

SEAMUS EVANS

Comedian, Speaker, TV Presenter, National Advocate for Tourette's Syndrome

Passionate advocate for Tourette's Syndrome, Seamus Evans is a TV presenter, comedian and keynote speaker who brings informative messages in a light-hearted and funny way.

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“Adversity does not discriminate.”

PERSONAL REFLECTION

We will all have to face adversity in our life. Maybe you have struggles now. Take a moment to acknowledge those hardships. Write them down.

“In life, we don't get to control the cards we are dealt, but we do get to control how we play the hand.”

To discover your WHY, that will help you to build resilience, start by answering these questions:

What are you passionate about?

What are your talents/skills?

What or who are you grateful for in your life?
Write down three things:

1. _____
2. _____
3. _____

What goals do you have for your life? Write down 5 things like you'd like to achieve. Two goals for this year, and three goals for the future.

This Year Goals

- 1. _____
- 2. _____

Future Goals

- 1. _____
- 2. _____
- 3. _____

GROUP DISCUSSION

Discuss in your group:

-  Share examples of what an inner child might say.
-  How do you think it might make a person feel when they hear those thoughts?
-  If you're open – share some of the thoughts your inner child says to you.

NEXT STEPS

Small daily habits compound into significant results.

Start your own Gratitude Journal and every day take a few minutes to express your gratefulness for all that is in your life.

THE BIG IDEA!

What is **ONE** key takeaway or idea you can implement from this leader?



YOUR NOTES

“I fall into the habit of a negative thinking cycle and my brain puts me down all the time. To help me combat that negative self-talk, I write a message to my inner child.”