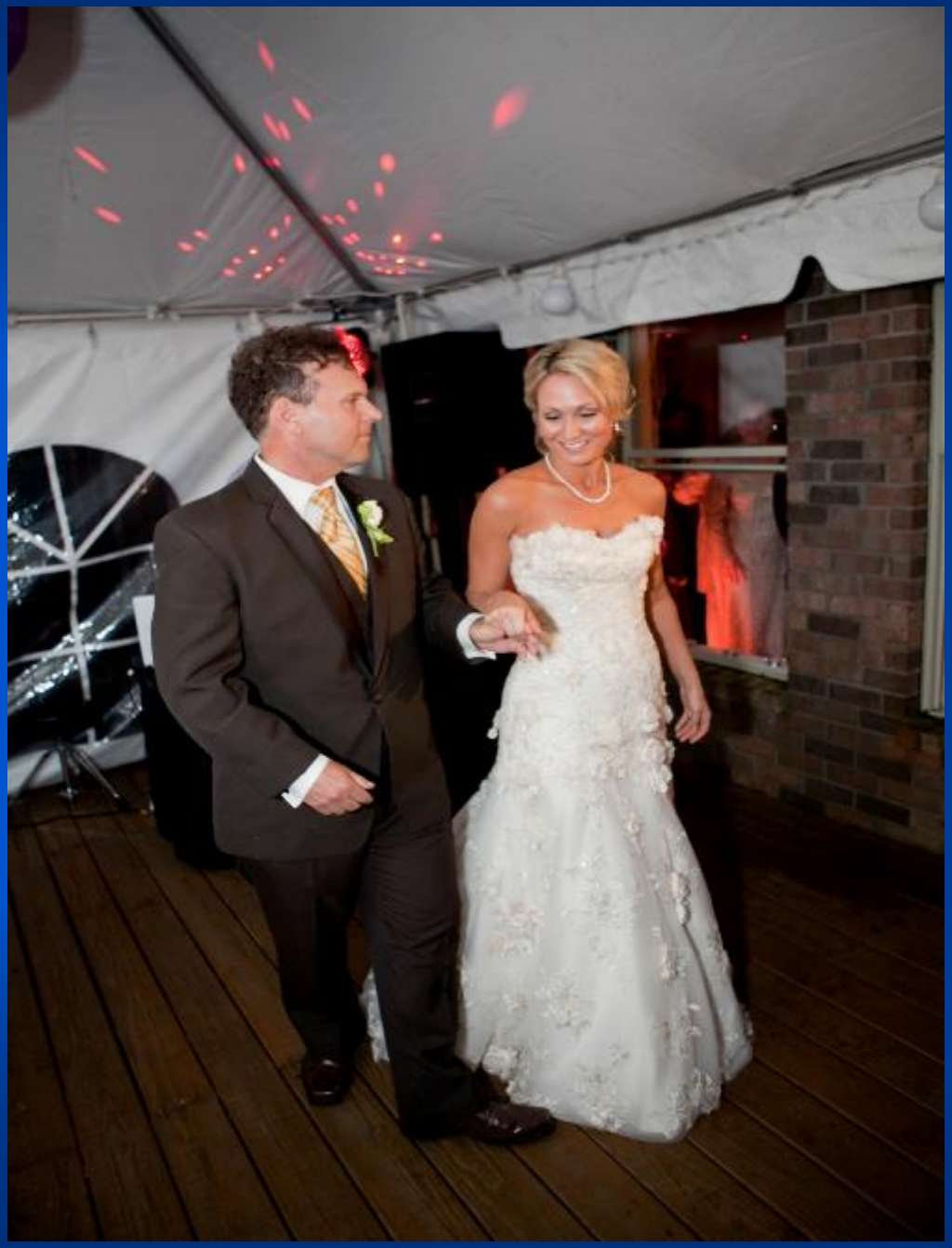
Emotional Toughness

Dr. Gregg Steinberg
TNHRC



press

Pressure

em

Emotional Mastery

me

force

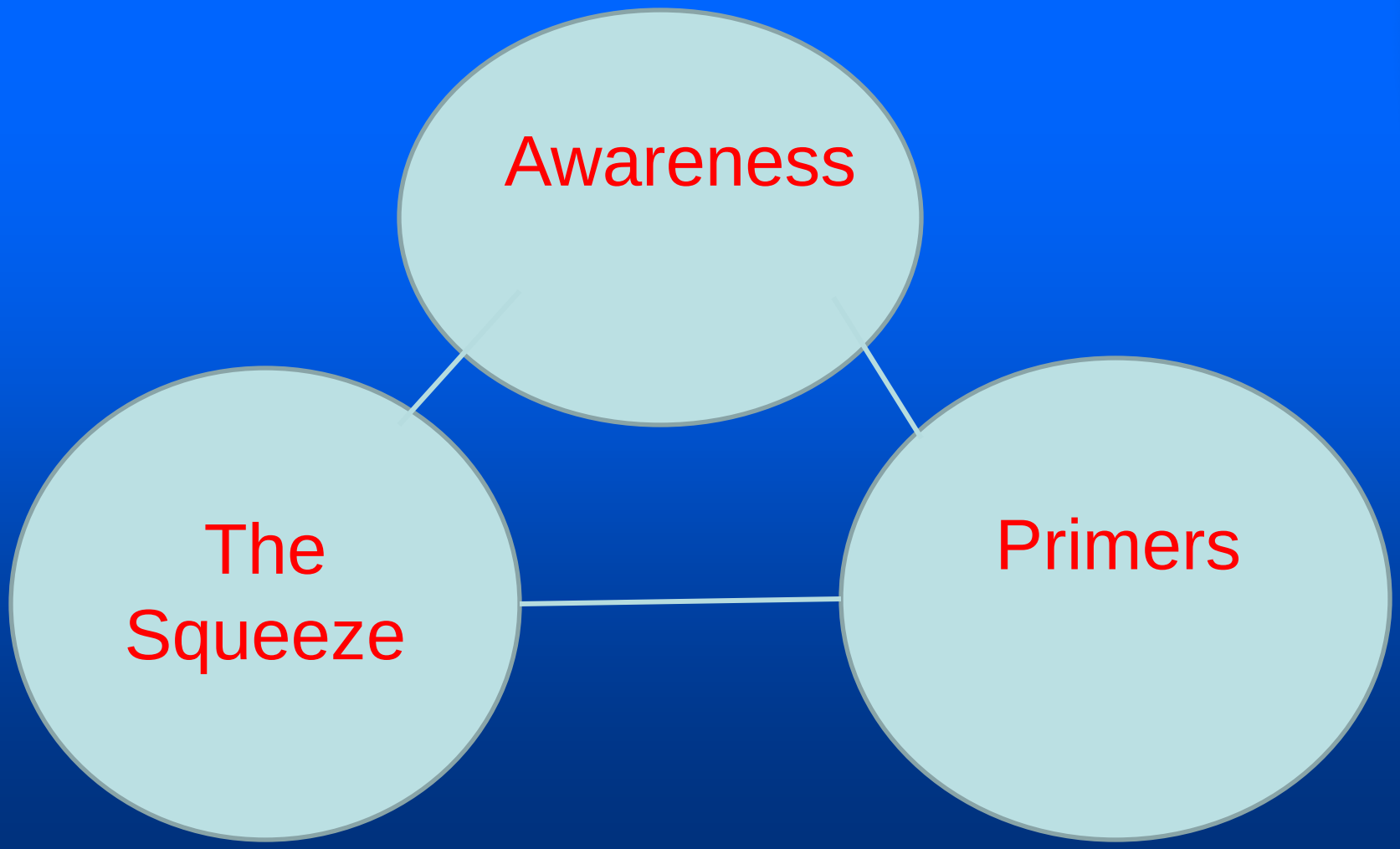
The Force Awakens

» Juice

The Juice of Life

Triad

The Emotional Toughness Triad



Magic

The Magic of Emotions

What is the primary emotion?

