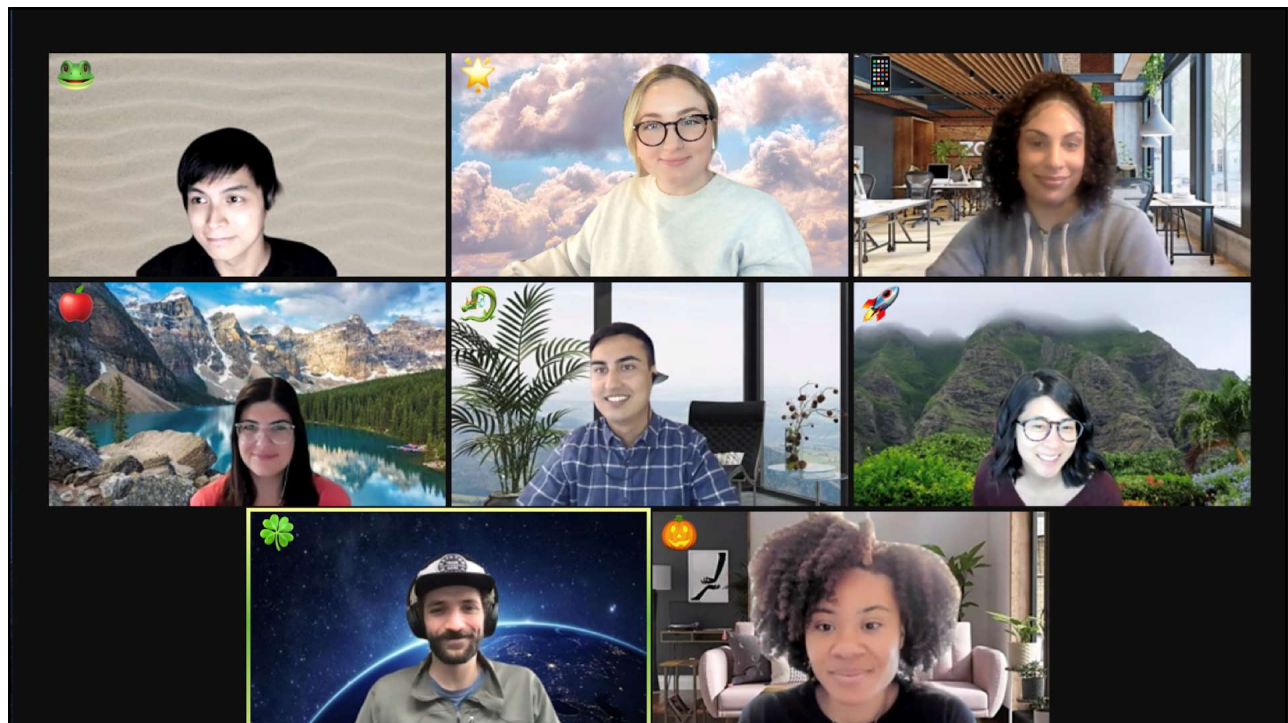


STRONGER UNDER PRESSURE

When the pressure is on, the strong will thrive.



1



2

We're all in this _____!

