How I overcame unlikely adversity and I can show you the same with Dwayne Morton

with Dwayne Morton · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Former international basketball player Dwayne Morton lived for 18 years with a rare blood cancer diagnosis that, in March 2024, he learned was wrong; what he has is severe sleep apnea.

- [ ] Start each morning by naming something you're grateful for before you get out of bed.
- [ ] Stretch in bed as a first act of self-care.
- [ ] Move at some point every day, even a little, and celebrate it.
- [ ] Remind yourself that other people didn't get to wake up today.
- [ ] Pick the direction you're heading and stop staring at the destination.
- [ ] Glance back at the past, but don't run looking backwards.
- [ ] Watch for potholes like unexpected bills and plan how you'll swerve around them.
- [ ] Automate your social media posting so you can spend that time building relationships.
- [ ] When you quit something, write down the lesson so you don't repeat it.
- [ ] Download Dwayne's Daily Plan of Attack from showup2win.com.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/how-to-overcome-adversity-dwayne-morton/
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