

TRAINING TO LIVE:

Pivoting with Purpose, Thriving Through Change

ERIN MARK

KEYNOTE SPEAKER • TEDx SPEAKER

18.

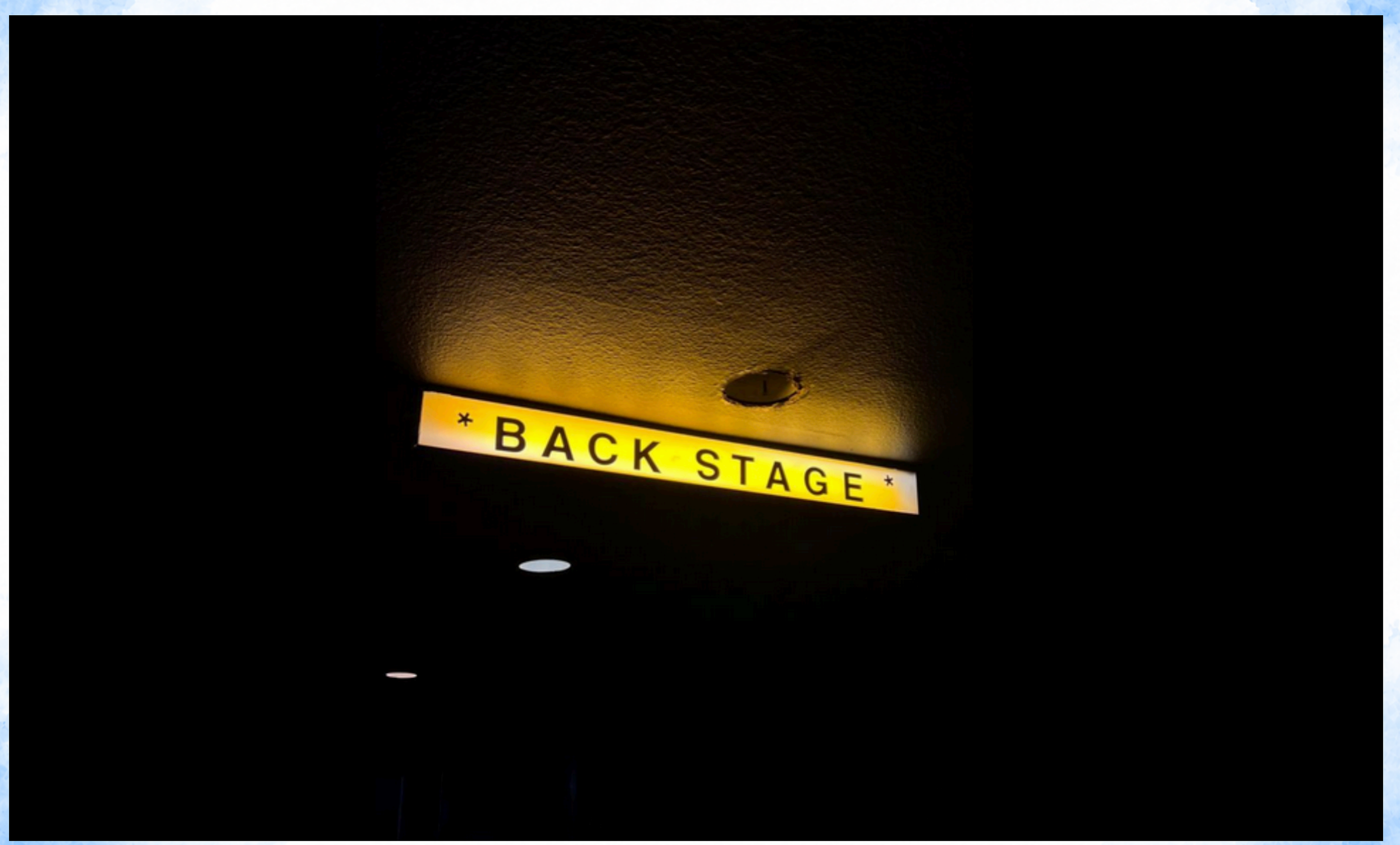
Make-A-Wish®





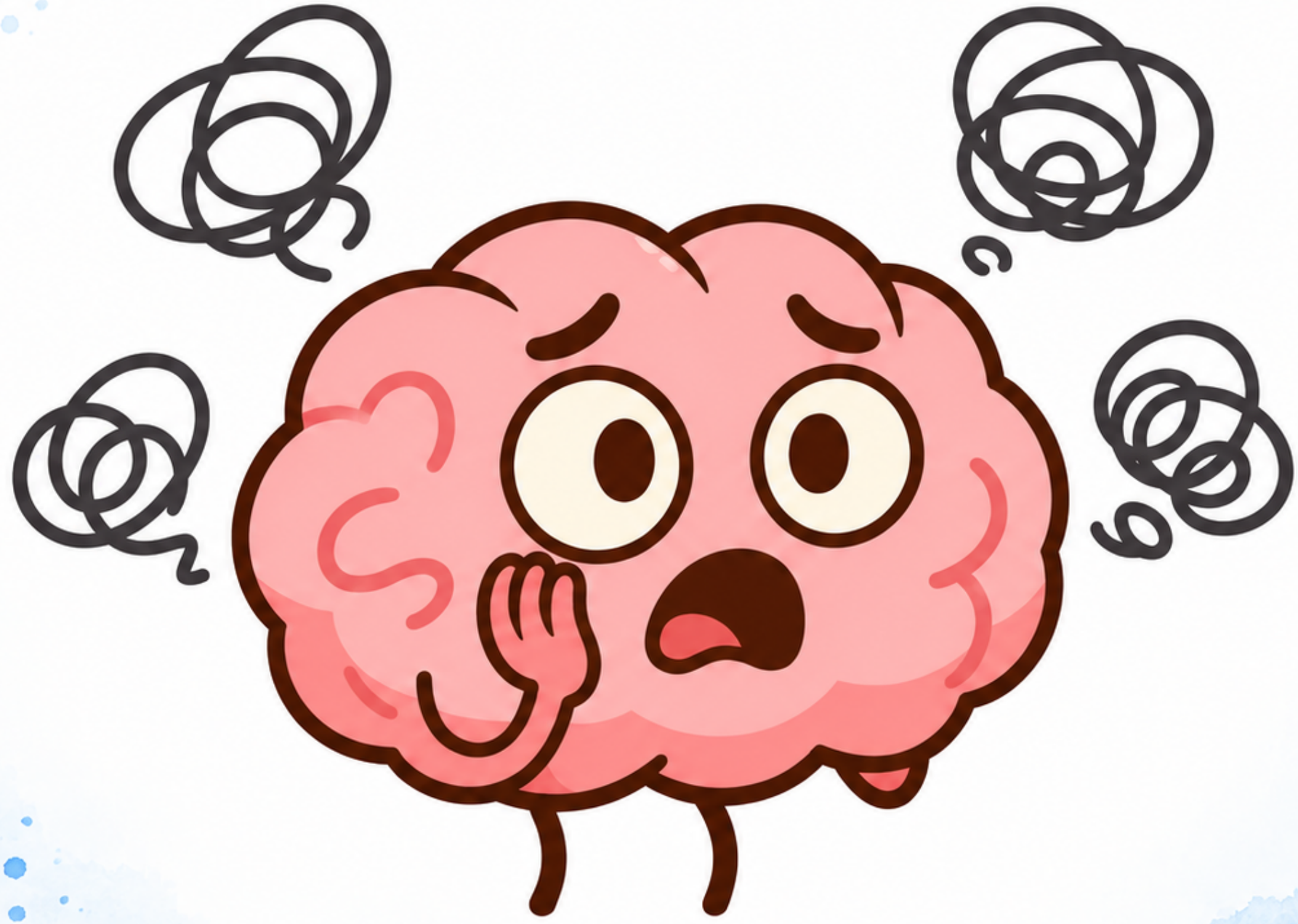

I'm a CF
WARRIOR
#RareDiseaseDay




* BACK STAGE *


TO OPEN: 1. LINE-UP ARROWS 2. PUSH-OFF CAP
NDC 50580-449-05
See New Warning
TYLENOL®
PM
Acetaminophen,
Diphenhydramine HCl
Pain Reliever, Nighttime Sleep-Aid
TYLENOL PM
*Actual Size
225 Caplets*