David Meador

Tragedy into Transcendence

Stages of Transcendence

Stage 1: The Wake-up call

Stage 2: Flip the Switch

Stage 3: Release Your Genius

Stage 4: Create Your Lifesong

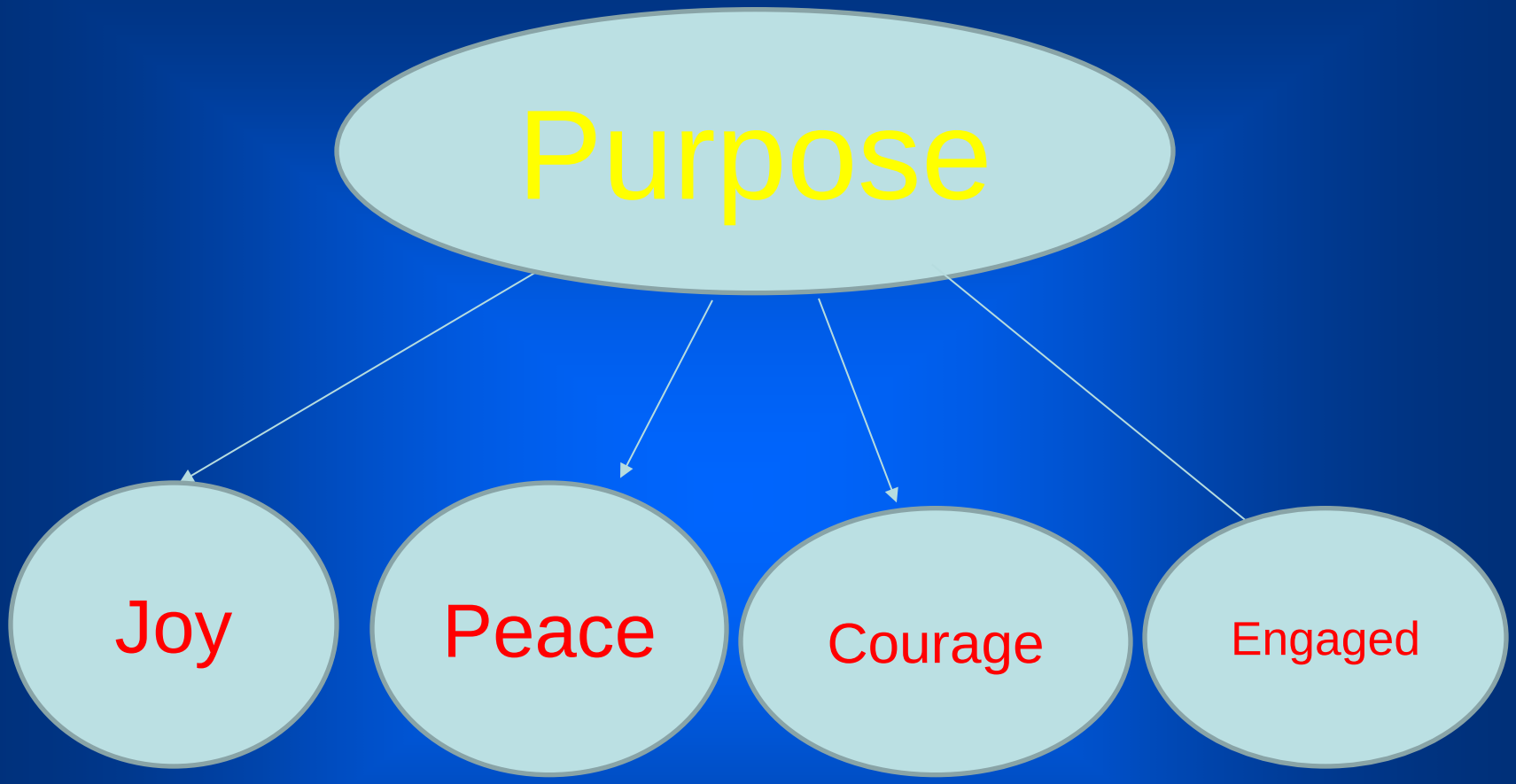
Petra Nemcova

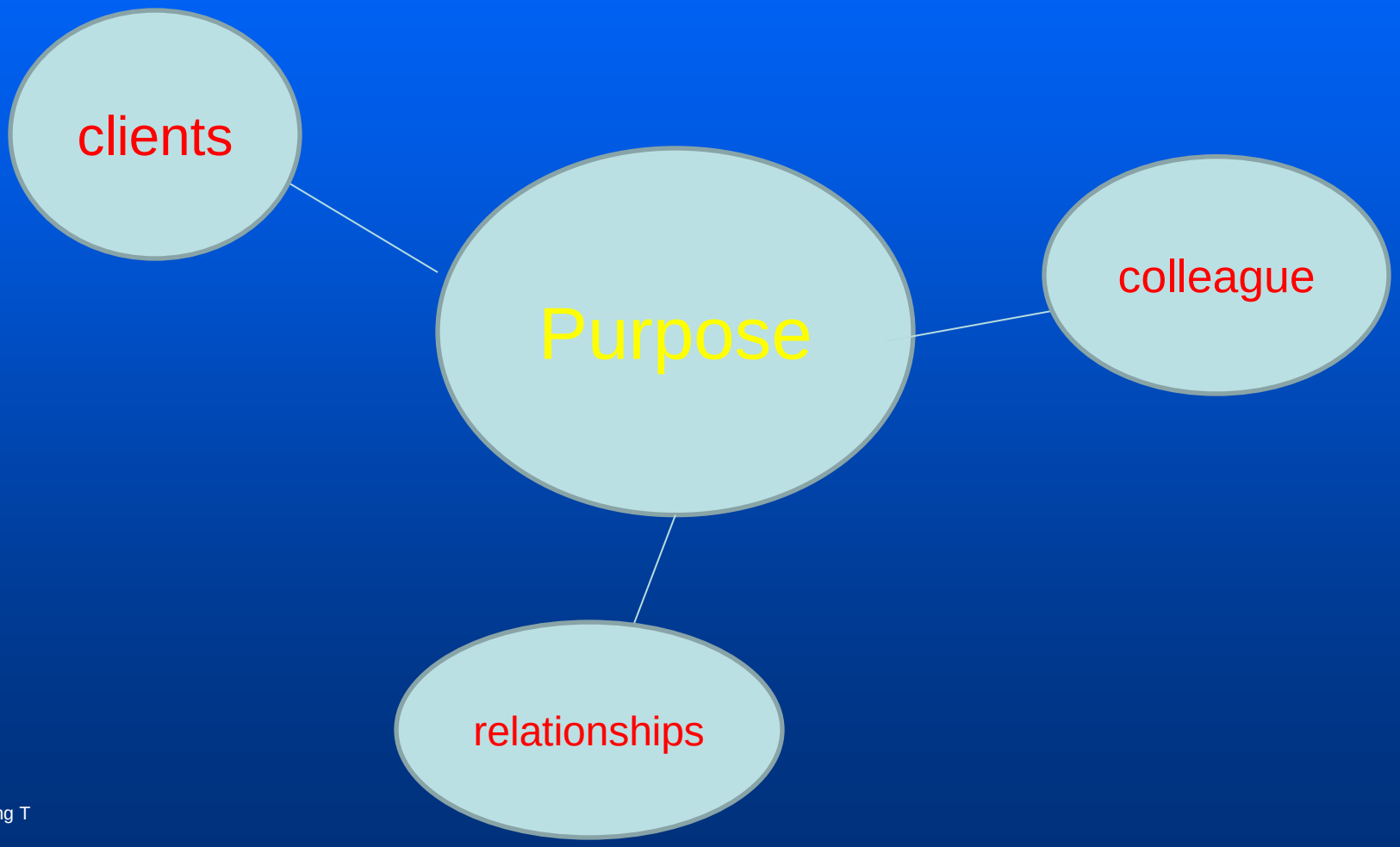
gift

Tragedy is a gift

wright

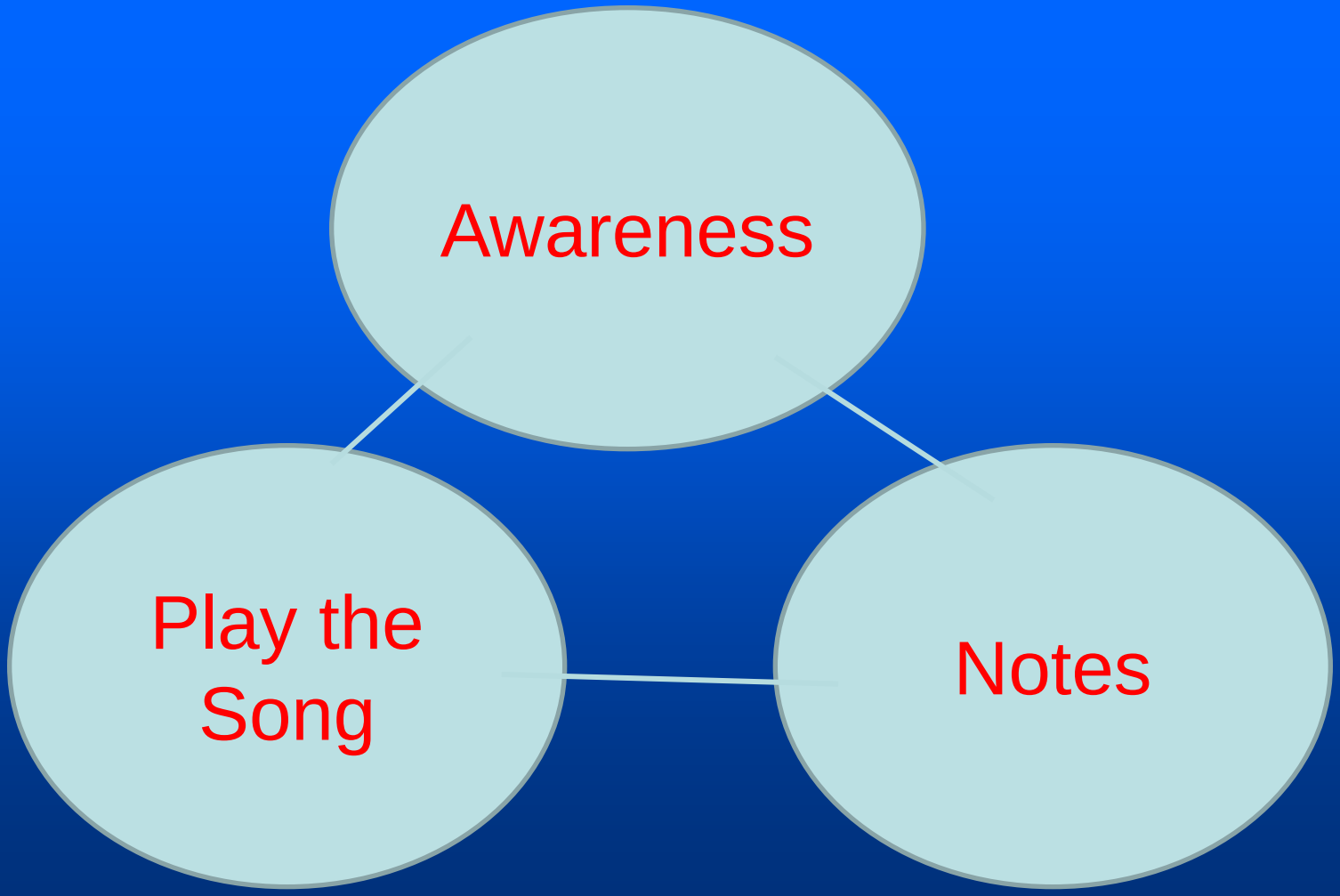
The Wright Brothers


Purpose
Joy
Peace
Courage
Engaged



Lfiesong T

LifeSong Triad



Mark Dansfield

Step 1: Emotional Awareness

Inspired

vs

Burnout

Why?

