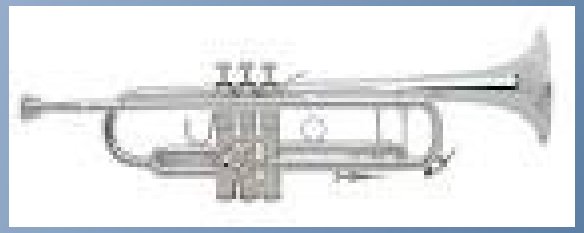
Overcoming Challenges

Mr. Adam's Philosophy when dealing with –

ADVERSITY



Greg Wing
Professor of Music
Morehead State University
Student of Mr. Adam since 1973

Mr. Adam’s teaching was unique

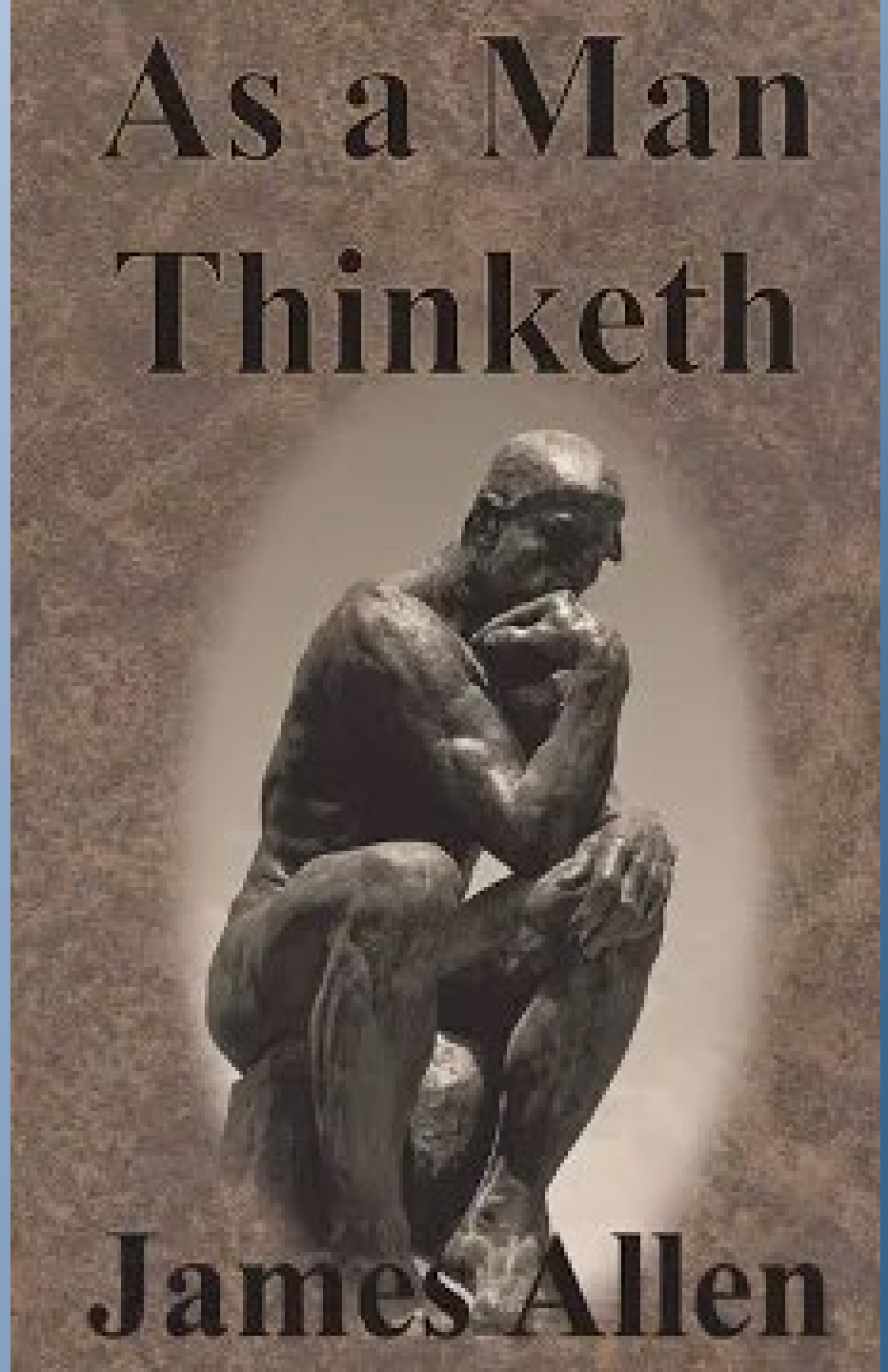
Mr. Adam’s teaching was informational

PSYCHO-CYBERNETICS

JOIN THE MILLIONS WHO ARE ADDING MORE YEARS TO LIFE—AND MORE LIFE TO THEIR YEARS—WITH THE REMARKABLE DISCOVERIES IN THIS BOOK!

MAXWELL MALTZ, M.D., F.I.C.S.

A RENOWNED DOCTOR'S SIMPLE, SCIENTIFIC AND REVOLUTIONARY PROGRAM FOR HEALTH AND SUCCESS


As a Man
Thinketh
James Allen

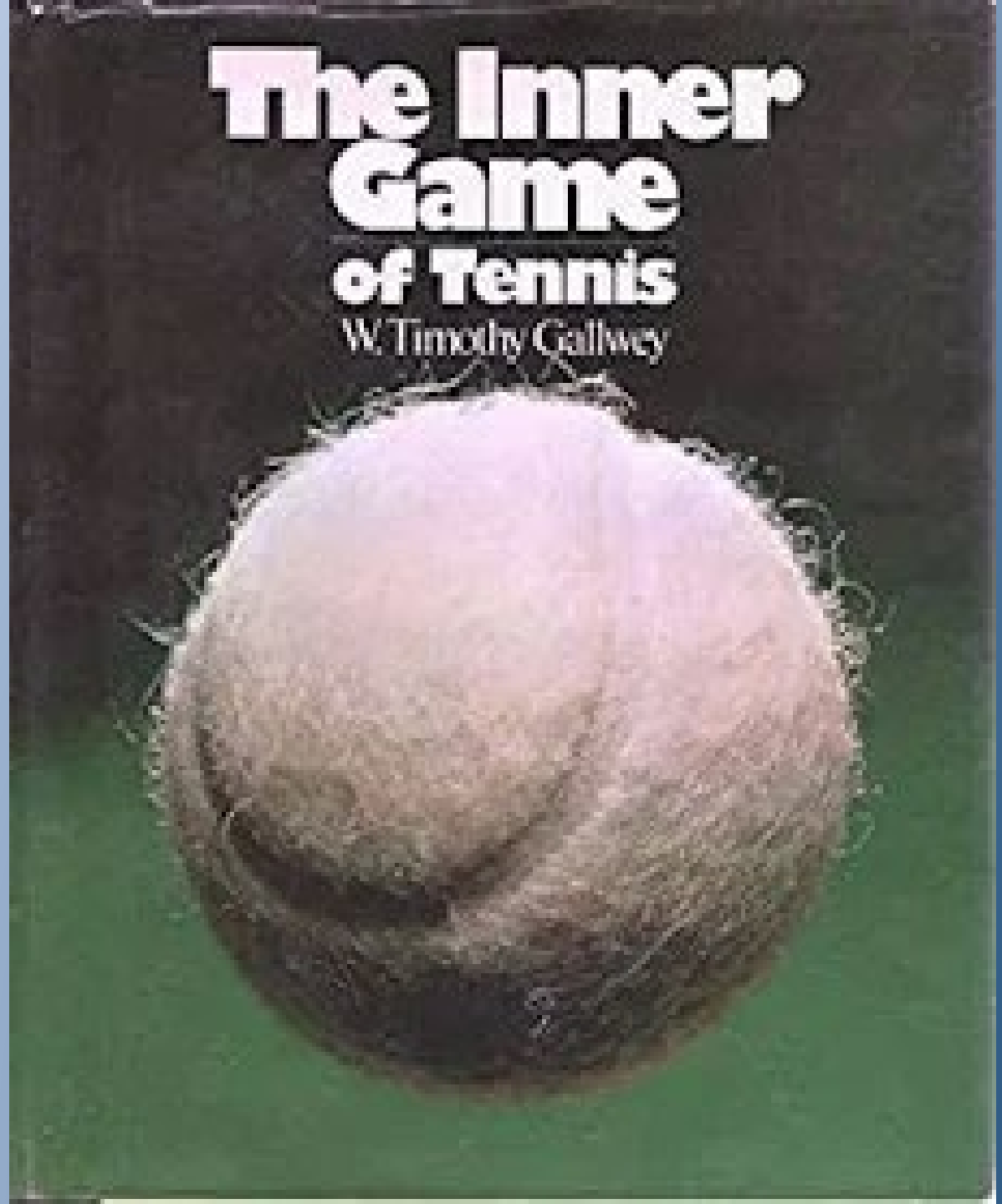
From “As A Man Thinkith” – James Allen

Thought and Character

The aphorism, "As a man thinketh in his heart so is he," not only embraces the whole of a man's being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally *what he thinks,* his character being the complete sum of all his thoughts.

Thought in the mind hath made us. What we are
By thought we wrought and built. If a man's mind
Hath evil thoughts, pain comes on him as comes
The wheel the ox behind . . . If one endure
In purity of thought, joy follows him
As his own shadow - sure.

Man is made or unmade by himself; in the armory of thought he forges the weapons by which he destroys himself; he also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace. By the right choice and true application of thought, man ascends to the Divine Perfection; by the abuse and wrong application of thought, he descends below the level of the beast. Between these two extremes are all the grades of character, and man is their maker and master.


The Inner Game of Tennis
W. Timothy Gallwey

Mr. Adam’s teaching was motivational

If

BY RUDYARD KIPLING

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

PROMISE YOURSELF

Promise yourself to be so strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person you meet. To make all your friends feel that there is something in them. To look at the sunny side of everything and make your optimism come true. To think only of the best, to work only for the best and expect only the best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future. To wear a cheerful countenance at all times and give every living creature you meet a smile. To give so much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble. To think well of yourself and to proclaim this fact to the world not in loud words, but great deeds. To live in faith that the world is on your side so long as you are true to the best that is in you.

- Christian D. Larson

Mr. Adam’s teaching was filled with conviction and passion

Mr. Adam’s teaching had a specific purpose

Overcoming and potentially thriving from adversity isn't out of reach for anyone. It can help us become stronger and more resilient in the process.

Adversity is a hardship, problematic situation, or misfortune. It can occur to anyone, no matter who they are or what path they choose in life.

Adversity can be short term and limited or it can be more complex and long term.

Getting through adversity isn’t always a simple task. The right mindset and attitude can help, but may require trying different approaches to find the best solution.

Here are 8 points how to overcome adversity intertwined with Mr. Adam’s philosophy.

1. Stop making excuses

Excuses allow you to shift blame and deny your own role in your current situation.

While you may have no control over certain events, how you respond can help influence your outcome.

2. Change your focus

Focusing too much on the negative can lead to a psychological phenomenon known as a self-fulfilling prophecy.

Visualization, positive self-talk, mindfulness meditation, and other strategies may help you to change your perception from negative to positive.

3. Write down your feelings on paper

Writing down your feelings may give you much needed clarity and surety and provide a therapeutic path through the woods…..

4. Block out the bad noise

Everyone has opinions, and not all are helpful or constructive. Some can even bring you down and make it easier to engage in self-doubt.

Block out all the negativity.

5. Celebrate your accomplishments and let each success energize you.

Whether big or small, take some time to acknowledge your accomplishments as they happen. In doing so, you can see how far you've come and help build up your self-confidence and self-esteem so you can get past whatever adversity you're currently facing.

6. Surround yourself with positive people

Positive people and those with good mindsets can help energize you. People who will praise or positively respond to your goals, ambitions, and choices can help give you the confidence to keep going.

7. Use your sense of humor and have faith

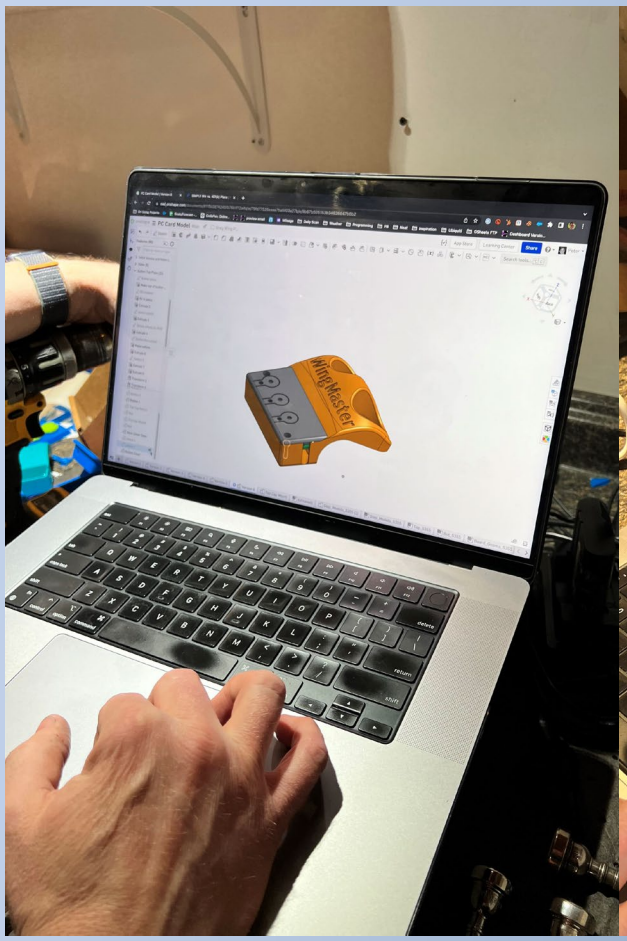
Sometimes you just need to laugh! As your going through a tough period, have faith that these tough times will not last forever.

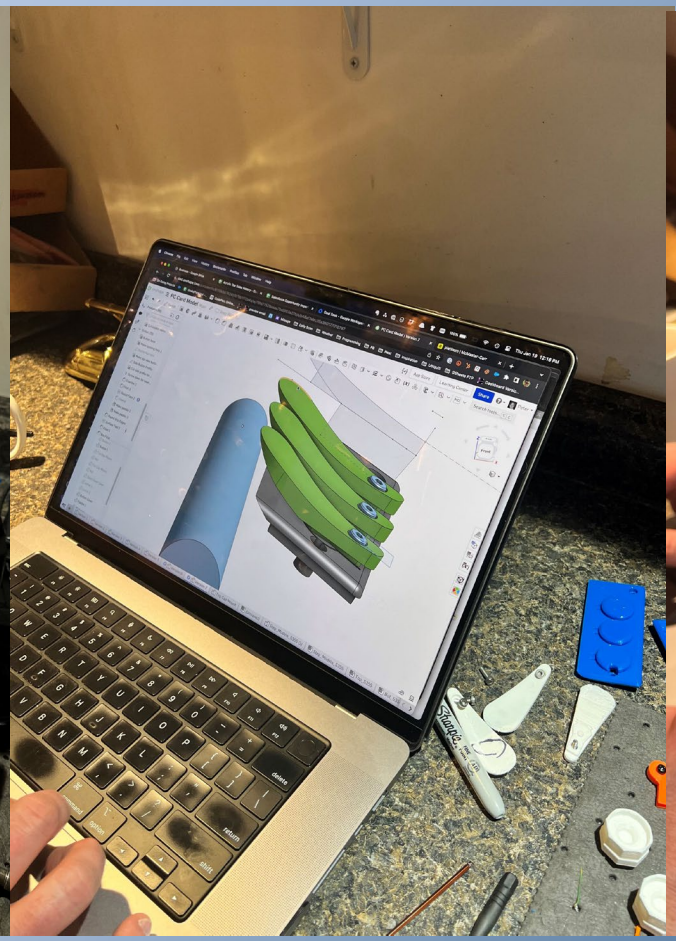
8. Never, never, never,

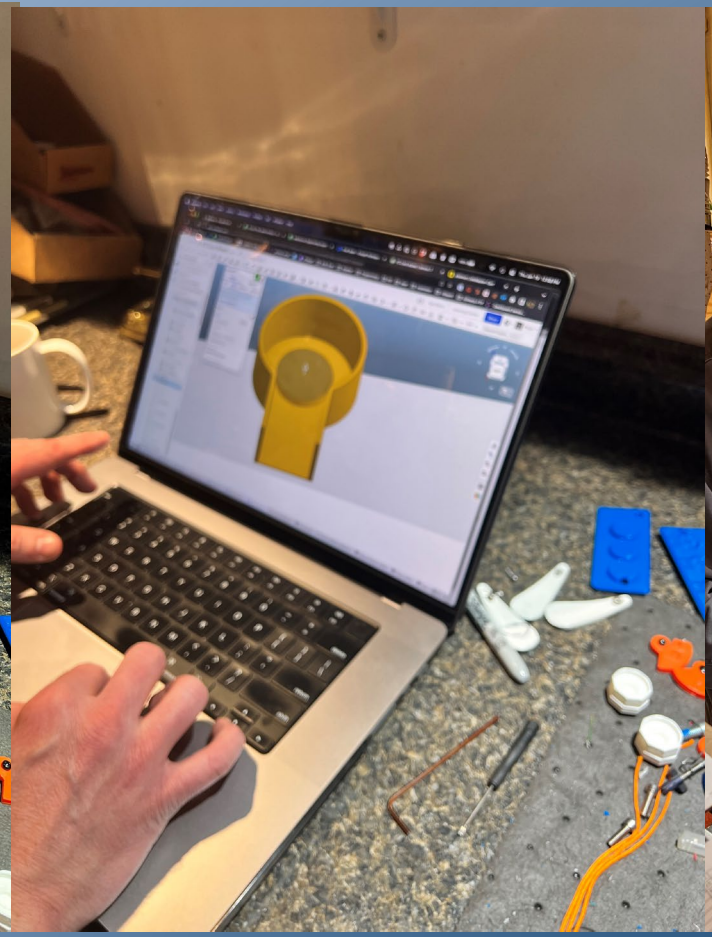
What are the benefits of having adversities in your life?

Adversity can challenge you. While it's certainly not ideal, it can help you to learn perseverance and how to stay positive in bad situations. It can also help you learn to cope with uncomfortable situations.

The development of *The WingMaster* ©
- Peter Pickett







WingMaster

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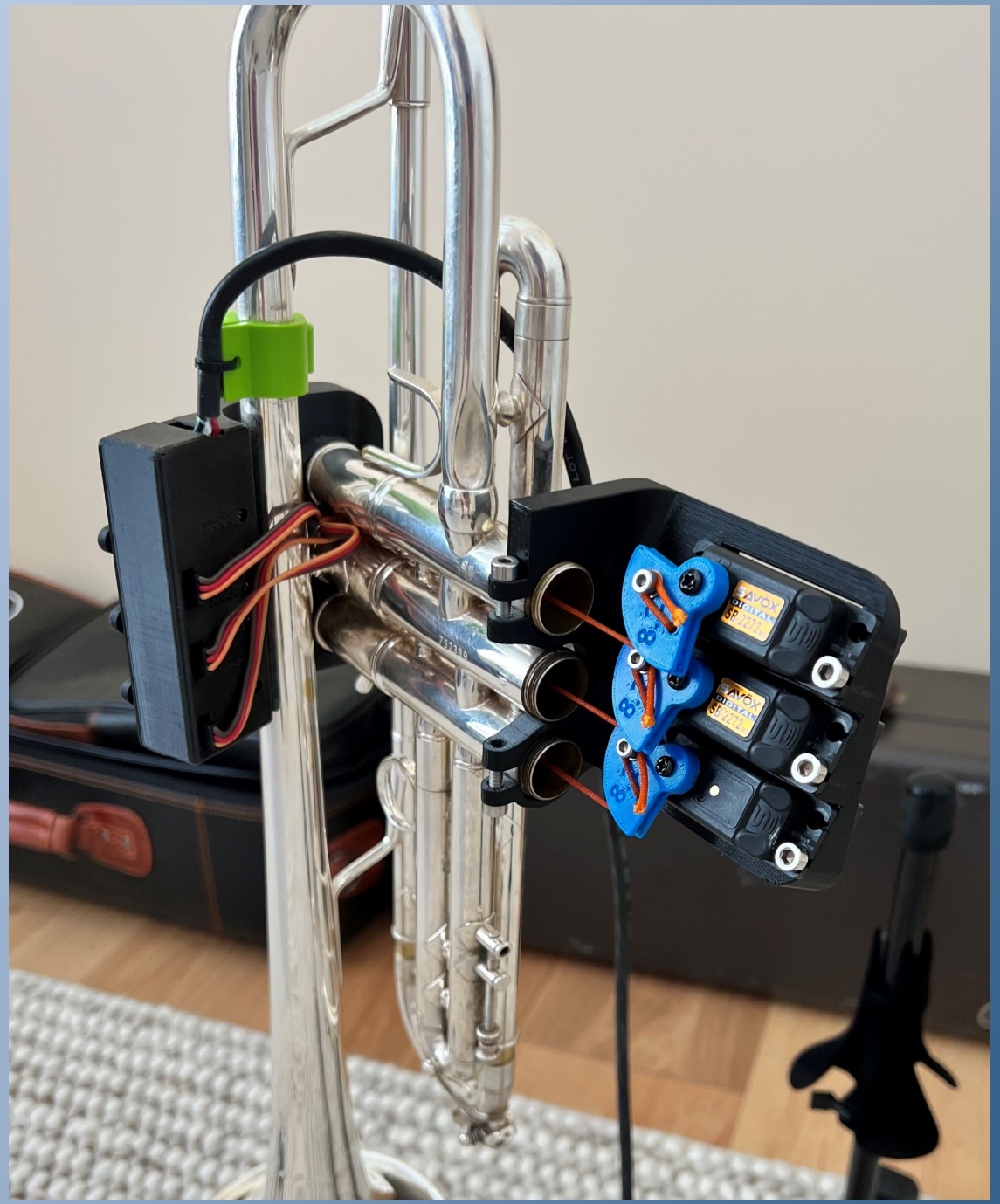
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The path of overcoming adversity or the path of success.

