

SMORE Class @ Calder 7-7-13

Living in Your Strengths

Eric Weihenmayer is the world's leading blind athlete and the only blind person in history to reach the Seven Summits, including Everest. Erik inspires millions of people each year through his climbing expeditions, nonprofit outreach, and keynote presentations. He is author of *Touch the Top of the World*, which was made into a TV movie, and subject of the award-winning documentary *Farther Than the Eye Can See*. Erik has been featured on the cover of Time and lives with his family in Golden, Colorado.

Excerpts from *The Adversity Advantage* by Paul G. Stoltz & Erik Weihenmayer.

"People with the highest AQ (Adversity Quotient) . . .use adversity. And in the process they unleash tremendous energy and innovation, and gain momentum."

"Potent reactions usually involve heat. That's why character is forged in the flames of adversity. Done right, suffering can fuel greatness."

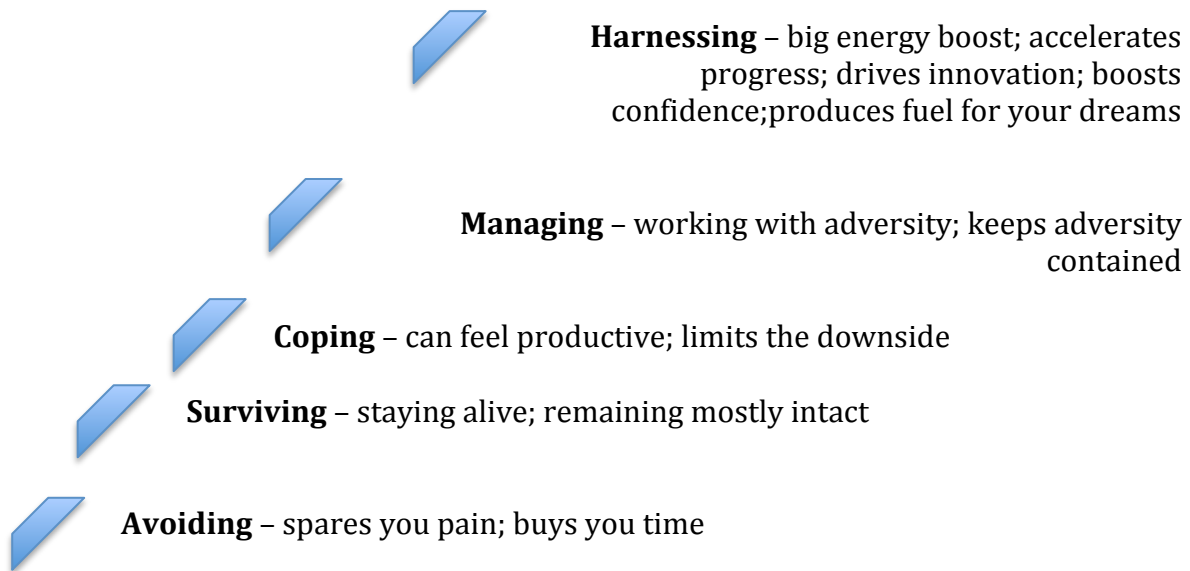
"Kites rise highest against the wind, not with it." – Sir Winston Churchill

"Adversity happens. It doesn't play favorites, and it comes in all shapes and sizes. And the natural response might be 'Take it away!' rather than 'Take it on!'" Stoltz

"Pain, fear, discomfort, and injustice are far more powerful motivators than their opposites." Stoltz

All of us are affected by adversity.

The Adversity Continuum



What are your assumptions about adversity?

What would the people who see you most and know you best guess your assumptions about adversity to be?

In your innermost parts do you feel that you have control over the adversity in your life?

Control is heavily emotionally laden concept. Great evil has resulted when people attempted to control groups of people. Awful things have happened when leaders of countries have abused their control.

“The aspect of control that matters most is *influence*. The most important question is not whether you are in complete control. The vital question is this: when adversity strikes, *to what extent do you perceive you can influence whatever happens next?*”

Romans 5:3-4 (KJV)

We glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope.