

# 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.

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**“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?

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What are your talents/skills?

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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?

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YOUR NOTES

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*“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.”*