1. Hard Work

Don’t believe in luck. Believe in hard work. The harder I work, the luckier I get.

2. Patience

If you are losing the patience, you are losing the battle.

3. Sacrifice

If you don’t sacrifice for what you want, the what you want becomes the sacrifice.

4. Consistency

Consistency is what transforms average into excellence.

5. Discipline

Motivation gets you going, but discipline keeps you growing.

6. Self Confidence

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself.

50 points of advice from an 80 year old:

1. Have a firm handshake
2. Look people in the eye
3. Sing in the shower
4. Own a great stereo system
5. If in a fight, hit first and hit hard
6. Keep secrets
7. Never give up on anybody. Miracles happen every day. (See no.17)
8. Always accept an outstretched hand
9. Be brave. Even if you're not, pretend to be. No one can tell the difference.
10. Whistle

11. Avoid sarcastic remarks

12. Choose your life's mate carefully. From this one decision will come 90 per cent of all your happiness or misery.

13. Make it a habit to do nice things for people who will never find out

14. Lend only those books you never care to see again

15. Never deprive someone of hope; it might be all that they have

16. When playing games with children, let them win

17. Give people a second chance, but not a third

17. Give people a second chance, but not a third

18. Be romantic

19. Become the most positive and enthusiastic person you know

20. Loosen up. Relax. Except for rare life-and-death matters, nothing is as important as it first seems.

21. Don’t allow the phone to interrupt important moments. It’s there for our convenience, not the caller’s

22. Be a good loser

23. Be a good winner

24. Think twice before burdening a friend with a secret

25. When someone hugs you, let them be the first to let go

26. Be modest. A lot was accomplished before you were born.

27. Keep it simple

28. Beware of the person who has nothing to lose

29. Don’t burn bridges. You’ll be surprised how many times you have to cross the same river.

30. Live your life so that your epitaph could read, “No Regrets”

31. Be bold and courageous. When you look back on life, you'll regret the things you didn't do more than the ones you did.

32. Never waste an opportunity to tell someone you love them

33. Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.

34. Take charge of your attitude. Don't let someone else choose it for you.

35. Visit friends and relatives when they are in hospital; you need only stay a few minutes

36. Begin each day with some of your favorite music

37. Once in a while, take the scenic route

38. Send a lot of Valentine cards. Sign them, 'Someone who thinks you're terrific.'

39. Answer the phone with enthusiasm and energy in your voice.

40. Keep a note pad and pencil on your bed-side table. Million-dollar ideas sometimes strike at 3 a.m.

41. Show respect for everyone who works for a living, regardless of how trivial their job

42. Send your loved ones flowers. Think of a reason later.

43. Make someone's day by paying the toll for the person in the car behind you

44. Become someone's hero

45. Marry only for love

46. Count your blessings

47. Compliment the meal when you're a guest in someone's home

48. Wave at the children on a school bus

49. Remember that 80 percent of the success in any job is based on your ability to deal with people.

50. Don't expect life to be fair.

It has been an honor to share my personal story with you today. As usual, I want to leave you with my definition of success:

Success is a continuous journey towards the achievement of predetermined, worthwhile goals.

Happy trumpeting! ☺