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Ten Survivor Lessons That Can Help in Any Situation

- 1) Do not project past outcomes to a current similar situation. There are usually one or two subtle variables that call for a new course of action.
- 2) Good decision-makers, like survivors, don't like to be trapped. When given the option, they choose the one that is reversible.
- 3) Adrenaline can be the enemy. Often times the simple act of pausing gives us time to think of several options, rather than leaping into action.
- 4) Sticking to "the plan" can lead to disaster. It's better to let the situation form your plan, even if it means abandoning your original goal or schedule entirely, and trying again down the road.
- 5) Don't waste time in an overwhelming situation thinking about the past, but instead do "the next right thing".
- 6) The power of little steps is the way to go. Even the smallest bit of action can get the ball rolling toward fulfillment.
- 7) Many of us have something holding us back-- an illusion of comfort-- just like Ernie's bucket. Sometimes you have to let the bucket go, to reach the ultimate goal.
- 8) Never ignore your intuition - it's your subconscious mind processing information which you may not even be aware of.
- 9) Question the rules, question conformity, question "group thinking."
- 10) Start and end each day with Gratitude. Try positive affirmation and manifestation found in these simple words: *Thank you for putting me on the path to.....* It might be a long path, but you will arrive!

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