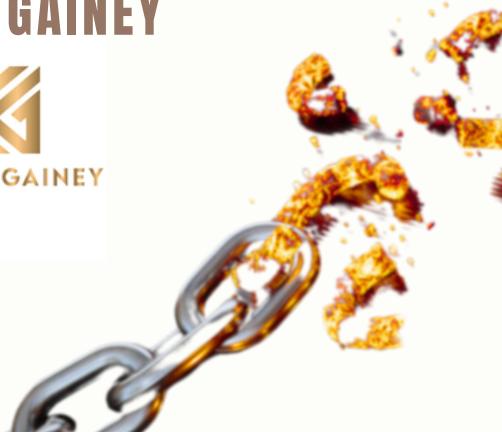




WHAT IF YOU CAN

BREAKING CHAINS: 7 RESILIENT STEPS
TO ACCOMPLISH THE IMPOSSIBLE

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About Me

I am a national youth transformational speaker and life coach with a proven track record of overcoming seemingly insurmountable obstacles. As a brain tumor, cyst, and hydrocephalus survivor, I have cultivated extraordinary resilience and transformed my challenges into a powerful story of triumph. My mission is to inspire and equip you with the tools to break through barriers, transform your mindset, and elevate your life to the next level.

If you want to stay connected with me you can follow any of my social media platforms.
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How this book can help you



I have personally battled anxiety and depression, facing the invisible Goliath that often felt insurmountable. Throughout my journey, I applied many of the tips shared in this book to overcome those internal barriers. These steps helped me break free from the weight of fear and hopelessness, giving me the strength to transform my mindset and reclaim my life. By sharing what worked for me, I hope to empower you to face your own Goliath and discover the extraordinary growth and freedom that resilience brings.



EYE OF THE TIGER

Have you heard the saying “Eye of the Tiger”? The eye of the tiger symbolizes intense focus, determination, and resilience in the face of challenges. When tigers lock in on something they want to accomplish, like a much-needed meal, they get as low to the ground as possible, waiting and watching with laser focus for the right opportunity to strike. When a tiger is locked in, nothing can take its attention off its goal.

Many times in life, we lose sight of our goals and focus too much on distractions. In the tiger’s case, if it focuses more on distractions than its goal, it will go hungry, which could ultimately lead to extinction. I need you to identify what you want to accomplish and lock in. In some cases, it may not be about what you want to accomplish but what you want freedom from. Too often, the thing we want freedom from the most is the thing we focus on the least.

There’s an old saying: “You can always find a distraction if you’re looking for one.” How often have you prioritized fantasy over freedom? In other words, how often have you dwelled on everything but the goal? Our minds are so complex and advanced that we can create scenarios that aren’t real, and these scenarios can affect our lives as if they were. I battled with this for a long time. Ultimately, it comes down to recognizing what is real and what is not. Keeping laser focus on the goal, whether it’s an accomplishment, freedom, or both, requires patience and determination. Letting nothing distract you is the first step toward achieving the accomplishments you desire and the freedom you need. Step 1: Develop the Eye of the Tiger.



HEART OF A LION

The heart of a lion symbolizes extraordinary courage, strength, and unwavering determination. It represents a fearless spirit that stands tall in the face of adversity, embodying both physical and emotional bravery.

When it comes to overcoming obstacles, it takes a deep courage that comes from the very core of your being. The lion isn't the biggest, strongest, or fastest animal in the wild, but it's called the King of the Jungle for a reason: its heart, its bravery, and its willingness to never retreat, no matter the challenge.

Overcoming life's challenges requires heart. A deeply rooted belief system enables you to face any adversity and show it who's boss. When battling anxiety and depression, it takes heart. It takes getting knocked down repeatedly and choosing to get back up every time. It takes looking adversity in the face and never retreating.

You don't have to be the biggest, strongest, or fastest to overcome challenges. You just have to have heart.

Step 2: Develop the Heart of a Lion.



WHAT GOES IN MUST COME OUT

You are in complete control of your mind and thoughts. I know it doesn't always feel like it. I can relate. We're all human. We all have emotions, thoughts, and ways of processing life.

The best way to impact your thought process is to feed it the right things. What you put into your mind will come out as behavior. Think about the type of music you listen to. Have you ever noticed how certain music can evoke specific emotions? Or how someone's words can influence your actions?

Your mind is like a sponge. It soaks up everything. And when the sponge is full, it starts to leak. You become what you listen to.

You become what you say to yourself.

You've probably heard the saying, "You are what you eat." Here's my twist: "You are what your mind eats."

What influences your mind? And why? Discovering what's influencing you can answer a lot of questions about why you think and act the way you do.

I want to challenge you. For the next 7 days, remove all negative music, podcasts, videos, and even relationships from your life. Watch the dramatic changes that happen to your mind. You'll feel like a brand-new person.

Step 3: Understand that what goes in must come out.



WHO YOU'RE WITH IS WHERE YOU GO

Have you ever heard the saying, “Show me your friends, and I’ll show you your future”? This is a cornerstone of a positive life. If all your friends are negative, you’re next.

Environment empowers excellence. You need people in your circle who will challenge you to be your best self. People who will tell you the truth, even when it hurts.

People who share the same values as you.

This kind of circle will give you a drive toward your goals that you never knew existed. I have a funny saying that keeps me in line when it comes to my circle: “Not everybody is invited to the cookout.”