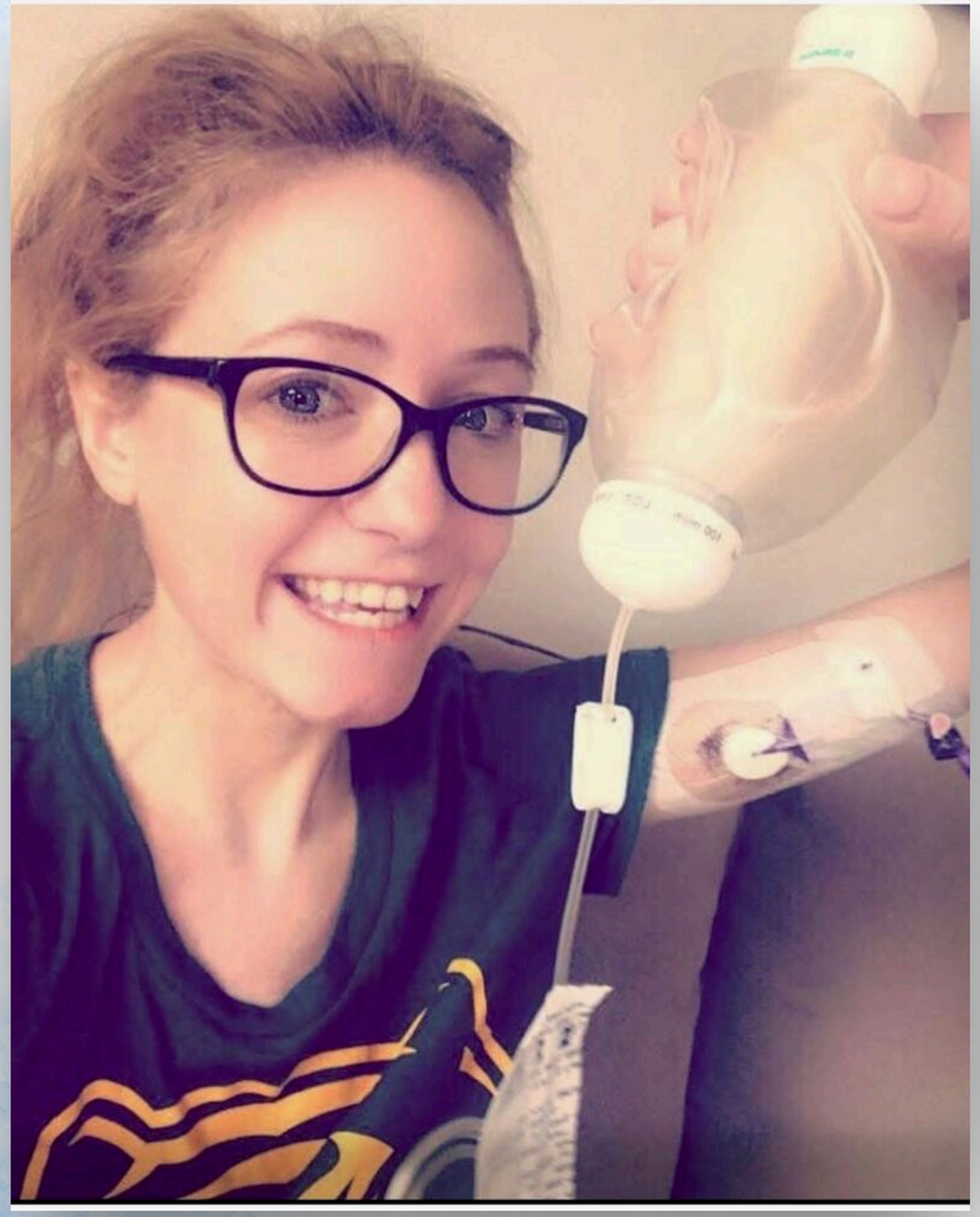

Tito's
Handmade
Vodka
Heineken
Corona
Extra



WHAT CAN I CONTROL RIGHT NOW?









Cystic Fibrosis Foundation statement on FDA approval of TRIKAFTA, the first triple combination therapy for the most common CF mutation

This medicine represents the single greatest therapeutic advancement in the history of CF, offering a treatment for the underlying cause of the disease that could eventually benefit more than 90 percent of people with CF.

Oct. 21, 2019 | 3 min read




MY BOSS WANTS
ME TO SIGN UP
FOR A 401K
NO WAY I'M
RUNNING THAT FAR
© 2021 SignPuns LLC

CALM

C **Control** what you can

A **Adapt**

L **Lean** on others

M **Move** forward

CONTROL WHAT YOU CAN

Can we talk?

You are not responsible for your first thought.



But you are responsible for your second.



STRONGEST THOUGHT





What do I
know to be true?



What am
I **assuming**?



