



run towards
the
ROAR

From
Surviving
to Thriving

BY JOHN R. ROBERTSON

Run Towards the Roar

Transforming Crisis into Opportunity

by John Robertson

RUN TOWARDS THE ROAR means what?

We have all heard the lion is the king of the jungle, right? Obviously, the reality is that as the lion rules the land, he also ages. Every day the lion wakes up he must defend his right to rule. As he grows older, more and more animals attack the throne of the lion. Even his closest relatives, the young and vivacious lion cubs, begin an attempt to overthrow the lion.

The entire jungle is against the lion, yet he is able to hold onto his reign of the jungle. How? He continues to roar. As a lion gets older, the mane becomes tattered, the teeth start to fall out, and, of course, the ability to run and chase prey falters. Ironically, the lion has only one form of protection left—his roar. As the younger lions challenge his rule, he roars, and they retreat. Yet the reality is that if the lion did not have his pride, his team [*the group of supporters*], he would starve to death on his own.

The difference between a human response and an animal response is that animals can only react. You and I can reason that all there is, is a roar! Tragically, when it comes to crisis, change, trials, struggles, or other hurdles, all most of us hear is the roar. You might start with great aspirations, but then stumble or trip up, most people stop by reacting in fear because that roar [failure, being wrong, other people's perceptions, etc.] gets heard so most turn away from it and react in nearsightedness!

I am not asking you to pretend and think positive thoughts. I am not pretending that all you and I need to do is 'show no fear'. That would be foolish and asking people not to be human. It is that moment between react or respond, between fear and faith that we can separate from other animal species. We can train and develop so that we run towards the roar, and these roars will probably be different for each one of us

Look at it another way. Don't we have enough to fear in this world? In such a rapidly changing world there are so many things that are no longer certain. It can be things like jobs, pensions, relationships, health, even the definition of families and marriages are changing rapidly. Then there are those who leverage these fears to their advantage. Perhaps this is what is happening in the current house selling market? The fear of missing out, means that a person bids higher than one would normally offer. This is because it has been set up as a one-time offer at a specific time, so fear drives the decision and not rationale thought.

I can say I felt this exact feeling at the start of this Covid-19 pandemic. I had to go out for things, and I saw all these people buying loads of toilet paper. I actually felt the complete irrational fear rising in me that maybe I was missing something, and I should be buying extra? Now my family pokes fun at me as I always have extra on-hand. So imagine if me as a person, who normally has extra, am feeling that fear, imagine the impact of someone who is deciding by fear

Robert Cialdini calls this the "click-whirr" in his *Influence* book.¹ When an event happens (click), there is an immediate impulse (whirr).

The world has always been able to roar, yet fear has become such a driving decision maker amongst all ages. The elderly who fear that they will lose health or their retirement income; those in their prime income making years fear job loss, to never be able to earn enough; there is FOMO [Fear of Missing Out] while others fear the environment will kill them before they get old; the fear of the partner getting dissatisfied and leaving.

¹ Robert Cialdini, *Influence: The Psychology of Persuasion* (New York: William Morrow and Company, Inc., 1984).

Most of us know that the normal response to fear is fight, flight, freeze, appease. These are automatic reflexes, so all living things react - there is no thinking. Humans are uniquely wired to be able to override these impulses through values, training, and practise. In some professions this practising is called developing the 'muscle-memory'. This means that you do not need to just react, to get sucked into an emotional vortex and end up where you did not want to go! Some say that humans do not have *free will*; we have *free won't*. It is the tiniest milliseconds between taking the high road (respond) or the low road (react), but more about this in a little bit.

Think about a simple truth?

Isn't the very reality of safety and security in this world an illusion? Just when we think we have found it, something changes. I am proposing by running towards the roar that the key is to find your focus and lean forward and into it. That way even when life knocks you, you fall forward. This is true in any part of living, to play the game of life, to finish well means to focus on the goal not on the current position. To expand this thinking for our context, think of the little things that can take you off your game -sometimes without very much effort.

