

# Lesson 1 - GOALS

1. Welcome to lesson 1 of the Crashing Into Potential Overcoming Adversity Program. Throughout this program, we will be learning how to bounce back bigger and stronger. We all are born with the ability to bounce back, but as life conditions us more and more, we can find ourselves struggling to pick ourselves back up. In this program I'll share with you some of the tools I've used throughout my recovery, that have helped me get to from where I was to where I am now.

Each lesson will go into details about the four pillars for growth that I mentioned in my presentation. Once you've mastered these, you will be in much better shape to take on any challenge life throws at you. The four pillars are:

2. goal setting,
3. choices,
4. mindset
5. and perseverance.
6. in this lesson, we will start with goals and I want you to revisit them every week. As I mentioned in my presentation, goals were the roadmap to my recovery. I wouldn't be where I am if it weren't for the goals that rehab helped me achieve.
7. In lesson 2 we will be learning more about what it means to make a choice and how taking responsibility for them to help us overcome adversity.
8. Then in lesson 3, we will be learning how to develop an unstoppable mindset to help us overcome adversity.

9. In lesson 4 we will be learning about the power of perseverance and how to persevere towards our goals.

10. And lastly, in the final lesson I'll wrap it all up and talk about what we've learnt

See you next time where we'll be making a start on goal setting.

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11. So, this lesson is goal setting, and you will be setting a goal that you can achieve in this program. I know that this topic gets a lot of attention at school but for good reason. In my recovery, goals have been the one constant thing that have kept me looking forward. Even in my darkest days, I was still setting goals.

Goals gave me purpose and they gave me a reason to get up every day and strive, even when I found it hard to even peel myself out of bed. Without goals, I was going around in circles, which led me to boredom and, ultimately, depression. The way in which I overcame this was by setting the goal to go overseas. Remember, goals were the roadmap to my recovery, and they gave me a path to follow.

Look, I don't expect that you to have a burning desire deep inside yourself to achieve that one amazing goal you've had since you were 4 years old. If you do, that's great, but that isn't the expectation. This lesson is just about teaching you how to go about achieving your goals in life, which will help you succeed in ANYTHING that you do, including overcoming life's challenges!

So, if you haven't grown up with one goal in mind, think about something that you would like to achieve in the next 3-5 years and I'm going to help you draw a roadmap to get there.

You don't have to be going through depression or adversity to see the benefits of goals though. Goal setting is a skill and therefore it can be improved with practice, just like

typing on your computer or kicking a football.

12. So, first you are going to set a long-term goal that you want to achieve in the future. A goal that you want to achieve in 3, 4, 5 years' time,

13. then you will set yearly,

14. monthly,

15. weekly

16. and daily goals

17. that will all lead to your long-term goal to help keep you on track and give you feedback on your progress.

You will set 2 types of goals. ASPIRATIONAL goals and ATTAINABLE goals.

18. The long-term goals and yearly goals are the aspirational ones.

19. Both must follow the SMAART framework.

20. And the monthly, weekly, and daily goals will follow the SMART framework and they just need to be attainable.

For clarification

SMAART stands for

21. SPECIFIC

22. MEASURABLE

23. ASPIRATIONAL

24. ATTAINABLE

25. RELEVANT

26. and TIME SENSITIVE

27. SPECIFIC means you have to know exactly what you want to achieve

28. MEASURABLE means you need to be able to measure your success

29. The first A is for ASPIRATIONAL – This is only for your long-term and yearly goals.

Aspirational means that you need to set the bar at level 10. You think you can do it, but it will take a lot of work and perseverance to get there.

30. The second A stands for ATTAINABLE – While all your goals are aspirational, it still needs to be possible. If you want to be an astronaut, but hate math's and don't know how to read, this will be impossible, or if you want to be an AFL player, but only have one and a half working arms like me, this will also be impossible. Once again, it's aspirational but also attainable.

31. R stands for RELEVANT, and this means that the goal must be relevant to you in your life.

32. And lastly TIME SENSITIVE – The daily, weekly, monthly and yearly goals are limited to their title, so for your long-term goals put a time limit of no more than 5 years.

33. In a moment, we're going to find an accountability partner. Someone in your class that you can team up with. Someone that will keep you accountable to achieving what you say you will. This is someone that you can check in with weekly, who will keep you on track to achieving your goals. This works both ways, so you will both make sure each

other is achieving their goals. An accountability partner can also act as a mentor, giving you advice when you need it. It's ok to take advice. Advice is so important in life, especially when we are trying to overcome challenges, because it gives us another perspective that we may not have thought of before. And it's only advice, so we can take it or leave it, but it's very important to at least listen to it so we can use it to improve.

At the start of every lesson, I'd like you to spend the first couple of minutes with your accountability partner discussing your monthly, weekly, and daily goals that you have set for yourself. The reason I have included goals in this program is because I think they are so important to master in order to overcome adversity and be successful in life, so I urge you to set and achieve at least one of your monthly goals in this program.

By the end of this program, I want you to try achieve your daily, weekly and monthly goals that will get you on track to achieving our aspirational one in the future.

With each goal there is a place write down your challenges. These will be a good talking point for you and your accountability partner. Remember that each challenge that you overcome, builds your capacity to be resilient, and if you can see a challenge before it pops it's head up, you can go about devising a plan to overcome it. This is where an accountability partners, mentor or a coach can come in handy. They can help you devise a plan to get past any challenge you face.

The way I have been able to overcome some many of my challenges in my recovery is that I have simply asked for help. Don't ever be afraid of asking for help... from anyone.

Before we move on, choose an accountability partner, or have your teacher choose one for you.

See you in the next video.

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## **Set a goal long term**

34. Welcome to the next video. The first goal you are going to set

35. is a long-term goal. I want you to think of a goal that you can set for yourself that will really help you get to where you want to go in life or be the person you want to be. This is your first aspirational goal we will set.

This goal must fit into the SMAART framework, and it is an aspirational goal that you can strive for. I want you to push the boundaries of your comfort zone.

36. The example story that I'll use for this goal is a guy named Tom

37. and he wants to open up a coffee shop. This is just an example to help you understand how the goal setting process works. So, Tom's goal is to open a coffee

38. shop and he will call it Project Latte. Now he needs to look at the challenges he will face. The challenges Tom is facing

39. is having the money to afford it,

40. fear of failure

41. and his lack of business knowledge.

– To overcome these challenges, firstly Tom could

42. think about taking out a loan and figuring out how much money he'll need to save.

43. Secondly, to overcome his fear of failure, he can keep reminding himself of his purpose and why he wanted this goal in the first place.

44. and thirdly, with a lack of business knowledge, Tom knows that he must learn how to run a business.

Now it's your turn, spend some time thinking about your goal and write it down in your workbook. As I said, think about something great that you would like to achieve in the next 3-5 years.

Next, we'll be setting our yearly goals.

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### **Set yearly goals**

45. The next goal type we are going to set is our yearly goals. Again, this must fit into the SMAART framework and it's another aspirational goal. The yearly goals must all be set with our long-term goal in mind.

46. So, with Project Latte, knowing that Tom needs to gain business knowledge, he will need to complete a business management course. That is his first goal and being an aspirational goal, he wants to finish at the top of my class.

47. His challenge here is simply putting in the effort to achieve it.

48. His second goal is to find the best location and a challenge he has is

49. that he just moved to the city, and he doesn't know of any good locations yet.

50. And his third goal is to learn how to market this coffee shop. A challenge for him

51. will be affording to pay for more education.

Now it's your turn. Spend some time drawing your roadmap to help you get to your destination.

Next, you'll be setting your monthly goals

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### **Set monthly goals**

52. The next goals we are going to set are our monthly goals. These are the first of our attainable goals. These are the 3 goals that we want to achieve by the end of this program.

Remember, these goals must be ACHIEVABLE and in line with your long-term goal.

53. For Tom to get Project Latte up and running, he needs to learn how to make good coffee. This is his first monthly goal.

54. His second monthly goal is to find a business course that he can take. He chooses an online course for his convenience.

55. And lastly, he decides to research the competition. He wants to visit 4 coffee shops per week for the next month.

He's pretty confident and can't think of any challenges. If he thinks of something, he will put it in when he reviews his roadmap each week.

Now it's your turn. Spend some time working on your monthly goals and the challenges that you'll face.

Next, we'll be setting our weekly goals.

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### **Set weekly goals**

56. The next goal type we are going to set are our weekly goals. These are, again, attainable goals. These are the goals that we want to achieve EVERY week, not just in our first week. These are best if they're ongoing goals that we can keep repeating each week if we want to. When we do our weekly revision, these can be changed if we feel like something's not working.

57. Tom's first weekly goal will be to work on a solid business plan. Tom's never written out a business plan

58. so, this will be a challenge he'll have. Next, to get Project Latte up and running,

59. Tom does his budget to work out how much he will need to save.

60. A challenge here will be his weekly expenditure.

61. And lastly, Tom needs to work out how many hours he must work in order to make the required money, to achieve his goal.

62. There's only so many hours in a day so he will have to sacrifice some things in his life.

Now it's your turn. Spend some time working out what you can do each week to help you achieve your monthly goals by the end of the program.

Next, we'll be setting the final goals to complete our roadmap.

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## **Set daily goals**

63. The last piece to this roadmap is Tom's daily goals. These are the easy goals that he wants to try to complete every day.

Achieving our daily goals gives us the motivation to keep going. In rehab, my daily goals were simply to do my home exercise program, or go for a run, or simply just show up. Not once did I ever miss rehab because I couldn't be bothered. The only reason I didn't show up was because I was either sick or away.

I knew that if I could keep achieving these small goals, I would eventually reach my destination. What I found was that when I wasn't even reaching my daily, this was when I was close to giving up.

64. Tom's first goal is to simply read something about coffee every day. A book or a blog on the internet or even a newspaper article, about coffee.

65. To run a good business Tom knows that he needs to meet people and make connections, so every day he must be on the lookout for those connections.

66. The challenge here is finding them. He's doesn't even know where to look.

67. And lastly, Tom has already worked out the money he will need to save, now he needs to save it. How many hours will he need to work each day to finally be able to open up Project Latte.

68. His biggest challenge here is that he loves to spend money. There will be a few sacrifices that he has to make.

Once Tom has drawn his roadmap, he consolidates it all into one sheet. You can find Tom's entire roadmap in your workbook booklet.

Now it's your turn. Spend some time writing down your daily goals and the challenges that you'll face.

Next, I'll be talking about motivation.

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## **Motivation**

69. So that exercise was to show you how you can go about achieving your goals. Whether your goals are big and grand, or they are small, drawing a road map is the easiest way to get to your destination. And keep in mind that this road map can be forever changing, and you can get as much help as you need to follow it, but, ultimately, it's up to you to follow it and if you don't, no one will do it for you.

70. The last part of this lesson on goals is to think of all the incentives that will motivate you to achieve your long-term goal. What will keep you looking forward. Write down 3 or more things that will keep you motivated to achieve this goal.

It's also super important to give yourself rewards along the way. Another good idea to keep up yourself motivation is to treat yourself every time you achieve a smaller goal.

This can be as personal as you want. Whatever it is that you want, write it down and don't hold back.

One last message before you go is that goals are what give us purpose in life. Purpose gives us something to wake up for each and every day and keeps us looking forward. When I set the goal of going to Canada, it became my obsession. Every moment of every day was spent thinking about it, talking about it, and doing everything I could to achieve it. It gave me the energy to put in 110% each day FOR YEARS, because I had a destination I was heading towards and a roadmap to get me there. In other words, it

gave me something to focus on. Something positive to fix my attention to, rather than the negativity of the adversity I was faced with. The more time we spend on positive thoughts, the healthier and happier we'll be.

That's it for this lesson. Good luck with your goals and see you next time when I'll be talking about what choices we have in the face of adversity and then taking responsibility for those choice.

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## Lesson 2 – CHOICES

71. Welcome to lesson 2 of the CRASHING INTO POTENTIAL Overcoming Adversity program.

This lesson is on choices, and we'll be learning about how they can help us overcome adversity. First off, I want you to spend a couple of minutes writing down a time in your life that you experienced adversity. Remember, adversity comes in all shapes and sizes, it doesn't have to be something major like I went through, it can be as simple as losing a friendship or your parents divorcing. Maybe you lost your job or your favourite pet. Something that has happened in your life that was difficult to get through. At the end of your book is a list of common adversities that people face in life. After you've written it down, I'd like you to share it with a partner.

Next, we'll be talking about choosing to grow.

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72. Overcoming adversity is about adapting and being flexible then choosing to grow in difficult circumstances. When we're faced with uncertainty and life-altering situations,

73. making the choice to overcome adversity and grow is so important.

74. This my friends is 100% our choice. Now, unfortunately, it's quite rare for someone to fall over, get up, and grow, "by accident". More often than not, we need to make a choice to learnt from what has happened in order to help us grow. As I said at the start of this program, we were all born with this ability, but as we get older, life conditions us and we can sometimes lose the ability to bounce back. But each and every one of us has the ability to tap back into it. We just need to make that choice.

This is why choices are the backbone of everything we do in life, and the most important thing to take into consideration when adversity strikes, because remember,

75. OVERCOMING ADVERSITY...

76. IS...

77. A...

78. CHOICE.

Making the right choices can be quite a vague topic and sometimes it's hard to get our head around, but to keep it simple, I'll be talking about 3 things.

79. The first is understanding what choices we have.

80. Then we'll be talking about taking responsibility for our choices

81. And finally we'll be looking at the power of choices by looking into one of the most inspirational stories of all time and see how the choices he made influenced the world and helped him overcome the world of adversity he grew up in.

In the next video I'll be talking about what choices we have in the face of adversity.

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82. Ok, so what choices do we have in the face of adversity? Every time we come to a crossroads in life, we must choose a path to follow. In my recovery, I found myself at a point where I could either keep heading down the dark miserable path I was on, or I could actively do all that I could to make my life better. For a long time, I chose to walk that miserable path, but eventually I realized that the only person that could make my life better was myself

83. We make choices every day from what to wear,

84. to where to go,

85. to whom we communicate with

86. and of course, what to think. Most things in the world are, ultimately, our choice. We often feel like everyone else are making choices for us, and we don't have much of a say, but when it all boils down to it, we're the ones that are in control of the choices we make. Of course, there are certain rules in this world that we must follow, like the speed limit on the freeway, what our parents and teachers want us to do, etc., but ultimately, it's us that decides what choices to make, and if we don't obey by those rules, we have to suffer the consequences.

When confronted with difficult external realities like adversity, it is easy to feel powerless, to focus on how unfair and flawed life can be, but it is so important to know that the outside world does not dictate how WE respond to it.

**87. The first task I have for you is this: I want you to look back at the adversity you wrote down and I want you to describe to me how it made you feel,**

**88. and tell me how you could have responded differently to make you feel better?  
Remember, WE are responsible for how WE feel.**

**89. After you've written about how you felt, the second task I have for you is to write down a time in your life where you made a good choice and**

**90. another time where you made a bad choice**

**I want to know what those choices were and**

**91. how they made you feel.**

Next, I'll talk about the second component of choices, taking responsibility them.

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92. Here we're talking about taking responsibility for our choices.

Now that you know overcoming adversity is a choice, and that we are in control of those choices, we're going to move onto taking responsibility for them. Being accountable for the choices we make.

I didn't choose to crash my motorbike into my mate, of course I didn't, but I chose to get on that motorbike, and I knew what would happen if things went wrong. I spent a long time, full of self-pity, and not being happy with what had happened to me.

Can you remember how I started moving on with my life after my accident?

**Spend a moment or two discussing this as a your class**

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To move on, I had to take responsibility for my accident and what happened to me. Once I did, I could then begin to move on and accept what had happened. This is because

93. failing to take responsibility for our lives and our choices,

94. fuels dysfunctional thinking,

95. which then promotes undesirable actions and behaviours.

I'll give you an example: When I hadn't yet taken responsibility for what had happened to me, I was thinking very negatively about my life and

96. wondering what did to deserve this,

97. why did it happen to me?

98. I'm hopeless,

99. I'm a loser, and things like that., and that, in turn,

100. drained all the motivation out of me. This went on for a long time until I could finally say to myself,

101. "Ok! This has happened to me,

102. I can't do anything about it,

103. I'm going to keep moving forward with my life and become the person I know I can be." This is what I kept saying to myself, and eventually,

104. I started to believe it. In the end I was only focussing on the things that I could change, which, was only myself. I could ONLY change myself. This, obviously, wasn't a quick fix, but it was the beginning of the road back from depression. What happens when we take responsibility for our lives and our choices is,

105. it silences the negative and unwanted voice in our head, which then gives us more time to spend on positive emotion. In reality, and in the eyes of everyone else, I was having tremendous success in my recovery, but I still felt like I was failing. I found that as soon as I took responsibility, it empowered me to move forward with my life and focus on what was going right. I started to be grateful for everything I still have. (Gratitude is a mindset tool I'll be sharing with you in a later lesson).

Once I'd taken responsibility, I then felt empowered and set the goal to go to Canada, I was so desperate to get there that I spent every moment of every day obsessing about

it.

I know that if I had spent all that time thinking about WHY I'm not there and giving myself excuses, I definitely wouldn't have put in so much effort to achieve that goal. Thinking about it in a positive light, gave me so much motivation to keep going.

Taking responsibility for our choices also gives us a chance to celebrate the wins, because WE know that WE succeeded because WE chose to put in the effort.

**106. As a class, I want you to discuss ways in which you take responsibility for your choices. I want you to list 5 different ways and a reason for each. For example, we can take responsibility by not blaming others for the way we feel because when we blame others, we're giving up the power to change.**

**107. After you've discussed this, I want you to look at the BAD choice you made and the reason you gave for it. Did you take responsibility for it, or did you blame someone or something else for what happened or the way you feel?**

**If it was something out of your control, don't forget, you're always in control of the way you feel you.**

**108. Then once you've done that, look at the GOOD choice you made and do the exact same thing.**

**If you made that good choice because of something you did... congratulations, you have it in you to take responsibility for the choices that you make.**

**109. After you've looked at those 2 choices, I want you to write down what 'taking responsibility for our choices' means to you?**

**110. And lastly, think back to last week's lesson on goals and write down what excuses Tom could make for not starting Project Latte?**

Next I'll be talking about the power of choices.

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111. The last part of this lesson is the power of choice. It's a story about the choices of a man who stood up for what he believed in, and those choices bring him face to face with adversity.

112. Throughout history, lots of people around the world have faced discrimination – where they are treated differently because of the colour of their skin.