It’s okay to have people in your life who are just “hi and bye” relationships. Not everyone needs to be deeply involved in your journey, and that’s perfectly fine.

When you’re on the path to becoming your best self, never allow negativity to break into your circle. Friends are incredibly important in life! Make sure your friends are on the same journey you are.

Step 4: Understand that who you’re with is where you go.



MOTIVATION WILL START IT, BUT DISCIPLINE WILL FINISH IT

Motivation will only get you so far because motivation is what starts the race, but it will never finish it. Have you ever started a gym routine and, after a week, didn't "feel" like doing it anymore? When you started, nothing could stop you, but once you got tired, you stopped caring.

This is just one example of why motivation is based on feelings, not action. Motivation is how you feel about what you want to accomplish, while discipline is how you accomplish it. Discipline is doing the work regardless of how you feel.

Setting a goal comes from how you feel (motivation), but achievement only happens through actually doing the work (discipline). It's about waking up every day and doing the same thing over and over again, no matter how inconvenient it is.

The difference between the successful and the unsuccessful doesn't come down to talent! It comes down to how willing you are to be inconvenienced. The road to achieving your goals is full of inconveniences. You can't stop when you get tired, and you can't stop because you don't "want" it anymore. That's still acting based on feelings (motivation).

Step 5: Knowing That MOTIVATION WILL START IT, BUT DISCIPLINE WILL FINISH IT



WHAT IF YOU CAN?

If you haven't noticed yet, mindset is everything. The simple shift in a thinking pattern can change the trajectory of an entire situation. You know the old saying, "What if I can't?" That way of thinking has caused devastation in the lives of many. The fear of failure is a tragic cycle to be stuck in.

Have you ever jumped into a cold pool or even attempted to take a cold shower? The fear of the "cold water" is actually more intense than the cold water itself. Once you get in, it's hard for a couple of seconds, but then you get used to it. You'll spend more time dwelling on how hard something is than actually doing the hard thing. It's a simple shift in mindset that can change how hard something feels. Crazy, right? That's the power of your mindset.

My grandfather is a proud United States Marine, and he fought in arguably one of the hardest wars in human history—the Vietnam War. As I was growing up, he would challenge me to accomplish things that seemed impossible for a child to achieve. For instance, 100 push-ups. That felt IMPOSSIBLE at 8 years old. I used to tell my grandfather, "I can't do it." He would always respond with a phrase he learned in the Marines:

"There's no such word as can't."

As a child, I developed a vocabulary that excluded the word can't. So, when I'm faced with challenges that seem impossible, my mindset is always, "What if I can? What if I can actually accomplish this?"

That mindset has changed my LIFE! Call me crazy, but I believe in the POWER OF BELIEF, and so should you.

When I speak to a group of people, one of the main things I focus on is resilience. I have a saying:

"Perspective is power. How you look at a situation is far greater than how a situation looks at you."

The question I have for you is this: When will you remove "can't" from your vocabulary?

Step 6: Develop the "What If You Can?" Mindset



FAITH REMOVES THE WORD IMPOSSIBLE

I Had to save the best step for last. Without this step, none of the other steps truly matter. I've spent a large portion of my life wondering why I was created. What was the reason for my existence? Why am I here? These questions consumed me day after day, night after night, year after year.

It took many long, hard lessons to finally realize that I may be in the world, but I am not of the world. The world is a black hole. If you get sucked inside, it's going to take a miraculous act of God to pull you out. Chasing the world's desires is like drinking salt water. No matter how much you take in, you're never satisfied. True fulfillment comes from what the world can't give. It's a race with no finish line.

I once watched a video of a man who had struggled with alcoholism, and what he said hit me deeply. He said, "Alcohol isn't my problem; it's my solution." That's what so many people fail to realize. Their soul is longing for fulfillment, and they turn to things like alcohol, relationships, drugs, or sex to solve their soul problem.

But it doesn't have to be drugs or alcohol. For many, the solution is food or shopping or anything else. The problem is that anything other than God will always leave you unsatisfied.

Having faith in God is the ultimate cheat code to life. I remember how God showed up for me in one of my most hopeless situations in 2018. I was lying in a hospital bed at Sacred Heart Hospital in Pensacola, Florida, diagnosed with a brain tumor, a cyst, and hydrocephalus. My father was sitting beside my bed when a male nurse rushed into the room. He told my father that my heart had stopped for two seconds and that it was probably impossible for me to survive.

Hearing that my heart stopped was like an unexpected punch in the gut. "Is this it?" was all I could think in that moment.

I went on to have the tumor, cyst, and hydrocephalus removed during a six-hour brain surgery. Before the procedure, the doctor told my family there was a significant chance I would lose all my memory and that my face might droop permanently.

But after the surgery, I experienced zero complications. From being minutes from death to completely healed, the perfect brain surgeon just so happened to be there.

I am here today because of faith. People believed God would do the impossible, and He showed up.

Step 7: Understand that faith removes the word "impossible."

Testimonial



“Michael is a great speaker. He puts his heart into all his words. When he speaks his passion spreads to everyone who is present. Michael has the heart to move mountains with his words. I have heard him speak on several occasions and each time I have been truly amazed.”

Timothy Chandler - Chaplin, Associate Pastor, and Retired United States Marine