Let me illustrate and risk you judging me; my wife and I have three children [she says she has four but one she married!]. All three are very good athletes, but the two boys are now at the age where I can easily lose when I play golf with them. Since I don't like losing, this has meant that I have had to find a way to take them off their game. In fact, I have tried to find some ways to completely throw them off their game!

I apply this very principle of thriving; I can only win now by taking their focus off what they are doing and get them worried about what might happen [fears]. The things I do now are to wish them well. By the way when they tee off this is a great approach! Just highlighting simple things like "I hope you hit the ball a mile down the fairway and doesn't just dribble off the tee" or "I hope that ball goes straight as an arrow for you and doesn't hook into the woods" or "I hope that your ball doesn't drop into the water on you" or when they are putting "I hope you drop the ball right in the hole". You know they must find this helpful – NOT! Quite often the very thing I cautioned them about actually happens! Their ball dribbles off the tee, hook into the woods, sink in the pond or completely miss the hole. Then they get mad at me as if it is my fault.

There is a line from the movie *Seven Days in Utopia* that provides a perfect summary.

"The toughest issue isn't the golf course or your competitor, it's that casual comment from someone, anyone, about how you should be doing it. If you do not have conviction about what your foundation is, that comment will take you out of your game and erode your confidence.

The first step is to define those convictions that define your true values so that when we hear the roar, you can run towards it. It will be the faith that strengthens so you move forward instead of the fear which keeps you and I stuck and reacting. Faith and fear work like guideposts, they become our out of bounds markers for which way we are growing. Both must be addressed, so that you and I are living towards goals and priorities and not reacting to roars! The heart of growing forward is to be able to lean into the harness, to move things towards what will matter for us, regardless of what anyone else might think.

Might I be a little direct? If everything goes smoothly and there is little risk, then what is the real value? You and I know the value of what has been achieved always reflect the cost! I heard people tell me, and have recently realized *again*, that free is often more expensive!

There are individuals whose belief system says life should be predictable or that their security should be guaranteed. These people will actually get caught by the roar with the tragic responses of fear, often seen as anger, depression, or tears.

Please ponder these two encouragement opportunities -- beliefs and support:

1. **Beliefs:** “When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer.” —Corrie Ten Boom
- *Who or what is driving your life?* NB: No answer *is* a decision.
2. **Support:** “Friendship is born at that moment when one person says to another: What! You too? I thought I was the only one.” —C.S. Lewis
Who are the people who have heard the roar and responded not reacted? Those are your people!

It is my desire that you will dedicate yourself to be willing to experience this work, not just read it. I hope that you would be willing to reach out to me if you want to find a coach and encourager, but more importantly that you would be willing to lean in your harness towards your 'D', refinable definitions, with all that this means to you.

Reframe Wellness, Recalibrate Resilience, Refine Thriving

HERE'S A HEADS UP OF WHERE WE ARE GOING TO GO?

IF YOU ARE WILLING TO RUN TOWARDS THE ROAR!

Have you ever been in one of those situations where you were invited to join, hear about a topic, or the one we've learned '*I would like to share with you my new business*'? In the beginning many of us say yes, only to find out it is more like network marketing combined with the pressure of saying no to a friend or family member. To be honest, we have become far more cynical when we get those invites as it also changes the friendship afterwards.

To ensure I do not create that impression for you, I want to honour you at the front end, to clarify some terms and concepts we would be exploring if you decide to continue. I value trust a lot and I want to set some parameters so at least you know what you are biting off with run towards the roar.

Ever heard people say crisis can be an opportunity? This might be a great motivational cliché until it is you and I going through a crisis. It might be an opportunity, but I believe that this is not a given! In the same way growth does not always come from a crisis, it can. When you and I discover passion or an aim for life, own it, live it, enlist support to strengthen and encourage us for the journey, we can transform crisis into opportunity! That means shifting from surviving beyond resilience into thriving

There is a human eye condition called Myopia. I know about this condition because I have it. It is also called nearsightedness. It is the condition where our eyes cannot focus on distant objects. The cure is relatively simple, corrective lenses. However, as a person who despises wearing glasses, it is an interesting dilemma. Go through life a couple steps shy of blind or grow up and be an adult and do the right thing, wear what is needed to see! Trust me, I have explored all kinds of different options to address a problem I did not want to ever get comfortable with.