3



4

SURVIVAL SKILLS

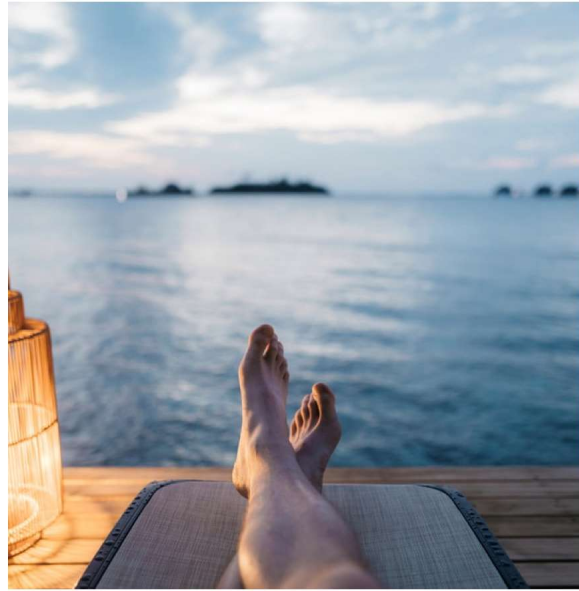
5

LOOK GOOD



6

FEEL GOOD



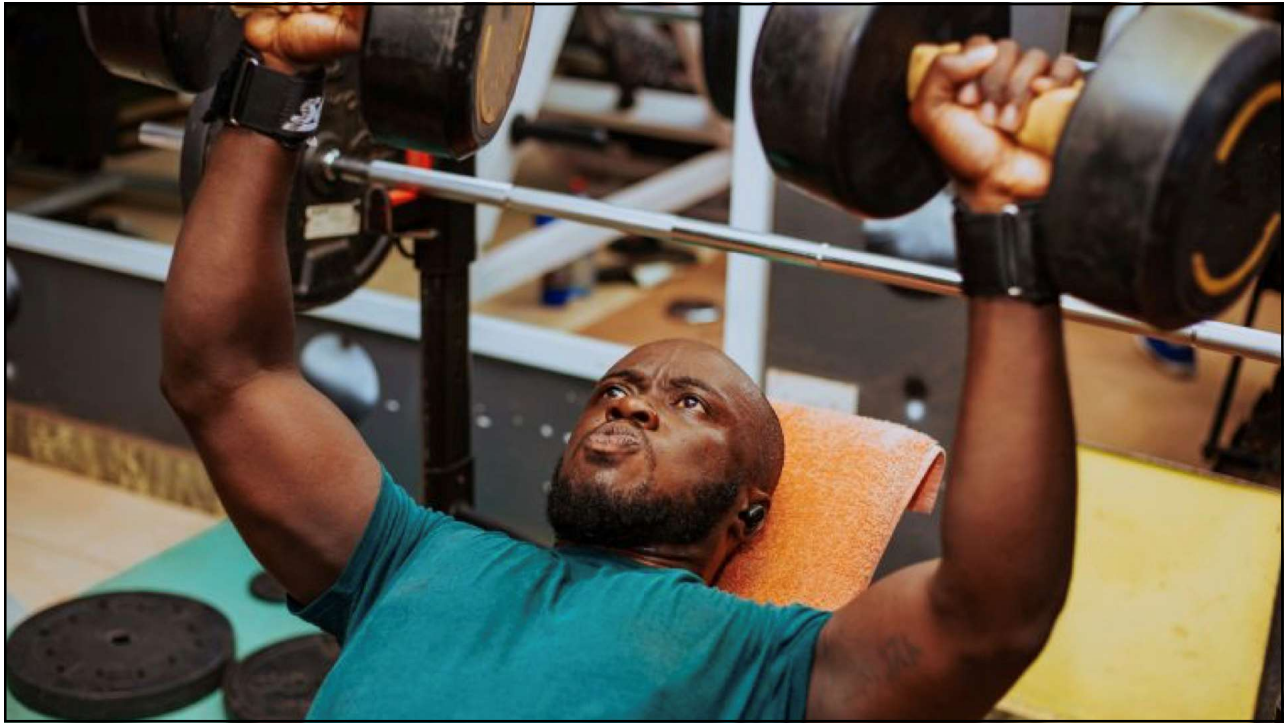
7

FEEL GOOD

Pay attention to the DOSE

- Dopamine
- Oxytocin
- Serotonin
- Endorphins

8



9

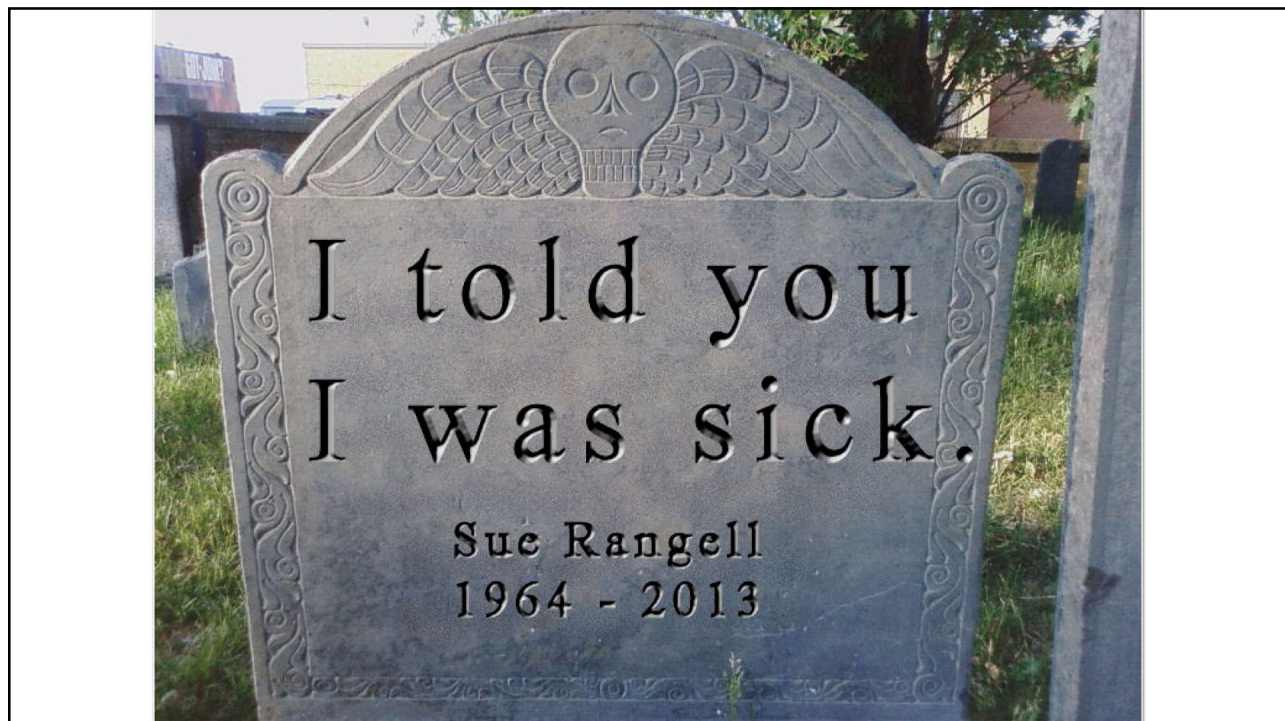


10

BE RIGHT