Sadly, we are still living in a world that sees this happen today! But there are some amazing people who have worked hard to make a change for the better and helped us move towards a world where everyone is treated fairly and equally. One such person is

113. Nelson Mandela. Nelson Mandela was born in 1918 in South Africa, and for much of his life, he's led a movement against the discrimination of black people.

From a very young age Mandela had a rebellious stance on justice, that would dictate many of his life choices.

114. Nelson was actually born into royalty believe it or not. Not quite the same royalty as we see today in Europe, but his grandfather was the king of the tribe Nelson was born into, and his father was the chief of that tribe. Sadly though, when he was 12 years old his father passed away.

115. Having royalty in his blood, gave him access to study in the only university at the time, for black people, in South Africa where he went and studied law, and in 1942 he became a lawyer.

116. In 1944 he joined the African National Congress which I'll refer to as the ANC. The ANC was a political party that fought for equal rights for all people, no matter what your

skin colour was.

117. Then, in 1948, 4 years later, South Africa introduced a system called the Apartheid, which was racial segregation of the country. If you were born with black skin in South Africa, you had less privileges and you had a lower status than white people.
118. This law meant that black and white people had to lead separate lives. Black people couldn't live in the same areas,
119. share tables at restaurants,
120. attend the same schools
121. or even sit together on trains and buses. This new law also meant that they could not vote for what they believed in. Just because you were born with a different skin colour, you were severely disadvantaged in society. This is like me saying, Ok, all the people in your class with brown hair have to stay back today and do extra work!
122. The apartheid made Nelson fight for justice in a society that looked down on black people. Nelson became an activist and a leading figure of the ANC, and he toured the country to hold non-violent protests, against this discrimination. He was arrested on many occasions for treason, which is basically going against the government that's in power. Each arrest was an adversity that he overcame by sticking to his beliefs, his faith and his strengths, and knowing that he would one day live in a world of equal rights.  
  
In the 1950's while Nelson was under arrest, the Government banned anti-apartheid groups like the ANC, which added fuel to the fire. More had to be done.
123. Although the ANC preferred peaceful protests, Nelson and other ANC leader formed a military group. In English the group was called "Spear of the nation", and he knew that this would get him in big trouble if they got caught. This was a choice that he made, and he knew the consequences if something went wrong, but chose to do it anyway

and stand up for what he believes in. To avoid authorities, he would often dress in disguise and lived under the radar in hiding, but in 1962 he was arrested and sentenced to 5 years in prison. A year later in 1963, while he was in prison, the police raided a farm and found weapons and documents with plans to overthrow the government.

124. Nelson and 7 other men were caught but they were spared the death penalty.

Instead, they were given life sentences and he spent the next 27 years behind bars. For many people, this would be the end of the road, and they would admit defeat, but being in prison didn't stop Nelson.

125. Throughout the 27 years, he never gave up and stood by what he believed was right.

In prison he learnt an African language that is used by white people, which gained him respect from the guards that he was always speaking with. By the late 80's, there were calls from countries all around the world to "free Nelson Mandela". Throughout his life sentence, Nelson stuck to his beliefs and his faith,

126. and in 1990, he was released.

Once he was let out, he became the president of the ANC

127. and worked with the president of South Africa to finally end the apartheid and introduce equal rights for every single person in the country. Just 3 years after the 27 years he spent in prison, he and the president were awarded the Nobel Peace Prize for all the work they had done.

128. The following year, black people could finally vote in South Africa thanks to Nelson Mandela and he became South Africa's first ever black president. As president, he improved the living standards of black people and worked hard to create an equal country where people of all races and colors could live in peace.

129. Nelson Mandela sadly died on the 5th of December 2013, aged 95, leaving behind a legacy of peace and justice for all people.

Nelson didn't "choose" to be born into a society of racial adversity, but the life choices he made in that same society, saw him face the biggest adversity of his life, 27 years in prison. When he walked free from prison, after 27 years, he chose to let go of the bitterness, and the past, and walk toward a better future for all. He took responsibility for those choices and continued to fight for what he believed in.

Now, when he was released from prison, he famously said a very important quote about his life choices. He said,

130. "If I had allowed myself to become bitter, I would have died in prison".
131. **The first task I have for you is to discuss with your class what he meant how this quote relates to choices**
132. **and write down why you think he chose to think like this.**
133. **Then I want you to write down how you would feel if this happened to you, would you be bitter, angry, or even outraged, and what would you tell yourself in order to keep going??**

That's it for this lesson on choices. Next time I'll be talking about mindset and how to use it to help us overcome adversity.

<https://www.nationalgeographic.com/history/article/nelson-mandela-fought-apartheid-work-not-complete>

<http://www-cs-students.stanford.edu/>

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## Lesson 3 – MINDSET

134. In this lesson we will be learning how to use certain mindset tools to help us overcome adversity. How we look at our lives has a big influence on overcoming adversity. We will never overcome adversity if we see yourself as someone who can't. The first thing we need to do is change the perception we have of ourselves and start convincing ourselves that we can do it. The main driver here is confidence. We need to build our confidence to take on bigger challenges. Can you remember what I said in my presentation about stepping out of my comfort zone?

My accident destroyed my confidence. My confidence in myself, my confidence in my abilities, and from this standpoint, it was very hard to get out of my comfort zone. When I built up the courage and stepped out of my comfort zone, my whole life changed. I was finally confident enough to take on the biggest challenge of my life.

We need to start building our confidence to take on bigger challenges in life and the way we do this is by simply saying we can. Verbalise it. The more we say it, the more we'll believe it. This is a choice that we can all make and once we've made it, we can now build the right mindset to help us get there.

There are many different tools we can use to build this mindset, but I'll be talking about 2 in particular that I think are really important to master, that I mentioned in my presentation.

135. They are: Developing a growth mindset

136. and practicing gratitude. These are 2 things that have helped me so much in my recovery.

Next video I'll show you how to develop a growth mindset.

