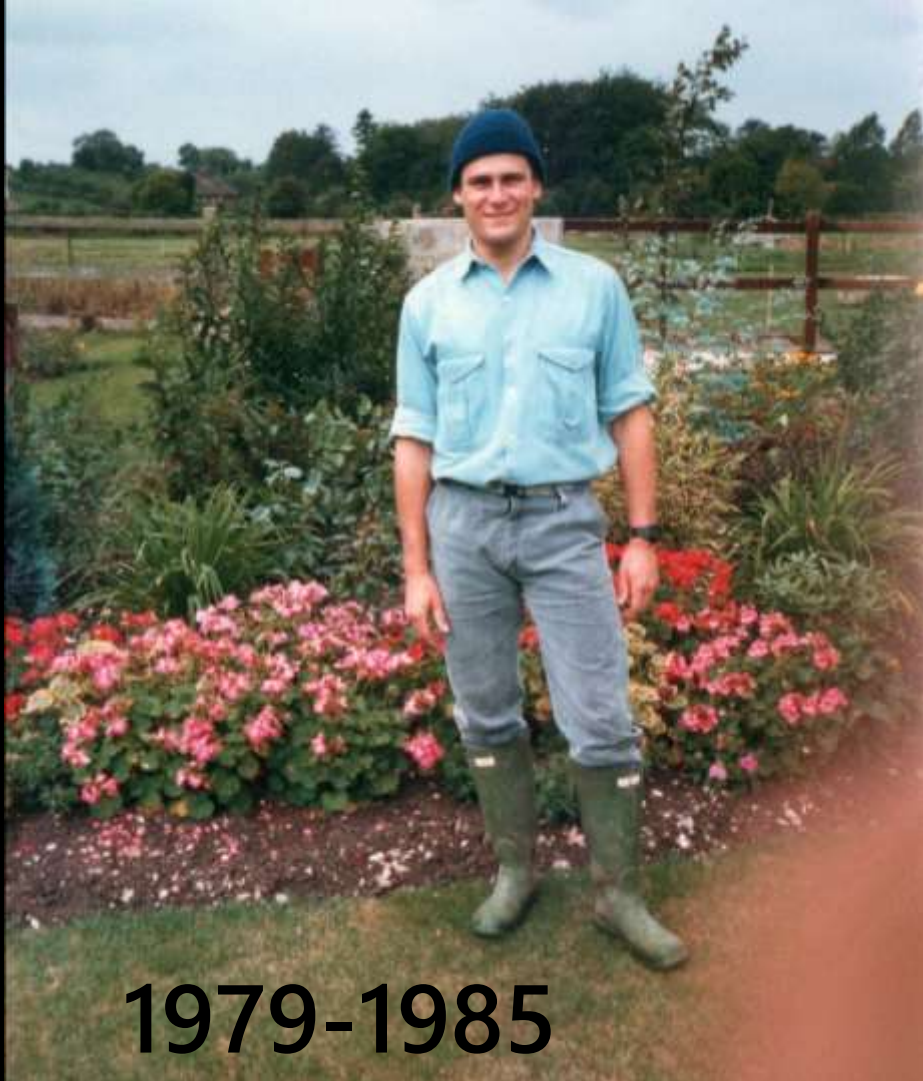


# ***Unleash Your True Potential***

@ChrisMoonMTB

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1979-1985

1986-1992





1992-94 Cambodia  
1995----Mozambique





**1993 Taken Prisoner Khmer Rouge Rebels Cambodia**

South Africa 1995





# London Marathon 1996





# World's First Amputee Ultra- Distance Athlete

**MDS  
1997**







Take it and make it...



# What's the point of life?

Find your reasons...





What I'm going to do to be more enthusiastic...



**Use the power of belief**



# How can I use the power of belief?





# Positive Personal 'pep' talk

I can do this  
I can do this  
I can do this  
one step  
one step  
one step  
one step



# Things I can do to be more healthy...







Never assume the role of victim...

What I'm going to do to take more ownership...



**A thankful heart finds many blessings**

**All the things I have to be thankful for...**



...



**Things are constantly changing  
Keep up or get left behind...**





- Fear of the unknown
- Maybe worse off as a result of the change
- Out of comfort zone
- Requires effort and hard work
- Easier not to
- Can cause headaches
- We are creatures of habit
- Loss of territory or control
- Puts us in the spotlight
- Previous efforts may be wasted
- We don't like imposition or 'having to'
- What's in it for me?

***CHANGE  
CURVE***

**DENIAL**

**DISBELIEF**

**DEPRESSION**



**ASPIRATION**

**ACCEPTANCE**

**SHOCK**

**ANGER**



- Accept
  - Adapt
  - Act
- 



What I'm going to do to be more adaptable...





*The price of negativity is too high to pay...*





**Be realistic and understand**  
**Choose a positive perspective**  
**Choose a positive attitude**  
**Use imagination**



# **To Be Positive During Change**

- 1. Work out worst case scenario**
- 2. Be realistic- understand the reality**
- 3. Put a positive perspective on it**
- 4. Choose a positive attitude and use imagination for solutions**



What I'm going to do to be more positive and resilient...



**How can we help each other?**



**Ask for help and give it!**

*What got you here won't get you there?*

*What are you going to do  
differently?*

@ChrisMoonMTB

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