How To Find Resilience In The Face Of Adversity with Rodney Flowers

with Rodney Flowers · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Rodney Flowers was 15 when a tackle in the first game of his sophomore football season left him with a spinal cord injury and unable to move from the neck down.

- [ ] Write down the challenge you're facing, then ask "what if" questions until you reach a goal bigger than the problem.
- [ ] Pick one small step toward that goal and commit to it every day.
- [ ] Ask yourself how the challenge could be happening for you instead of to you.
- [ ] Step back from the destination you had in mind and look for the creative opportunity in the change.
- [ ] When you want to quit, ask how the way you're feeling and acting is serving you and where you want to go.
- [ ] List what is in your outer world that you can't control, and what is in your inner world that you can.
- [ ] Ask yourself who you are being in your challenge.
- [ ] Build a morning routine with quiet time to fill yourself up before you start giving to others.
- [ ] Lean on the people who expect the best of you.

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