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## Developing a Growth Mindset

137. So, what do I mean by a fixed and growth mindset? This was something that I knew nothing about when I was at school, and it wasn't until I had my accident and went through depression, that I realised how much my mindset was holding me back.
138. A fixed mindset assumes that we either have the ability to do something, or we don't. Well, us humans are a little more sophisticated than that. Actually, humans are extremely complex and people with a growth mindset understand that these traits
139. can be improved with some effort and hard work.
140. When we fail to achieve something, we have 2 options: We can give up and resign to the fact that we failed and there's nothing that can be done about it,
141. or we can get up, dust ourselves off and try again. One failure does not dictate the future. Two failures do not represent the past, and three failures is one step closer to success. This is an important mindset to have when we are striving for our goals because each challenge that we overcome builds our capacity to be resilient and overcome adversity. If we've never faced a challenge in our lives, I can guarantee the first challenge we come up against will be catastrophic.
142. Having a growth mindset
143. means that we are more likely to adapt, every time we fail.
144. It means that we will try hard to keep growing and learning every time. After my accident, I put myself in a box and didn't try to achieve anything, or push myself, because I saw myself as "DISABLED". It wasn't until I realised that I had a fixed mindset, that I could begin to change it and build some confidence to take on bigger challenges. I

now know that a growth mindset can be developed in EVERYTHING that I do. If you're not good at reading, a belief that you can get better at reading by using growth mindset, will help you keep trying, and eventually you will get better. I can guarantee that. Same goes for maths or any class, any sport, any musical instrument, or any skill you want to master.

We need to have a growth mindset... about developing a growth mindset. Meaning that we need to believe that we have the ability to develop one.

We are all a mixture of both fixed and growth mindset where sometimes we give up and we feel defeated, and other times we push through and succeed. You may hear that it's so important to have a growth mindset in life, and people with a growth mindset do better, which is true in most cases,

145. but sometimes a fixed mindset is more beneficial.

For instances, if we're talking about sexual orientation, it's always best for people to accept who they are and not try and change themselves because they think they need to fit into a **QUOTE UNQUOTE** normal. Acceptance will help people be more adjusted to life's adversities.

146. When it comes to goals, skills and achievements though, we should always be aiming to develop a growth mindset. Research has shown that our mindset plays a big part in determining how far we will go in life. The view that we have of our abilities determines the way we lead our life, and what goes on in our heads (**POINT TO HEAD**) can determine whether we accomplish the things we value in life, or we don't accomplish anything.

147. **In your workbook, I want you to write down in your own words what a fixed and growth mindset is,**

148. **then go to the reframing exercise and write down what you can say instead to change your self-talk from a fixed to a growth mindset. Changing our mindset can be as simple as just changing the way we speak to ourselves.**

149. **After you've filled in the table, I want you to identify a fixed or a growth mindset within yourself. Either think of a time in your life when you gave something up because you thought you weren't good enough or a time in your life where you tried again and again and didn't give up, and eventually you were successful.**

150. **And lastly, think of 5 areas of our lives that can be improved with a growth mindset**

That's it, see you in the next video

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151. Before we move onto gratitude, I want you to work on helping others develop a growth mindset.

**After listening to the next story, spend a few minutes writing down your answer and share it with a partner.**

So, your friend Adam would love to join the school football team, but he doesn't think he will be selected. He failed to make the team last year and spend the previous year on the bench all season. Adam loves playing football with his brother in his backyard. Every Friday after school his dad takes them down to the local footy ground to have a kick, and every time his team plays at home, he begs his dad to go and watch them. He lives and breathes football, but the past has taught him that he's not good enough to play so it's best if he doesn't even try.

152. **What would you say to Adam to help encourage him to try again and build a growth mindset?**

In the next video we'll be talking about gratitude. After you have written down what you'd say to Adam, and before you watch the next video an, I'd like you to write down what you think gratitude means. If you're not sure, done worry, you're going to find out.

See you in the next video.

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### **Practicing Gratitude**

153. In this video we're going to discuss practicing gratitude. Again, being grateful is a choice that we can all make. This is something that nearly all your favourite sports stars are using each and every day to help their performance.

Gratitude was one thing that really helped me overcome many obstacles in my recovery, including depression. Psychologists have found that the

154. negativity bias is one of the most powerful influences on the way we think and perceive the world. A negative bias is when we value bad Information more than good Information. I'll give you an example, if someone was a great person for 23 hours and 59 minutes each day but was an aggressive bully for only 1 minute a day, most people would look at the 1 minute they were bad, and say they're a bad person, forgetting about all the good they had done. This is how we look at ourselves too. We forget all the good we've done and focus on bad parts of ourselves. Often, we can walk around all the time looking at the negative parts of our life, and we just forget that there is positive things happening all the time. We just have to look for it.

Where gratitude comes into it is, it forces us to focus on the

155. good stuff, even if it's hard to find. When we stop and intentionally focus on the things that we are grateful for in life; they are the people and the things that we are

thankful for, we are intentionally focusing on the 23 hours and 59 minutes, and this brings happiness into our lives. This happiness only occurs momentarily, but the more we build this into our lives, the more it can become a way of life for us. Then, eventually, without thinking about it we can start to focus on all the good things in our lives. This is certainly something I have found has helped me a great deal turn my negative situation into a positive one.

This wasn't an overnight exercise though,

156. it took years for me to develop, but it all started with being grateful for what I still have in my life. Being grateful for something is the quickest way to feel

157. HAPPY. I'm talking about being TRULY grateful, and feeling really appreciative of something or someone, not just thinking it or not just saying it.

When we are grateful for something,

158. we are directing the spotlight in our mind, to positive emotions, rather than negative ones. This can sometime require us to dig deep to and search for something that we are thankful for in our lives.

Remember back to what I said about gratitude in my presentation. I could have, and I did at times, focused all my energy on what was not going right for me. My arm doesn't work that well, my leg doesn't work that well and I find it hard to think. This attitude flooded my life for a long time and continued to bring negative emotions to the forefront of my recovery. Once I began to be grateful for what I still had and can still do, I started to think more optimistic about my future.

159. To demonstrate the feeling of gratitude and why it's more beneficial to be thankful for what we've got, rather than what we don't have, we're going to do a little exercise. I want you to imagine what life would be like if you lost everything.

160. You lost your family,

161. you lost your friends,

162. you lost all your money,

163. your social status,

164. your home, and everything that you have.

165. **Let that sink in for moment and write one sentence in your workbook about how you feel when you think about it.**

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166. Now imagine the feeling if you woke up one day and it all had been restored. Your family, your friends, your money, everything. Everything you lost was back.