Step 2: Notes=Primers

Songs

Words

Actions

Images

The Power of Words

chicken

wash

so_p

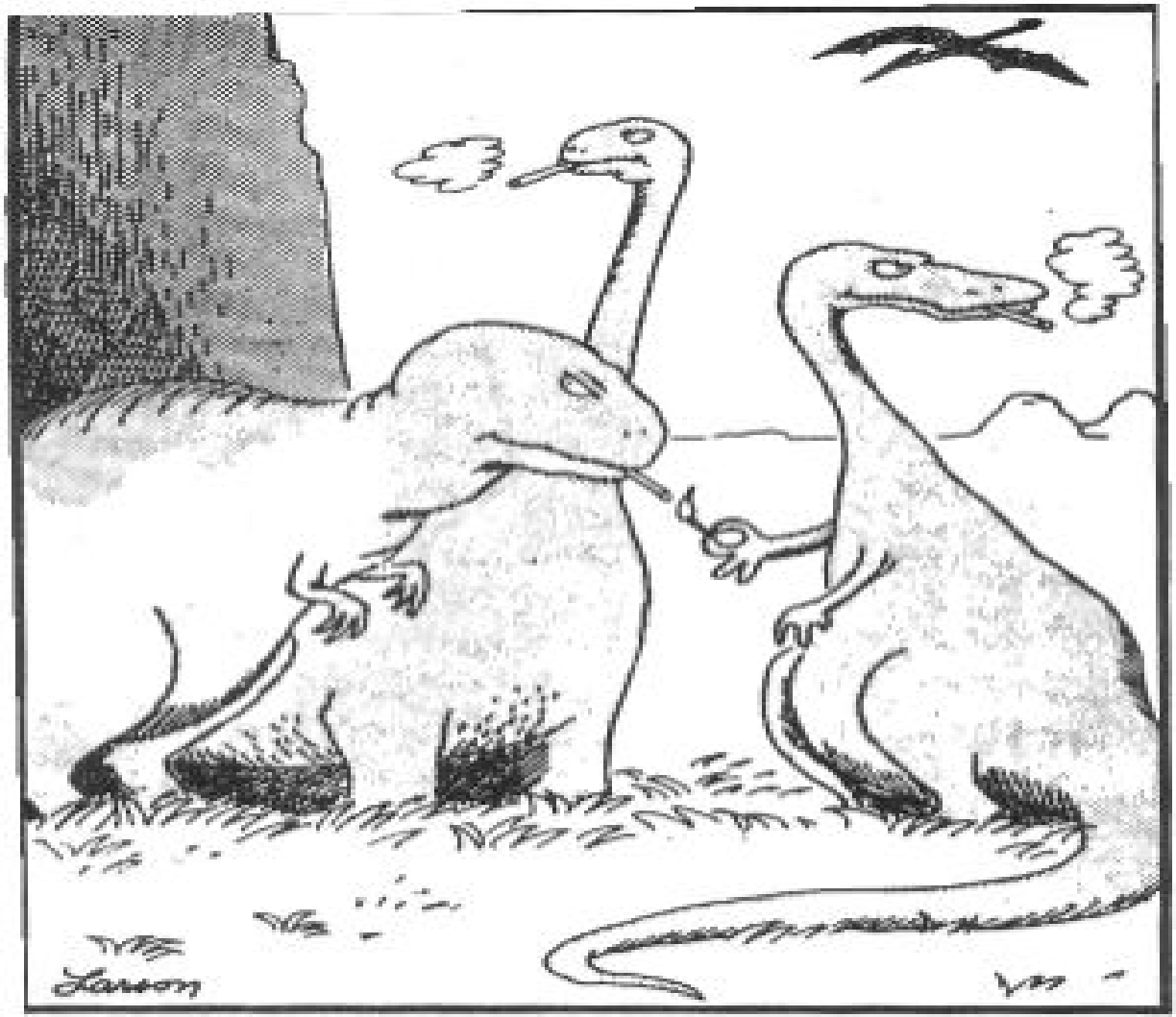
complains

suggestions

Confident

Arrogant

The Power of Actions



The real reason dinosaurs became extinct

The Power of Images

Step 2: Create the Notes

1. Buzzwords
2. Images
3. Actions

Step 3

Play your Lifesong

DAILY HAHA

Preset

Reset

Recharge

You are the extraordinary project