing on what I can do. What I can do with my life, not on what I cannot do.

The good news it that I CAN answer the question, "Why not me?", instead of being distracted by the question, "Why me?".

The good news is that I CAN see my life through the lens of "What is?", instead of seeing my life through the lens of "What isn't?"

The good news is that I CAN take the time to discover. Discover how I CAN make what works for me, work for me.



The good news is that I CAN pursue my dreams and my destiny. Pursue my destiny through using my gifts, talents, and abilities.

The good news is that by the grace of a loving God and hard work, I CAN. I CAN achieve beyond all reasonable expectations.

The good news is that I CAN have a huge impact on both my life and the lives of other people who are brought into my life.

The good news is that I CAN pursue my dreams a little at a time. I CAN pursue my dreams, one skill and one skill set at a time.

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

The good news is that I CAN make tremendous gains in my recovery by staying committed. Committed by running my own race.

"Those who danced were considered to be quite insane by those who could not hear the music." Angela Monet

The good news is that I CAN stay committed to my recovery process, one day at a time. A little at a time through decision and diligence.

"Decision is the spark that ignites action. Until a decision, nothing happens." Wilfred A. Peterson

The good news is that I Can succeed by trusting the process, by doing the footwork and then by letting go of the outcomes.

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

The good news is that I CAN grow where I am planted. The good news is that I CAN determine to build something beautiful on my lot in life.

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

One Skill and One Skill Set at a Time

My Use of Neuroplasticity circa 2013

Brain Injury, Neuroplasticity and Personal Gains 2015

Brain Injury and Overcoming Learning Disabilities 2016

Neuroplasticity 2021 Using Modern Arnis, Kali, Western Boxing, Knife and Wing Chun September 2021

Neuroplasticity 2021 -- Hand Eye Coordination and Precision using Fine Motor Skills September 2021

Neuroplasticity, Martial Arts, Hand Eye/Foot Eye Coordination February 2022

Be Aware of How you Learn

Traumatic Brain Injury, Learning Styles and Activities of Daily Living

The Training Camp Metaphor

I would like to share something that has helped me in my brain injury recovery process. I would like to borrow from the concept that many sports use in their preparations. The concept of training camps for readiness.

Training camps prepare the individuals in the sport to achieve effectively and efficiently. Like training camps in sports preparation, I have come to realize that life's experience provides many training camps.

These camps are designed to empower you and me to perform effectively and efficiently. And as with any training camp, those who participate in the camp must dedicate themselves to the activities of the camp.

The benefit received by each participant in the "training camp" is dependent upon the effort that they put forth during the training camp.

But in order to benefit from the training camp the participant needs to stay committed to the process, while executing the basics.

"Opportunity is missed by most people because it is dressed in overalls and looks like work." Thomas A. Edison

Basic attitudes that Need to be Owned to be successful in any training camp. A training camp in Football or in the UFC.

Principles to Empower our Ongoing Brain Injury Recovery Process

Hard Work, Commitment, Drive, Determination, Discipline, Fortitude, Persistence, Tenacity, and Courage.

Training camps necessitate hard work, commitment, determination, discipline, drive, fortitude, persistence, tenacity, and courage. **AND**, making the decision to not give up, despite…

"I will prepare and someday my chance will come." Abraham Lincoln

When the individual makes a decision to persevere in the face of adversity, discouragement and setbacks, character is formed.

Character enables the individual to grow and develop in ways that once seemed to be out of their reach.

“If you take responsibility for yourself you will develop a hunger to accomplish your dreams.” Les Brown

The Pitfalls of Arrogance

Character must be established on a foundation of humility. Apart from humility, any progress that is made will be eclipsed by arrogance.

Arrogance interrupt’s the participant’s ability to progress in the camp because the individual becomes resistant to learning.

The product of arrogance closes the eyes and ears of the camp’s participant ability to develop their talent, skills and abilities.

No one is coming to save you or me. We have to do our own work. When we own responsibility, we get busy and we get better.

When the participant cannot see or hear what is essential to advance in the camp, they will cease to benefit from the camp.

Arrogance can lead the individual to believe that they can bypass hard work, commitment, determination, drive, discipline, fortitude, persistence, tenacity, and courage.