**Let that sink in for moment and write one sentence in your workbook about how you feel when you think about that.**

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167. If I woke up and I had everything back, I'd be absolutely stoked. This feeling is called gratitude. Being thankful for what we've got. Unfortunately, we often forget about the good things we have in our lives, and we only focus on what we don't have.

168. For the next part of the exercise, I want you to think of something that you wish you had, but you don't.

169. The newest iPhone,

170. the newest computer,

171. more friends,

172. more money

173. or anything that would make you happier than you currently are.

174. **Let that sink in for moment and write one sentence in your workbook about the way you feel when you think about that.**

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175. In the last few videos, I've tried to demonstrate that how we look at our lives can drastically influence how we feel,

176. and if we can look at the things we've got in our lives, instead of what we don't have, WE WILL BE HAPPIER.

Now, this all sounds really easy, I know, but it's not as simple as turning on a light switch.

177. This is something we must practice daily. Not just for a week or a month but, making it a part of our daily routine.

178. Here are 2 things you can do in your day to help you build gratitude into your life.

179. The first thing you can do is, every day when you can remember to or when something goes wrong, pause, take a deep breath and think about what is going well and look to the future. Give it a voice and say it to yourself. The more we say it, the more we'll believe it. There is not a day that goes by that I don't think about how lucky I

am to still have one arm that works well, or 2 legs that I can walk on!

180. The next thing you can do is to write a gratitude journal each day. I'd like you to write down 3 things you are grateful for each day from here until the end of this workshop. We'll do today's on in class.

I want you to write down:

181. **One thing that made you happy today**

182. **One thing that makes you happy in life**

183. **And one person that you are thankful for today**

And that sums it up for mindset. As I've said many times already,

184. developing an unstoppable mindset to help us overcome adversity isn't something that can be done overnight, this takes practice, and for some people this can be years of practice. I've been on the road to a better mindset for a long time and I am nowhere near perfect. This is just something that I continue to strive for each and every day.

Ok, I'll see you in the next lesson where I'll be talking about perseverance.

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## Lesson 4 – PERSEVERANCE

185. In this lesson I'll be talking about perseverance. I believe that this is THE most important link in the chain. We can set the biggest goal, make the best choices, and have the right mindset to overcome adversity, but unless we persevere, we will not move forward with our lives.

Persevering is about following something through to completion and not giving up when the going gets tough. I'm talking about getting knocked down and getting back up just one more time, every single time. If you live a life of recovery like I do, you have no choice but to persevere.

Perseverance isn't something that can be taught easily, so in this lesson, I'm going to teach by inspiring you to persevere through your next challenge in life. I will do this by telling you 3 stories about perseverance.

I've spoken, throughout this workshop, about how failures are often the key to our success... IF... you're willing to learn from them and grow. If you choose to grow after failure, it is no longer a failure, it's just a setback and it's much easier overcome a setback than a failure.

Perseverance, like gratitude can build with practice. The more times you practice getting back up, the better you will get.

In the next video you'll hear the first story of perseverance. It's about someone you may know very well. The founder of KFC, the Coronel Sanders.

See you in the next video.

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186. **Colonel Sanders – KFC**

The first story is about a man by the name of Harland David Sanders, better known as the Colonel Sander, the founder of KFC.

187. The Colonel Sanders didn't become the famous until he was 65 years old.

188. Born in 1890, he had a pretty rough start to life

189. He lost his father at aged 6, so his mother had to work 2 jobs just to put food on the table. Losing his father was the first adversity of his life

190. Often, his mother was away for days at a time, so he had to care for his 2 younger siblings while she was not there. Could you imagine having that responsibility at 6 years old?

191. At the age of 13 he left school and home to go across the country to work with his uncle in a train yard.

192. When he was 16, he joined the army before being discharged 6 months later.

193. By the age of 18 he had already worked at 6 different train yards doing 5 different jobs, from cleaning to labouring to blacksmithing and a coupler of other little jobs. With each new job he had to overcoming adversity every time.

194. By the time he was 20 he was married with 3 kids of his own and onto his 7<sup>th</sup> job.

195. Then, Sanders, who dropped out of school in 7th grade and moved out of home when he was 13 years old, studied and then practiced law for 3 years. This career path, however, came to an abrupt end when he got into a fight in the courtroom with his own client, which ruined his reputation... another adversity to overcome.

He then left the courtroom and got another job, where he worked for 3 years before

moving across country again with his family.

196. He then found a job selling life insurance but was eventually fired, again for disobeying authority. More adversity.

197. At age 30, he started a boat company, that, ended up being successful. When he sold his shares in that

198. he used the money to start a company, manufacturing lamps but he had no success with that and lost all the money he put into it. More adversity.

199. At 32, he took a job as a secretary at the chamber of commerce, but he wasn't very good at it, so he resigned after less than a year.

200. He was now on the move again and found work as a salesman for the Michelin Tyre Company. 2 years later, they closed their doors, and he lost his job. More adversity.

201. When he was 34, just by chance, he met the general manager of an oil company, and they asked him if he could run a service station for them... which required him to move again. He ran the service station for 6 years until he had to close the doors due to the great depression. More adversity.

202. He was now 40 years old and had no education...

203. he'd left home at 13,

204. he'd joined the army,

205. he'd practiced law,

206. sold life insurance,

207. started 2 companies,

208. worked at multiple train yards,

209. he'd worked 17 different jobs, owned a service station

210. and moved around the country approximately 12 times.

211. At 40 he ran another service station but this time he started serving chicken, that he cooked out the back, to the customers and to the locals, which eventually became too big for his one table dining room, so he open a up restaurant selling his "secret recipe" that he'd developed when he was caring for his siblings.

He then got a visit from a well-known food critic who wrote about his "secret chicken recipe", which was good for business, but not long after that, his restaurant burnt to the ground. More adversity.

As WWII began, business was very tough, but he had no choice but to keep going.

212. He moved to the other side of the country and worked as a supervisor, and over the next 10 years he ran a bunch of small cafes and restaurants for the government in several different locations.

213. Since the age of 40, he had been selling his "secret recipe" on the side, because everywhere he went, everyone loved it, and then in 1952, at the age of 62, he franchised it for the very first time.

This meant that he gave permission to a restaurant to sell his "secret recipe", in exchange for a cut of the profit; 4 cents per dish that they sold to be exact. This was not enough money to survive off though. This was hard for him because his goal of selling his "secret recipe", didn't look like it would ever come to fruition. This was a big

adversity for him to overcome so he rolled the dice

214. and set a goal to travel around the country selling his “secret recipe” to whoever would buy it.

215. Eventually his “secret recipe” was so popular that people began to approach him to see if they could franchise it too.

The KFC franchise was the first fast food company to go international and there are now over

216. 22,600 stores

217. in 135 countries around the world,

218. and it is worth over \$8.3 Billion Dollars.

219. That was the story of the Coronel Sanders, the Founder of KFC. Not bad for a guy left school, and home at the age of 13!

Every time Coronel Sanders was faced with adversity, he chose to pick himself back up and keep moving forward towards his goals. The perseverance he demonstrated every time is the reason you know the name Coronel Sanders and have either worked at or eaten at KFC.

Now, before we move on, I'd like you to answer 3 questions.

220. **1. What's one lesson you've taken from the story of the Coronel Sanders?**

221. **2. What do you think motivated coronel Sanders to keep going?**

222. **3. Give one example of a time where the Coronel Sanders used a growth mindset**

In the next video you'll hear the story of J. K. Rowling, the author of Harry Potter.

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223. **J.K. Rowling**

The next story of perseverance is about J. K. Rowling, the author of Harry Potter, one of the most successful franchises of all time. Joanne Kathleen Rowling who is better known as J,K, Rowling, was born in the 1960's and she too came from a poor background. As a young girl she loved telling stories to her little sister

224. and at age 9 she wrote her first ever story about a rabbit, which she called "Rabbit".

225. As a young girl she LOVED to write and telling stories, but she was underestimated by her parents and was told that her wild imagination was an amusing personal quirk but would never be able to pay the bills.

226. Her family was poor and neither of her parents went to university and they couldn't see how her writing could possibly make a living. Her mother was supportive, but her father wasn't, which bring her a lot closer to her mother and further away from her father.

227. Growing up, she lived in different parts of the country and each place she went to filled her with inspiration for stories she was writing.

At age 15, her mother was diagnosed with Multiple Sclerosis. Her mother was only 35 years old, so the news was a very big shock, and it had a very big impact on her life. This was the first major adversity of her life. She had a hard upbringing and her teenage years, in her words, were unhappy.

228. One day, 10 years later, in 1990 she was on a train when an idea for a new story came to her. When she got home from that train ride, she began writing her first novel.

229. Later that year, her mother passed away due to complications with MS. This was the 2nd adversity in her life. Although it was the same person as the first adversity, and she was prepared for it, it was a tremendously difficult time for her. By this stage of her life, she had a very broken relationship with her father,

230. but luckily, through this turbulent time, she had her sister, and if it wasn't for her sister's encouragement, she would never have finished the novel that she was writing. In the end she poured all her grief into it.

231. Nine months after the death of her mother she needed to get away, so she moved to a town in Portugal called Porto. In her mind she was an "epic failure" and found it very hard to cope.

232. Living in Portugal gave her so much inspiration, so she continued to write her book.

In Portugal she met a Portuguese journalist, and several months into the relationship with him she fell pregnant, but later having a miscarriage and losing her baby. Adversity number 3.

233. They tried again a few months later and were successful. Later that year they got married, but the marriage fell apart just 4 months after the birth of their daughter, and she moved back home to the UK to be closer to her sister. Adversity number 4.

All she felt now was failure. She was a single mother who'd had hit rock bottom and had no one in her life but her sister.

234. She spent ALL her spare time pouring her heart into the only thing she knew how to do well, write. She spent most of her time in her brother's law café called Nicholson's Cafe, writing her novel. In 1996, 6 years after thinking of the idea, she had finally

finished her very first novel.

Not knowing if it was any good, she got an agent and began approaching publishers. Throughout that year, she was rejected by 12 different publishers because her work was either too conventional, too long, too weird or too old-fashioned. Each one of them was an adversity of its own.

Having this many publishers knock back something that she'd spend so much time developing, really hurt and she felt really defeated now. Finally, after a year of trying, a publisher believed in her story enough to give it a chance and in 1997, her first ever book was published.

235. Over the next 10 years, she wrote 6 more books in the series and went on to have a movie made with each one.

This was the story of J K Rowling, the author of Harry Potter, one of the most successful franchises of all time!

236. Those movies collectively made over \$7.7 Billion at the box office.

237. J K Rowling is worth over \$650 million,

238. and the Harry Potter franchise is now worth over \$25 billion.

This story highlights the power of perseverance and what can be achieved if we follow our passion.

Before we move onto the final story of this lesson, I want you to answer 3 questions in your workbook.

239. **1. What is a lesson you've taken from the story of J. K. Rowling?**

240. **2. Name one goal that J. K. Rowling had and how she used perseverance to achieve it?**

241. **3. What did J. K. Rowling and Coronel Sanders have in common?**

In the final video for perseverance, you'll hear the story of Sir Richard Branson, the founder of Virgin Group.

See you in the next video.

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242. **Richard Branson**

The last story for this lesson on perseverance is a story about a multi billionaire by the name of Sir Richard Branson. Sir Richard Branson is the founder of the brand VIRGIN.

This is a story of the world's greatest failure. I say "world's greatest failure" because he has failed more times than you can imagine, but he's been able to pick himself up time and time again.

You may think that he has just been lucky, but as you'll see, if luck doesn't come your way, you need to create your own luck. He believes that it's only when we understand why we failed, that we can have success in the future. People have laughed at him for years, but every time someone has criticised him, he has used that criticism as motivation to persevere towards his goals.

He's used every failure as a steppingstone to his success.

243. Virgin is very well known from mobile phones

244. to airlines,

245. from music

246. to space travel, it's hard to find an industry that it's not a part of.

247. Like Coronel Sanders, Branson left school at a young age. This was because he struggled a lot due to his dyslexia. Dyslexia is a learning disorder where people find it difficult to read.

248. In 1966 at age 16, he started his first business, which was a student magazine, that he funded for less than \$2000. This was his first failure of his career, and the magazine didn't do well, but at the back of the magazine you could buy music, which became a very popular way to buy your favourite music tracks.

249. 4 years later in 1970, he started a company called VIRGIN record, which he eventually sold 22 years later for \$1 billion. Branson now has a personal wealth of over \$5 Billion.