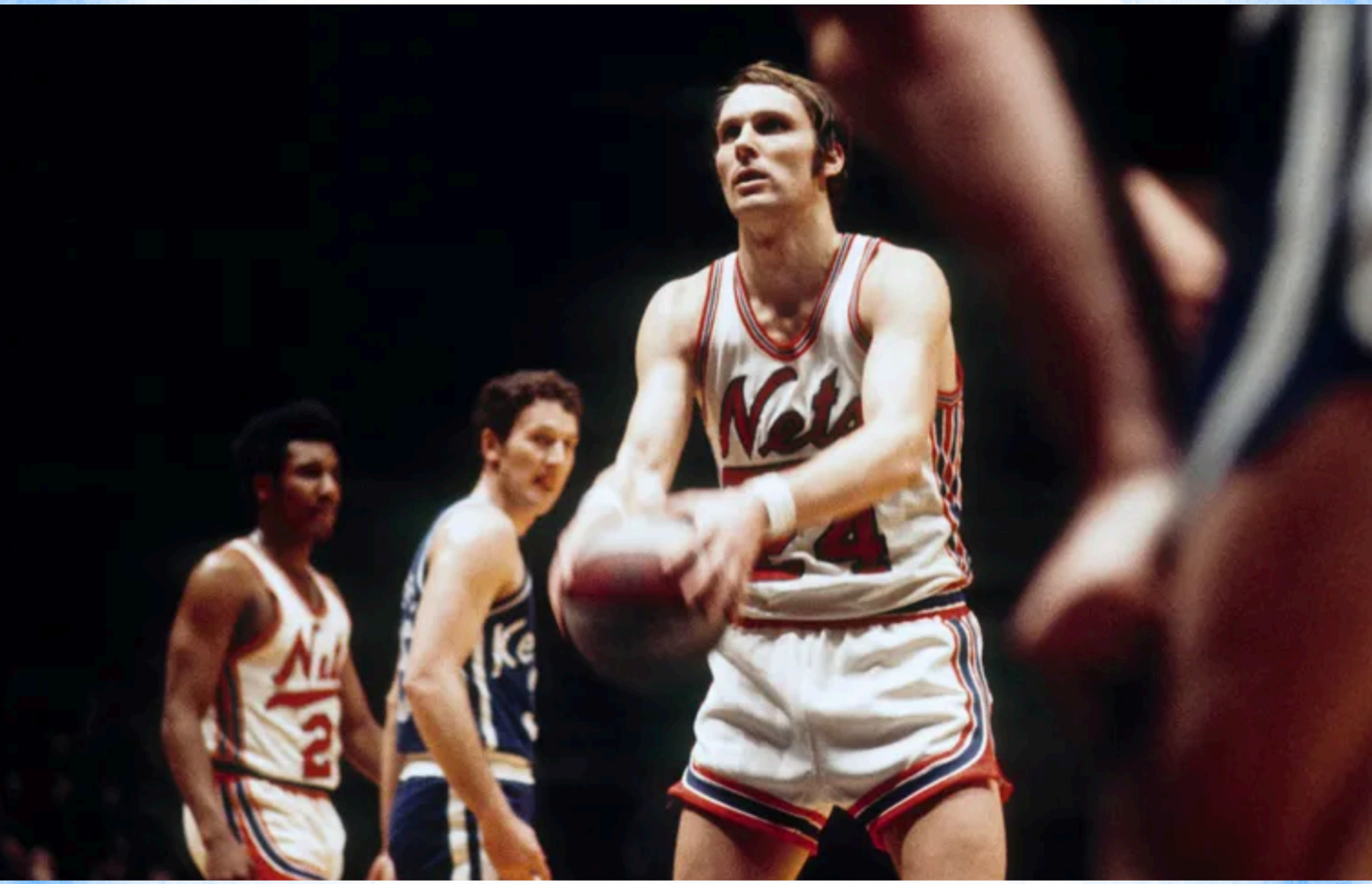
What needs
to **happen first** ...
and **what can wait**?

CONTROL WHAT YOU CAN

ADAPT






Nets
24

ADAPT

THINK OF ONE SPECIFIC CHALLENGE...

You had to navigate in the past.

ADAPTATION TAKES TIME

ADAPT

WHAT HAVEN'T I TRIED YET?

ADAPT

LEAN ON OTHERS




PELOTON

LEAN ON OTHERS

MOVE FORWARD

THINK OF

ONE SMALL WIN

YOU'VE HAD RECENTLY.

“WHAT’S ONE THING THAT MOVED US FORWARD SINCE WE LAST MET?”

MOVE FORWARD

YOU WOKE UP TODAY.

Cancel

Edit Alarm

Save

3	57	
4	58	
5	59	
6	00	AM
7	01	PM
8	02	
9	03	

Repeat Never >

Label You Woke Up Today

Sound Storytime >

Snooze

Alarms

Sleep | Wake Up

No Alarm

Tomorrow Morning

CHANGE

Other

6:00 AM

You Woke Up Today

YOU WOKE UP TODAY.

“You are enough.”

“I will beat cancer.”

“Your story isn’t over.”

“The world is better with you in it.”

“They’d want you to keep living.”

“Healing takes time.”

“You are loved.”

“Finish the book.”

“Start the business.”

“Run the marathon.”

“Buy the house.”

“Get the promotion.”

“Lose 50 pounds.”

“Pay off debt.”

“Make mom proud.”

“Do it for Julia and Brian.”

“Be more like Dad.”

“For Brady.”

“They’re counting on you.”

WHAT WILL YOUR ALARM BE?

THE CHALLENGE DOESN'T DEFINE YOU. YOUR RESPONSE DOES.

Thank You



Stay Connected

Erin Mark

Keynote Speaker | TEDx Speaker

erin@erinmark.com