Arrogance can lead the individual to believe that someone else is at fault for them not progressing in the training camp.

Arrogance can lead the individual to believe that someone is coming to save them. That someone or a program will provide a magic pill or a special potion to replace hard work and determination.

To that I would say, learn from whatever program, but then get busy. Apply what you have learned in the program. You are the only one who can benefit from the time, energy and effort that you put into your training camp.

Being and Staying Committed to the Process

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” Thomas Edison

“What you get by achieving your goals is not as important as what you become by achieving your goals.” Zig Ziglar

If you doubt that you can benefit from putting the work into your “training camp” let me share some good news with you.

You are capable. You can learn from what does and does not work for you. What works for you may not work for anyone else, but you won’t know that unless you put in the time and effort. So don’t give up!

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

Look at your circumstances as opportunities as training camps, as designed to help you win in life. And stay committed to each of your training camps.

Don’t take short cuts.

Apply the basics — hard work, commitment, determination, drive, discipline, fortitude, persistence, tenacity and courage — to your process.

By staying committed to your process; before long you will be able to see how much progress that you have made. Progress that you made because you stayed committed to the process in your training camp.

“The journey of a thousand miles begins with a single step.” Lao Tzu

Once we start walking, before long we will be able to look back and see how far we have come, because we did not give up.” Craig J. Phillips MRC. BA

Today’s Thought

Envision yourself winning in life.

See your experiences in life as a series of training camps.

Training camps that are helping you to run your race in life.

Training camps that are preparing you to finish strong.

Training camps that are rewarding you for your hard work and determination.

Training camps that empower you to follow your dreams

Training Camps that cause you to triumph in your life.

In yesterday's article **How to Get Started in My Brain Injury Recovery Process**, I spoke about the basics that make a successful training camp. In the article, I shared that living with a brain injury and by applying the basics — hard work, commitment, determination, drive, discipline, fortitude, persistence, tenacity, and courage — I am able to achieve far beyond all reasonable expectations by not giving up.

In my experience, I have found that through the grace of God and hard work I can achieve beyond all reasonable expectations.

In today's articles, I would like to explore the meaning of several of the words or concepts that go into making a training camp successful. To gain a greater understanding of the words and concepts, I will do some research; and share what I discover. I will then share my perspective and provide a link to an article that I have written, that speaks to the word or the concept.

Hard work or Work-ethic

"Without hard work, nothing grows but weeds." Gordon B. Hinckley

Hard work for me means being diligent, to accomplish a task or a goal that is set before me; with focus.

Hard work involves sticking with a project or a goal to achieve the desired outcome.

For me, hard work does not mean running a sprint but involves running a marathon; which requires consistent and ongoing effort.

article link:

A Word of Encouragement – Keep Swinging at the Fences

Commitment

"a willingness to give your time and energy to something that you believe in, or a promise or firm decision to do something" **Cambridge Dictionaries online**

For me commitment involves loyalty, first to myself; to stick with a goal, regardless…

Commitment communicates to me to remain undeterred from what I set out to accomplish.

Although the way that I set out to accomplish something may change, my commitment teaches me that I can find a way that will work for me to be able to accomplish my goal.

Article link:

When Circumstances Change Our Plans

Determination

"is a positive emotion that involves persevering towards a difficult goal in spite of obstacles.[1][2] Determination occurs prior to goal attainment and serves to motivate behavior that will help achieve one's goal." **Wikipedia**

Determination helps me to focus on what I want to accomplish, in spite of obstacles and setbacks.

Obstacles become a sign on the road that helps me to realize that adjustments need to be made to accomplish my desired goal (s).

Determination teaches me to not give up in spite of apparent obstacles and setbacks because I know that more will be revealed in time.

"I will prepare and someday my chance will come." Abraham Lincoln

Article link:

Experiencing Adversity, Failures, Setbacks and Not Giving Up!

Drive

"There are three major components to motivation: activation, persistence, and intensity. *Activation* involves the decision to initiate a behavior… *Persistence* is the continued effort toward a goal even though obstacles may exist… Finally, *intensity* can be seen in the concentration and vigor that goes into pursuing a goal." **About Education — What is Motivation**

Motivation can either be external or internal. Being externally driven will only last until the threat is removed. Being internally motivated or driven, on the other hand; is sustainable because of the individual's internal desire to achieve the skill, skill set or goal.