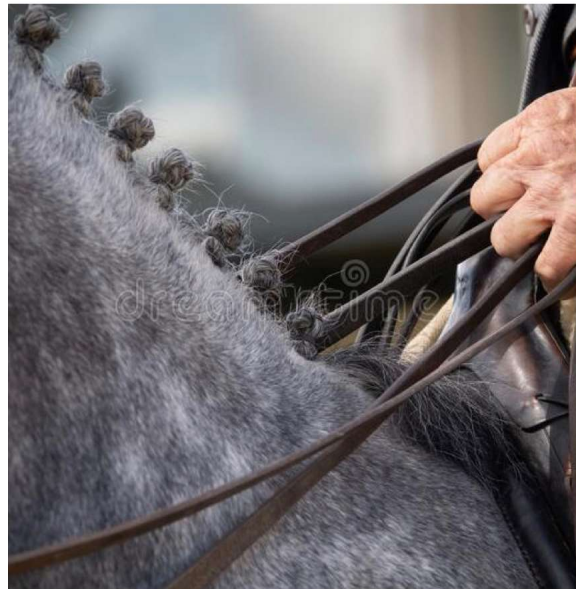


11



12

BE IN CONTROL



13

SURVIVAL SKILLS

- Look Good
 - Feel Good
 - Be Right
 - Be in Control

14

LET'S VOTE!

15

Live Content Slide

When playing as a slideshow, this slide will display live content

Poll: Which one is your go to?

