



Overcoming Adversity

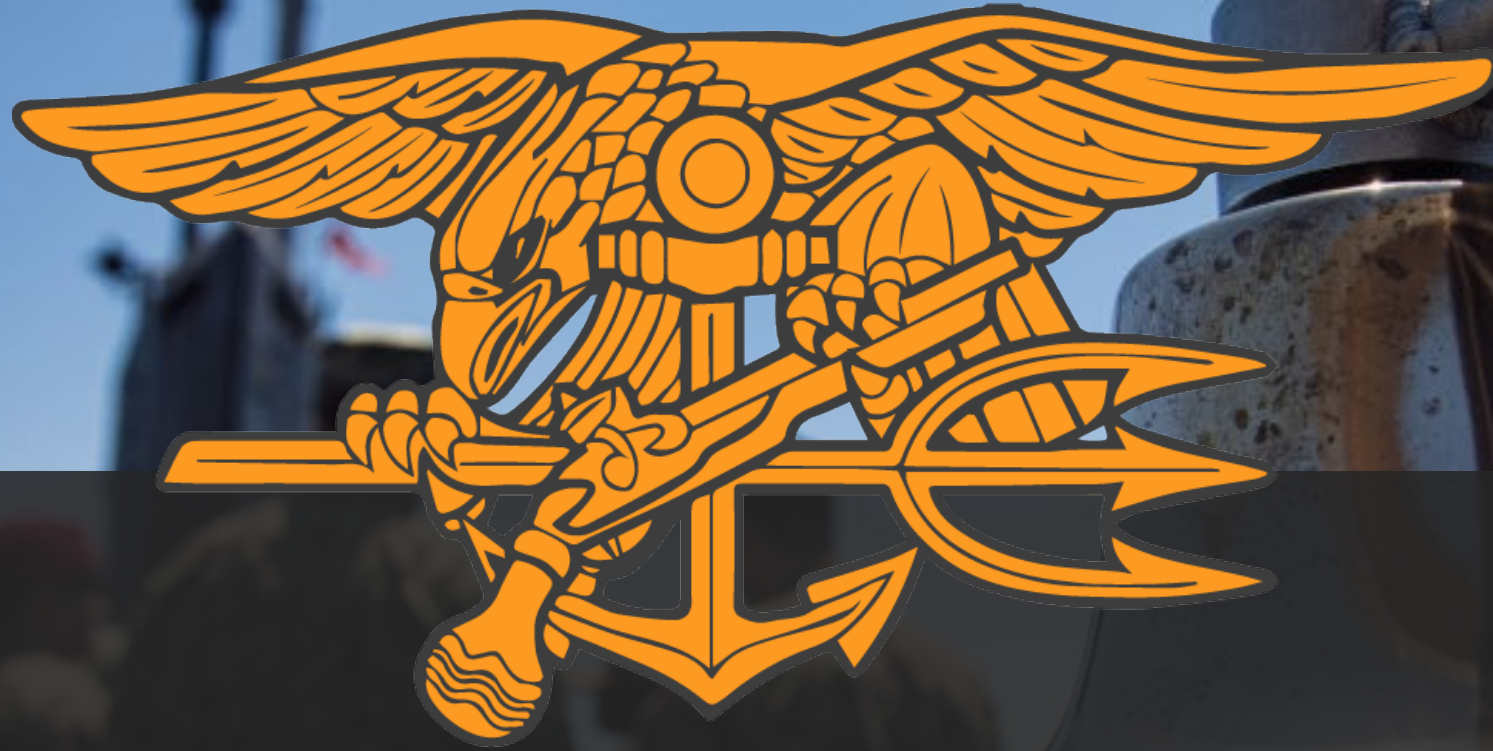
A Navy SEAL's Advice on Facing Life's Many Challenges



D.O.R.



DON't RING THE BELL



EARN YOUR TRIDENT

AGENDA

(50,000 ft View)

1.



PREPARATION

2.



POSITIVITY

3.



P e r s e v e r a n c e

4.



P A C K

5.



P R O G E S S



1.



PREPARATION

DEFINITION:

The action or process of getting ready for an undertaking

TRAINING:

- B.U.D/S
 - 3 phases
- S.Q.T
 - Trident
- SEAL Team



2.



POSITIVITY

DEFINITION:

A tendency to dwell on the most hopeful aspects of a situation

- Positivity is a learned behavior



2.