The drive encourages me to stick with the process and keep learning from my circumstances, my experiences and my opportunities.

Article link:

Don’t Give Up — Your Life Matters!

Discipline

“training to act in accordance with rules; drill, activity, exercise, or a regimen that develops or improves a skill, the rigor or training effect of experience, adversity” **Dictionary.com**

“Discipline is the bridge between goals and accomplishment.” Jim Rohn

For me, discipline means that I keep working on my craft, tweaking and taking away;
adding and making the decision to follow through to condition myself to achieving an end.
article link

Neuroplasticity, Small Successes, and Learning / Relearning Skill Sets

Fortitude

“**Fortitude** meaning **courage** or bravery is the ability and willingness to confront fear, pain, danger, uncertainty, or intimidation.” **Wikipedia**

“Fortitude is the marshal of thought, the armor of the will, and the fort of reason.” Francis Bacon

For me, fortitude means that I commit to pursuing my dreams and my destiny, my vision, and mission in the face of being minimized, marginalized, dismissed and discounted.

Fortitude means that I remain true to myself, regardless of whether anyone else “gets it” or understand me. Fortitude means that I stay committed to my goals, whatever they may be at the time.

To thine own self-be true.

article link

Having the Courage to be Me

Persistence

"the quality that allows someone to continue doing something or trying to do something even though it is difficult or opposed by other people" **Merriam-Webster**

"Persistence and resilience only come from having been given the chance to work through difficult problems." Gever Tulley

For me, persistence is the decision to get up more times than I fall down.

Persistence for me means that I don't give up regardless…

Giving up simply is not an option. Persistence means believing in myself.

article link

Answering the Call that Never Came

Tenacity

"an unwillingness to yield or give up, being dogged, stubbornly, persevering and steadfast" **Wiktionary**

"It's not that I'm so smart, it's just that I stay with problems longer." Albert Einstein

Tenacity keeps me moving toward what I want to accomplish in my life. Tenacity means that I keep looking for ways to win in life. Tenacity means that I do give myself no for an answer.

Tenacity means that I trust the process, a loving God and myself. Tenacity means that I keep moving forward.

article link

Detailed About Page

Courage

"The state or quality of mind or spirit that enables one to face danger, fear, or vicissitudes with self-possession, confidence, and resolution; bravery." **The Free Dictionary**

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's

thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."
Steve Jobs

Courage to me means I stay committed to the process, the footwork, and the journey. Courage helps me to remember that I do not have to do things perfectly. Courage reminds me that I can pursue excellence, instead of perfection. Courage reminds me that will all learn, there is a learning curve. Courage reminds me to stay committed to my mission and vision.

Courage gives me hope.

article link

More than a Survivor

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure, it is our light, not our darkness that most frighten us. You're playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We were all meant to shine as children do. It is not just in some of us, it is in everyone. And as we let our own light to shine, we unconsciously give other people permission to do the same, as we are liberated from our own fear. Our presence automatically liberates others. Sir, I just want to say thank you. You saved my life." From the movie, Coach Carter, quote attributed to Marianne Williamson

Below are 18 of my other Keynote (Zoom) Presentations

To Schedule Availability click on this link: **Availability**

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

Living with a Brain Injury and the Messages We Tell Ourselves 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

Brain Injury, Stress, Anxiety, Thanksgiving, Christmas and New Years 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

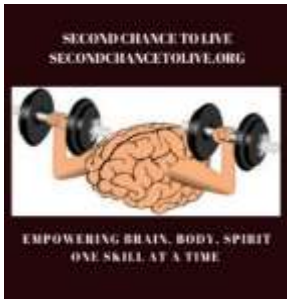
Living with a Brain Injury — I Can Not Do Everything, But Still I Can Do Something Presentation

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

Resources Available to Encourage and Empower our Lives, Well-beings and Relationships after Brain Injury.

[Empowering the Individual, not the Brain Injury]



Second Chance to Live Author's Autobiography in Bullet Points. To read more about my process and journey.

[Autobiography in Bullet Points]