16

**WHAT IS YOUR GO TO
SURVIVAL SKILL?**

17

THRIVAL SKILLS

18

NOTICE WHAT YOU NOTICE



19

**EVERY WAY OF SEEING
SOMETHING IS A WAY OF NOT
SEEING SOMETHING**

20

“THE WHITE OBJECT EXERCISE”

21

“People are not
disturbed by
things, but by
the view they
take of them.”
- Epictetus



22

**WITH GREAT RESPONSIBILITY
COMES GREAT POWER**



23

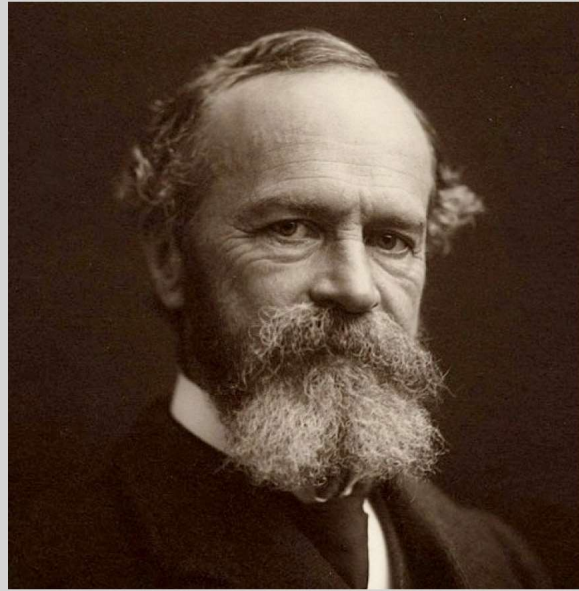
A BOY NAMED WILL...

24

WILLIAM JAMES

1842-1910

Father of Psychology



25

FIND YOUR WHY



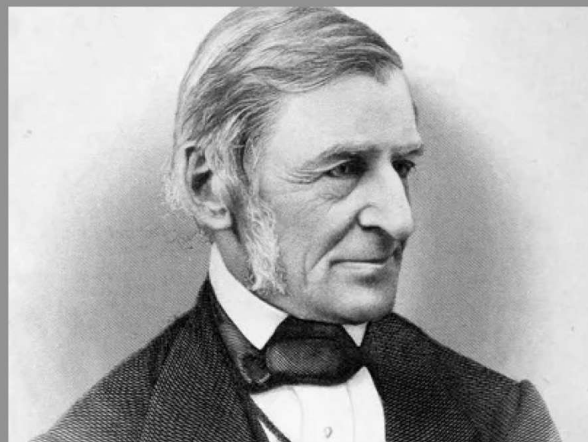
26

“He who has why to live can bear with almost any how”

-Friedrich Nietzsche

27

“The man who know how will always have a job. The man who knows why will always be his boss.”
- Ralph Waldo Emerson



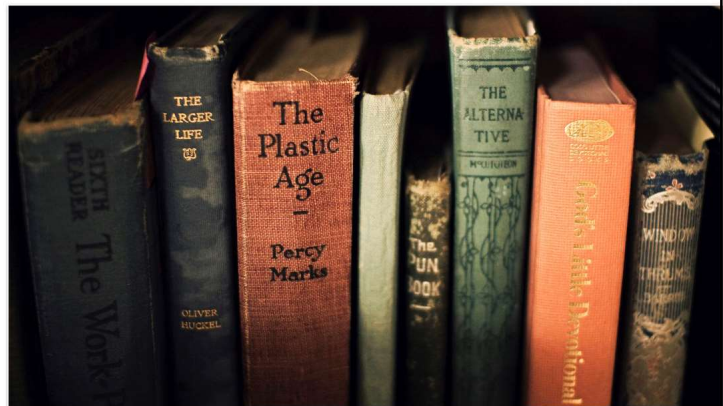
28

"Most people think they lack motivation, when they really lack clarity."
-James Clear



