

# **Empowering Ongoing Brain Injury Recovery: 9 Key Concepts and Principles for Success Presentation**

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This morning, during my morning meditation, I thought about an article that I wrote several days ago: [\*\*Making Our Lives Magical after a Brain Injury and Stroke\*\*](#). I would like to use the writing of that article as an illustration.

The theme to that I use to write my articles has a feature that records each time that I revise the article before publishing the article. After I published the article, I looked at the number of revisions that I made: **204 revisions**.

With most of my articles I have to revise them many times and over several days. Although the process is tedious and time consuming, I am glad I do not give up. I share the amount of revisions with you to encourage you to not give up on using your creative energy although tedious and time consuming.

## **Working to Thrive Despite Our Brain Injury Deficits and Limitations**

Although I have deficits and limitations that have gotten in my way, I have found that using the below concepts and principles have given me the ability to not be stopped. Stopped by my deficits and limitations. You may have deficits and limitations that have gotten in your way, but you too don't have to be stopped.

Applying the concepts and principles put meat on the bones, so to say, in creating hope. Practical hope. Not just waiting for something to happen to measure hope. That is why I encourage proactive participation in the holistic (body, soul, spirit, mind and emotions) ongoing recovery process.

## **Universal Application**

The concepts and principles shared (scroll down the page) can benefit anyone's journey and process, not just individuals living with the impact of brain injuries and strokes. Please do share the below concepts and principles with anyone you believe may be lacking or given up on the concept of hope.

**“Big things have small beginnings.” Prometheus**

**“Believe in yourself. Go after your dreams and do not let anyone put you in a box.” Daya**

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

**“Do not go where the path may lead, go instead where there is no path and leave a trail.” Ralph Waldo Emerson**

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

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

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

## **Concepts and Principles Definition, My Perspective, a Quote and an Article Application**

### **Hard work or Work-ethic (Industrious)**

“working energetically and devotedly; hard-working; diligent:”  
Dictionary.com

### **Perspective**

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 by continuing to do the footwork 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.

**“Without hard work, nothing grows but weeds.” Gordon B. Hinckley**

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

### **Perspective**

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.

**“Seek out that particular mental attribute which makes you feel most deeply and vitally alive, along which comes the inner voice which says, ‘This is the real me’ and when you have found that attitude, follow it.” James Trusdale Adams**

**Article link:**

[\*\*When Circumstances Change Our Plans\*\*](#)

### **Determination**

“is a positive emotion that involves persevering towards a difficult **goal** in spite of obstacles.<sup>[1][2]</sup> Determination occurs prior to goal attainment and serves to motivate behavior that will help achieve one’s goal.” Wikipedia

### **Perspective**

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 or Motivation**

“There are three major components to motivation: activation, persistence, and intensity. *Activation* involves the decision to initiate 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

### **Perspective**

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

**“If you advance confidently in the direction of your dreams and endeavor to live the life that you imagined, you will meet with a success unexpected in common hours.” Henry David Thoreau**

**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

### **Perspective**

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. Discipline means that I do not give up on the process as I keep my eye on the goal. Whatever the goal may be at the time. Discipline involves progress, not perfection.

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

**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

### **Perspective**

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.

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

[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

### **Perspective**

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.

**“Persistence and resilience only come from having been given the chance to work though difficult problems.” Gever Tulley**

[article link](#)

### Answering the Call that Never Came

### **Tenacity**

“an unwillingness to yield or give up, being dogged, stubbornly, persevering and steadfast” Wiktionary

### **Perspective**

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.

**“It’s not that I’m so smart, it’s just that I stay with problems longer.”**  
**Albert Einstein**

[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

### **Perspective**

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 with all learning, there is a learning curve. Courage reminds me to stay committed to my mission and vision.

Courage gives me hope.

**“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**

[article link](#)

### **More than a Survivor**

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

**“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**

**“Research your own experience, absorb what is useful, reject what is useless and add specifically your own creation.” Albert Einstein**

**“I was told over and over again that I would never be successful, that I was not going to be competitive and the technique was simply not going to work. All I could do was shrug and say “We’ll just have to see”. Dick Fosbury (inventor of the Fosbury Flop and winner of a gold medal in the high jump in the 1968 Mexico City Olympics**