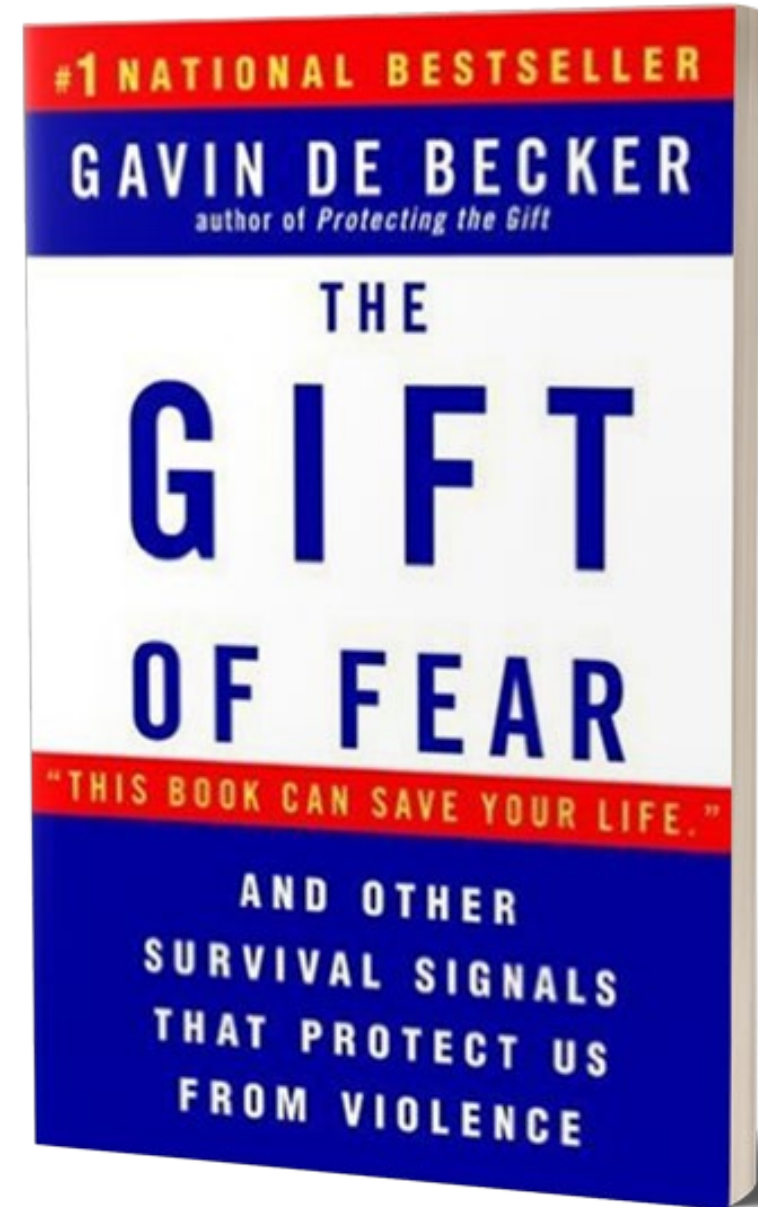


POSITIVITY

“

If we are to build resilience and bounce back from the struggles of life, we must take this battle of the mind seriously. We must starve our false beliefs. We must repetitiously embrace truth. We must allow ourselves to see our situations from a different angle and to engage in mindful gratitude by seeking out the subtle blessings within our trials. These actions literally change the pathways in our brains and result in measurable changes in our emotional stability, which gets us unstuck from our suffering. A transformed brain is a transformed life.”

- Gavin De Becker, *Gift of Fear*



2.

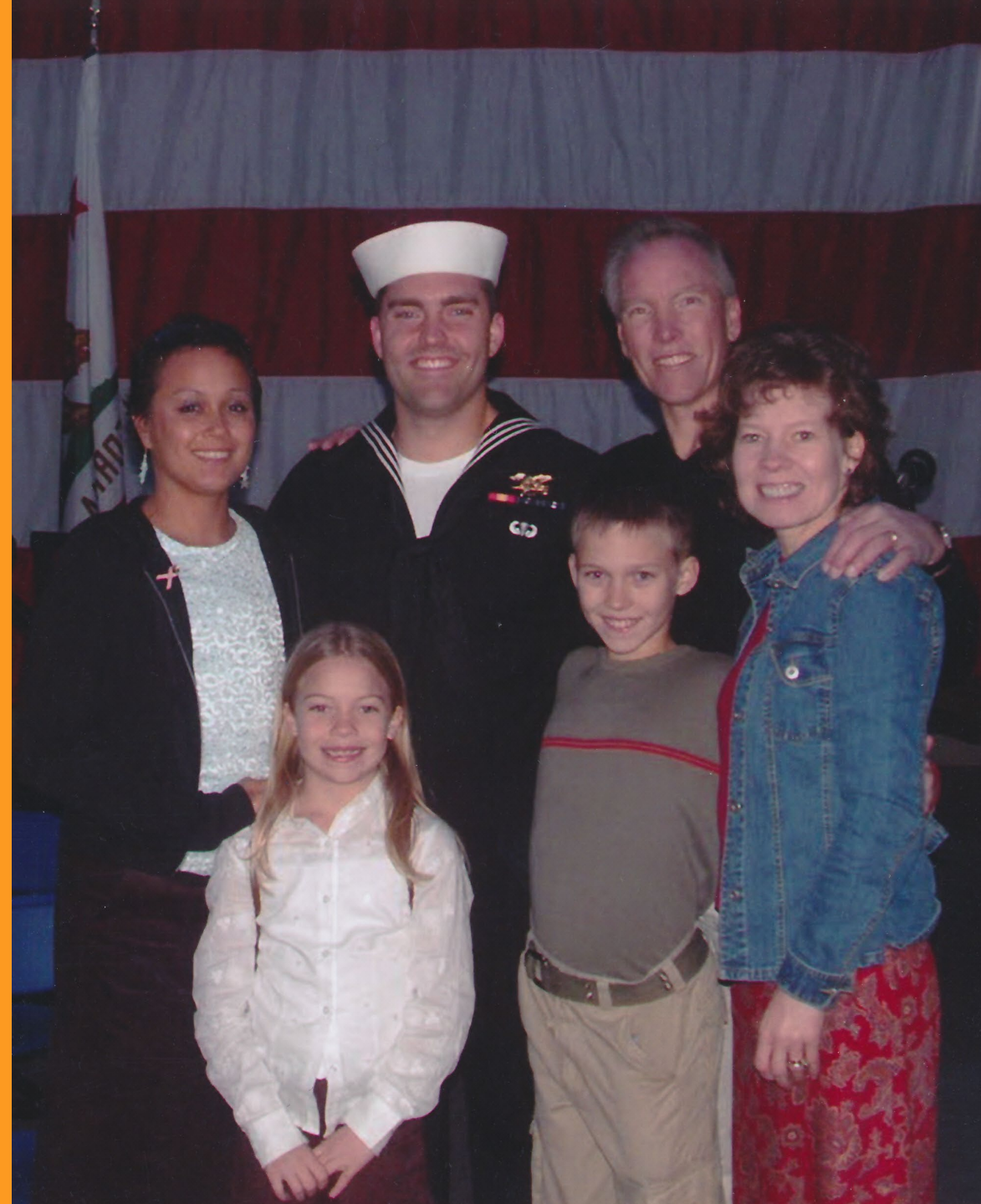


POSITIVITY

DEFINITION:

A tendency to dwell on the most hopeful aspects of a situation

- Positivity is a learned behavior
- Cultivate Gratitude
- Who do I want to be known as?



3.



Perseverance

DEFINITION:

Steadfastness in doing something despite difficulties or setbacks







3.



Perseverance

DEFINITION:

Steadfastness in doing something despite difficulties or setbacks

- “This too shall pass”
- One day at a time
- Integrity is a non-negotiable
 - “No Compromise”



4.



PACK

DEFINITION:

A bond with others, as a result of sharing common attitudes, interests, and goals.



Who has your six?



4.



PACK

DEFINITION:

A bond with others, as a result of sharing common attitudes, interests, and goals.

- My Pack



4.



PACK

DEFINITION:

A bond with others, as a result of sharing common attitudes, interests, and goals.

- My Pack
- Fight Isolation
- My Role: Breacher



5.



PROGRESS

DEFINITION:

Moving Forward, in spite of failure.



FAIL!



5.



PROGRESS

DEFINITION:

Moving Forward, in spite of failure.

Failing ≠ Failure



GUILT

SHAME

- Fear is paralyzing
- Celebrate small “victories/wins”



SUMMARY

1.



PREPARATION

2.



POSITIVITY

3.



P e r s e v e r a n c e

4.



P A C K

5.



P R O G E S S



Everyday You Choose



Phillip W. Koontz
With Beth Tancredi

THE TRUTH BEHIND MY TRIDENT

Overcoming **LIFE** and **BUSINESS**
Obstacles the **Navy SEAL** Way



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