250. As well as their success, VIRGIN has seen many, many, many, many failures.

In 1984, Banson launched Virgin Atlantic, an airline set to take on another airline in the UK, to give passengers a better flying experience. He saw a big opportunity but had little experience, and his new venture almost failed before it got off the ground.

His first test flight was a disaster, but he didn't let that stop him from trying again. And again. And again,

and eventually they were successful and now they were literally flying high to the dismay of the competition. Another airline company tried very hard to ruin them by stealing customers and spreading false rumours, expecting them to give up.

They never gave up and eventually they were a big success. The biggest lesson that Sir Richard Branson learned from this was to never underestimate the competition.

251. In 1994 he thought he could take on Coca-Cola and Pepsi. This was when he launched Virgin Cola. By this time, people were already buying a drink they liked for a price they were happy with. Although they gave it a fair crack for 15 years, they closed their doors on Virgin Cola in 2009. They learnt that they needed to stick to their values of disruption rather than trying to take on an industry.

252. In the year 2000, Branson started Virgin Cars and they thought the gap in the market was how the cars were being sold. They were set to revolutionise online car trading, but they failed to realise that it had nothing to do with how the cars were sold, but how they were made, that people really cared about. They didn't see that the best opportunities would be found in the development of electric cars and clean fuels. In 2005, they closed the doors on Virgin Cars.

253. In 2003 Branson thought he'd have a go at underwear, so he started Virgin Ware. They expanded very quickly and opened 30 retail stores between 2003 and 2004. But by 2005, the business had collapsed, and they closed their doors with a fire sale of 35,000 pairs of Virgin-branded bras and G-Strings.

You'd think he learned his lesson about the fashion industry,

254. but that didn't stop him from starting up Virgin Clothing,

255. Virgin Cosmetics

256. and even Virgin brides. All failures.

Virgin Brides was a company that sold wedding dresses. Branson believes that, in his own words, "the company failed because of the name VIRGIN Brides." That says it all really.

A few more of VIRGIN'S many failures include

257. VIRGIN Pulse

258. and Virgin Digital who were their answer to the Apple iPod and iTunes,

259. VIRGIN Vodka,

260. VIRGIN Wines

261. and even VIRGIN's very own Social Media platform called VIRGIN Student, which was around well before the days of Facebook, Instagram and TikTok.

As you can see, the story of Virgin has been bombarded with adversity – but instead of looking at those adversities as failures they have embraced them, learned from them, and turned them into opportunities to learn and grow.

Remember, no one ever succeeded by staying down. You need to get back up just one more time... every time, and this is my friends is how we overcome adversity! Next time you get knocked down, I dare you to get back up... just one more time!

262. **Now, after hearing these three stories, did you see any similarities between them, and if so, what were they? Write down at least 3 similarities in your workbook.**

263. **After that, I want you to put yourself in the shoes of all 3 people and tell me what you think they were feeling at their lowest point and whether you think they ever doubted themselves. I'd like you to give one example from each. In your workbook, there is a recap to remind you of their stories.**

264. **Then, think about all three stories and tell me which adversity would have been the hardest to overcome and why.**

265. **And finally, given the life expectancy is over 80 years old, how important do you think your accomplishments are, at the age you are now, and will they determine the person that you will grow up to be? Write down your answer in your workbook and explain why.**

That's it for this lesson, I'll see next time where we'll be wrapping it all up.

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# Lesson 5 – DISCUSSION

266. Welcome to the final lesson, I hope that you've learnt a lot about overcoming adversity and you'll be able to use some of the things I've spoken about next time you're faced with a challenge. In this lesson, you won't hear much from me as you will be discussing what you've learnt with your class.

## **(THINK-PAIR-SHARE)**

267. The first task I have for you is a think-pair-share task.

268. Spend some time thinking about and on reflecting on what you've learnt in this program,

269. with a partner, and tell me 3 or more key things that have stood out for you, and why?

270. I'd like some people to share what stood out for them, with the rest of class.

Next you'll be coming up with a plan that you can use when you're faced with next adversity.

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271. The next task I have for you is to look at everything you've learnt in this program and write a 4-step plan that you can follow, next time you're facing adversity. I want to know what each step is and *how* it will help you to overcome adversity.

272. I would then like you to have a class discussion about this where some people can choose to share their steps.

273. Before you start writing, the teacher will share a story about when they faced adversity, and how they were able to overcome it.

Next is the final video and I'll kindly ask for some feedback.

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274. Sometimes, the only way people know how to overcome adversity is through time. The tools I've shared with you in this program are a way to speed up time, but sometimes it's only time that can heal the wounds of the past.

275. The tattoo on my arm says, "all in good time", every time I look at it, it reminds me to be patient.

276. Before we finish up, I would like you to spend 15 minutes filling out a feedback form about the program, to let us know how we can improve it. The feedback form is on the last page of your workbook.

277. I'd like to thank you all for joining me for this workshop, I really hope that I've been able to inspire you to overcome your next challenge and you've enjoyed it. I've given you some tools to help you overcome adversity and bounce back from the difficulties life throws at you, but these tools are limited. They can't implement themselves.

This is where you come into it. It starts with you changing the perception that you have of yourself and your abilities. How we look at our lives has a big influence on who we become. We will never overcome adversity if we see ourselves as someone who can't.

With every challenge we face in life, the first thing we need to do is believe that we can overcome it. Before we even lift a finger, we need to tell ourselves that we can do it. The more we say it, the more we'll believe it, the more we believe it, the sooner it will become true.

There's a saying that I really like in life and that is:

278. "Fake it til ya make it." This has nothing to do with telling lies and not being truthful, really, it's all about confidence. If I tell myself that I won't achieve something, the fact is I know I won't achieve it. I need to convince myself that it's possible (even if I know there's a chance that I won't make it). The more I tell myself I can do it, the more I will believe it and once I have convinced myself, I then have a so much motivation to achieve it. FAKE IT TIL YA MAKE IT, this saying goes a very long way.

279. I'd like to finish the program with a final quote, that goes like this, "GETTING KNOCK DOWN IS AN ACCIDENT BUT GETTING BACK UP IS A CHOICE."

Thank you all for participating in this program and best of luck for your next challenge in life.

280. Before I say goodbye, I welcome you to send me a message social media to let me know how you enjoyed the program. I'm always happy to answer questions and chat to anyone. You can find me by searching for THE INJURED BRAIN. Take care.