

## 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...

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- 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**

(Paul Greenberg, "Scientific American", February 2015)

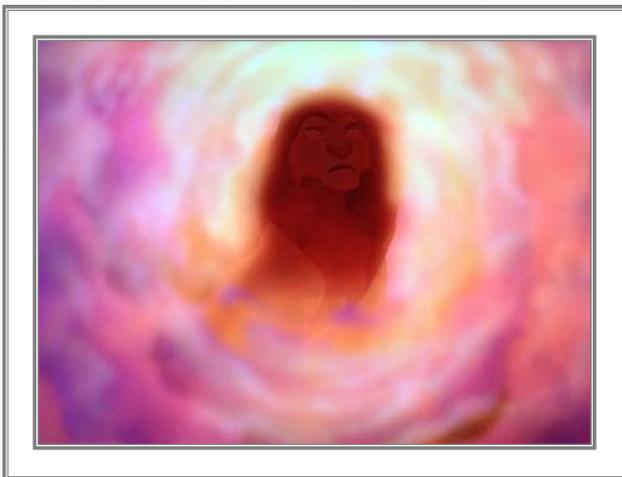
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*Failure is an event, not a  
person.  
Yesterday ended last night.* ”

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.*



Mufasa to  
Simbah

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*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*

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*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.*

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*Encouragement Matters*

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***Be encouraged;  
victory lies  
on the other side of winter.*** ”

*General George Washington, at Valley Forge*

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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.***

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Each of us grows stronger through the agent of resistance – we learn...  
from our struggles.

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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

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**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
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“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.”*

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-- Ella Wheeler Wilcox

**Emotions are a choice.**

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

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- 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.*

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**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.”*

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**All of life counts.**

*A key to unlocking your potential is the wisdom that: **ALL OF LIFE COUNTS!***

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