ENTREPRENEURIAL RESILIENCE HANDLING THE TOUGH TIMES AND SURVIVING

ENTREPRENEURSHIP IS ONE OF THE TOUGHEST, OFTEN MOST LONELIEST, JOBS OUT THERE.

ANGER, STRESS, FRUSTRATION, JEALOUSY, COMPETITION, CONFLICT, LOSS, INSECURITY, CRITICISM, FAILURE, FEAR, BREAKUPS, DIVORCE, FAMILY PROBLEMS, LONELINESS, DEPRESSION, MONEY PROBLEMS, BURNOUT

RESILIENCE: "THE CAPACITY TO RECOVER QUICKLY FROM DIFFICULTIES; TOUGHNESS"

TO RIDE WITH THE ROLLER COASTER, NOT THROW UP (TOO MUCH), BUT TO KEEP GOING

TWO BIGGEST HEARTACHES & HEARTBURNS: MONEY AND PEOPLE

HOW I PREPARE, PROTECT, MANAGE, ELIMINIATE/MINIMIZE ADVERSITY ... COPE AND REBOUND FROM IT

YOU'RE NOT ALONE. SAME PROBLEMS, DIFFERENT NAMES.

1. MONEY SALES, CASHFLOW, PROFIT, TAXES

"WHEN IT RAINS IN OKLAHOMA, IT'S GOING TO BE A BAD SALES DAY, GLOBALLY"

HIRING 5 PEOPLE, STARTING A NONPROFIT ALL IN OUR LOW TIDE SEASON

2016, GO HOME, YOU'RE DRUNK.

IT'S ONLY FAILURE IF YOU DON'T LEARN AND GROW

"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT."

-PETER DRUCKER

MY WORTH & VALUE WILL NOT BE DEFINED BY DOLLARS

2. PEOPLE

GETTING HACKED

A CRISIS CAN EITHER BUILD OR BREAK YOU

BEING OPEN & HONEST

FIRING PEOPLE

SAYING GOODBYE FREES THEM UP TO FIND WHERE THEY ARE SUPPOSED TO BE

BOUNDARIES IS ABOUT WHAT WILL YOU ALLOW IN AND TOLERATE IN YOUR LIFE

TWO KEYS THAT GET ME THROUGH THE TOUGH TIMES:

MY ATTITUDE & MINDSET AND MY LIFE SUPPORT TEAM

1. MY ATTITUDE & MINDSET

WHAT CAN I DO & CONTROL

HOW I TELL MY STORIES MATTERS

HOW CAN I LEARN & GROW

FINDING MEANING IN ADVERSITY & SUFFERING

PATIENT PERSEVERANCE

2. MY LIFE SUPPORT TEAM

WHEN EVERYTHING IN YOUR WORLD GETS TURNED UPSIDE DOWN, WHO WILL YOU NEED

THE PEOPLE WHO RUSH <u>IN</u>, WHILE EVERYONE ELSE RUNS <u>OUT</u>

MY FIRST LADY

AKA MY SIGNIFICANT OTHER

MY FIRST & MOST ESSENTIAL PARTNER

MY COUNSELOR

MY ENTREPRENEUR GROUPS

GROUP OF LIKE-MINDED PEOPLE ON A SIMILAR PATH MEETING REGULARLY TO SHARE LIFE TOGETHER

ABSOLUTELY ESSENTIAL TO MY HEALTH & HAPPINESS

YOU'RE NOT ALONE, SO DON'T GO IT ALONE.

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