



## GETTING STARTED

Introduction  
About Beasts  
The Courage Factor

### 1. YOUR DECISIONS

Introduction  
Decide to Stand Up & Fight  
Time is Precious  
Life's Roller Coasters  
Standing for Someone  
Fighting the Right Battle  
From Excuses to Reasons  
The Pain of Regret  
Your Pivotal Decision  
The Decisions Cycle  
Stay in the Ring Until the Final Round

### 2. YOUR ATTITUDE

Introduction  
Attitude is Your Battle Changer  
The Pity Party  
Leaving Victimland  
Words Have Power  
Disrupting Negativity  
Negative Crap List  
Your Self-Talk  
Speaking Over Others  
If You Can't Say Something Positive



### **3. YOUR STORY**

Introduction  
Believe Change is Possible  
Disrupt Self-Defeat  
Recognize the Value of Your Story  
Commit to Change  
Stand On Your Story  
Own Your Power  
Goodby Beast

### **4. YOUR RELEASE**

Introduction  
The Illusion of Control  
What About Feelings?  
Leaving the Past Behind  
The "F" Word  
Get Off Your Soapbox  
"Some Things Don't Make Sense" File

### **5. YOUR SPIRITUAL ARMOR**

Introduction  
Faith  
Overcoming Fear  
Developing Patience  
The Quest for Peace  
Gratitude



## 6. YOUR CIRCLE OF STRENGTH

Introduction  
The Inner Circle  
The Ring of Courage  
The Ring of Influence  
The Ring of Fire  
Circle Placement  
Managing Expectations  
Changes to the Circle

## 7. YOUR FOCUS

Introduction  
Out of Focus  
You Own the Theater  
Comparison: The Thief of Joy  
Comparison Fast  
The Forgotten Wall  
Focus Board  
Distractions



## 8. YOUR OXYGEN MASK

Introduction

Permission to Matter

Taking Off the Super \_\_\_\_\_ Cape

Sleep

The Great Outdoors

Work It, Baby, Work It

Stress

Laughter is the Best Medicine

## 9. YOUR LEGACY

Introduction

Your Dash

Begin With the End in Mind

The Present Benefits of Giving

You Don't Have to Be Mother Teresa

People Are Watching You

Everything Can Be Used For Good

Your Piece of the World's Puzzle

Warriors in Hope Award

Well Done

## STAYING THE COURSE

Closing thoughts and pointers to help you stay on track.