Up and In, Because
Down and Out Is NO
Place to Stay

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Based on “Up and In” by, Steve Kubicek

Up and In…

• Everyone experiences some level of hardship, failure, and rejection
• Each of us knows the pain of misfortune and guilt
• The costs of depression among U.S. workers is enormous:

$210 Billion/year

“Failure is an event, not a person. Yesterday ended last night.”

Zig Ziglar, Dallas, TX (by way of Yazoo City, Mississippi)

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Our past is a classroom, and failure is our master teacher. Mistakes in life are character-building moments and should be used as boundaries for our future.

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Mufasa to Simbah

Remember who you are...you are more than what you have become.
Every pro was once a rookie – every champion started as a beginner.

Ordinary empowered with encouragement = extraordinary

You are more than you think.

“Like lemonade for the soul,” encouragement spurs on the downtrodden and heavy-burdened like a cool, refreshing drink can restore a weary laborer on a sunny day.

Encouragement Matters
“Be encouraged; victory lies on the other side of winter.”

General George Washington, at Valley Forge

Washington’s army won the most important battle of the War for Independence at Valley Forge by defeating hunger, frostbite, sickness, disunity and despair.

We all seem to have two things in common: our need to be well nourished with encouragement and our complacency in not feeding the mind and soul.

Each of us grows stronger through the agent of resistance – we learn... from our struggles.
“Today I will begin the process of changing where I am – mentally, physically, spiritually, emotionally, and financially – by changing the way I think. My thoughts will be constructive, never destructive. My mind will live in the solution of the future. It will not dwell in the problems of the past.”

Excerpt from *The Traveler's Gift* by ANDY ANDREWS

Emotions are a choice.

If your spirit is down, and you are struggling to continue:
-- adjust your attitude and outlook
-- put energy back in your step
-- change your appreciation for the moment

“An anxious heart weighs a man down, but a kind word cheers him up.” (ancient Hebrew proverb)

Emotions are a choice.
‘One ship drives east and another drives west with the selfsame winds that blow. ‘Tis the set of sails and not the gales which tells us the way to go.’

-- Ella Wheeler Wilcox

Emotions are a choice.

Attitude, behavior, and self-image all reflect internal thoughts.

- Think about catching poison ivy. The rash is the symptom. The real problem is the poison ivy vine.
- You reflect what you internalize. Your thought pattern sets the stage for emotions.
- Unhealthy thinking triggers depressed feelings.
- You can turn down and out into up and in by changing your thought patterns.
Successes, hardships, mistakes, and failures all serve as resources for the future.

All of life counts.

“The sooner we learn to use the prerequisite of change as a positive step forward, the more rapidly we rise to higher altitudes of living.”

All of life counts.
A key to unlocking your potential is the wisdom that: ALL OF LIFE COUNTS!

“The past is the preparation ground in which the seed of opportunity germinates and grows into a new harvest for our lives.”