29

READ OUTSIDE
OF YOUR OWN
TIME



30

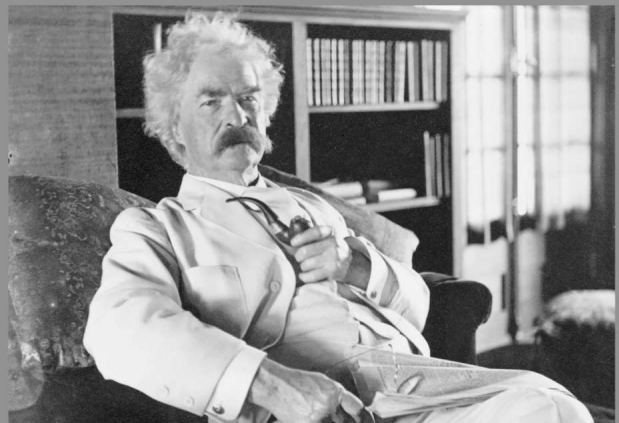
“The social media ecosystem is designed to generate constant, instantaneous responses to the provocation of the now”

-Alan Jacobs

31

“History doesn't repeat itself but it does rhyme.”

- Mark Twain



32

“The children now love luxury;
they have bad manners,
contempt for authority; they
show disrespect for elders and
love chatter in place of exercise.
Children are now tyrants, not
the servants of their households..

33

They no longer rise when
elders enter the room. They
contradict their parents,
chatter before company,
gobble up dainties at the table,
cross their legs, and
tyrannize their teachers.”

34

—Socrates (425 BC)

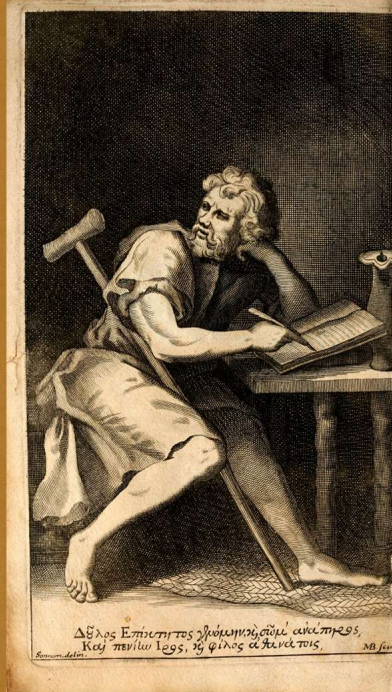
35

**EMBRACE THE
HARD STUFF**



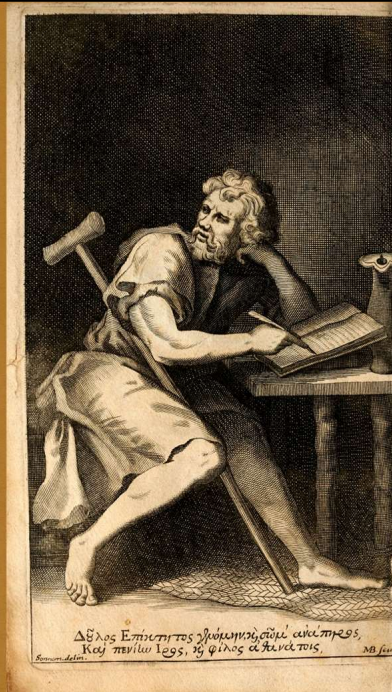
36

"What would have become of Hercules, do you think, if there had been no lion, hydra, stag or boar – and no savage criminals to rid the world of? What would he have done in the absence of such challenges?



37

Obviously he would have just rolled over in bed and gone back to sleep. So by snoring his life away in luxury and comfort he never would have developed into the mighty Hercules." – Epictetus



38

"I judge you unfortunate because you have never lived through misfortune. You have passed through life without an opponent — no one can ever know what you are capable of, not even you."

- Seneca

39

THE GREAT MANURE CRISIS



MORTON STREET, CORNER OF BEDFORD, LOOKING TOWARD BLEECKER STREET
MARCH 17, 1893.

40

**IF I HAD ASKED PEOPLE WHAT
THEY WANTED, THEY WOULD
HAVE SAID FASTER HORSES”
- HENRY FORD**



41

STAY HOPEFUL

Thanks for listening!

42