Why do I mention this? This myopic principle is true in a couple ways. First of all, is there anything worse than to see a person who has lived their life being short-sighted [nearsighted]? I mean, the number of times I have seen people who have lived thinking urgent is important and then crisis hits. That significant, defining, moment where up is down, and down is up and everything that you were focussed on just evaporates right before your myopic eyes.

This myopic, nearsightedness, principle is also true for a person who is dealing with crisis. If you or I are dealing with a crisis [never the event, but the reactions to something] it is only human to become nearsighted. I will expand on this more in a little while as a person in crisis cannot think long term. It is biologically not possible.

Why do we do this to people? Since the *fight, flight, freeze, appease* is a normal reaction by a normal person to an abnormal event, then why would others think a person should think long term? To put this in context, if we are facing a dangerous animal in the wild [a lion], do you and I really need to know how to do calculus, work that Excel document, plan meals for the weekend? Of course not! The mind focusses in on what is right in front of us, what is immediate, what is near; I would suggest that we become myopic to survive. Yet tragically when you and I live reacting to crisis in everyday life, our focus becomes closer and closer such that we lose sight of distant priorities and values.

The assumption behind this mindset is we either react or respond, sick care or health care, reactive or proactive. There is no middle ground here as you and I cannot be sort of healthy. Yes, we may react in the moment like a normal human should, we may have symptoms of

sickness, but we are not focussed on only reacting or only treating symptoms. The focus is on being proactive, responding, being healthy.

When we are stressed, in crisis, or as I am rewriting this, in the middle of a second wave of a global pandemic, choosing becomes an exceptionally difficult thing to do. Stress overrides long-range thinking [more in a little while] as the result of always reacting spins us off in all different directions going nowhere we wanted to.

The best visual I can offer is the fair rides like *teacup*, *tilt-a-whirl*, or *scrambler*. These rides involved spinning on 2 axis at least. One spin came from the 'bucket' you were in and the other came from the ride itself spinning like a giant turntable. If you got the 'bucket' spinning there came a point in the ride where people wanted off, got giddy, or got sick [I was the sick person]. Once the ride ends leaving could be as challenging as anything.

The balance is off so the walk can look a little like a drunken sailor. Sometimes this 'dizziness' felt like it is going to stop us from travelling forward. Yet most of us know that when we start to move, the dizzy fades, and we can focus on what we will do next. Ironic isn't it that some people do this ride to themselves, but when life puts you or I in a spin cycle, its about getting off which sometimes it just stops you and I from moving forward. The roar comes in many different forms but the result can be the same sensation, from making us feel dizzy, to spinning us around to making it hard to walk forward.

It is in these moments that voice we listen to determines our destiny.

I want this approach to work like corrective lenses, to lift your hearts and heads, to see a future where you thrive. I also want to honour you. If you do not want to address myopic living, if you do not want to think about things, then please pass this along to someone else. You and I know that you cannot get to where you are called to go by doing the same things over and over.

If the focus is only the circumstances, decisions get based on reactions [emotions], which means a very nearsighted lifestyle. The result of this is that the important gets traded for the urgent resulting in often anxiety, depression, stress, or regret. In these moments, the decision will even appear to be rational, yet only to ourselves as if it not been shared with anyone else. This is why relationships matter for defining a positive, refinable new norm, but more about these in a couple chapters.

Unless we are still kids who want to get back on that ride and do it again, this always reacting to events, stressors and crisis creates a dizzy, wobbly walk. When the direction is not defined, it is not something of value for you, when life happens, we end up heading in the wrong direction or just standing still.

I will be introducing you to an ethos based in lifting our heads and stop settling for resilience. I sometimes wonder if resilience and wellness are just two words that are so overused today that they have lost their real meaning? They have become myopic that the power of what they really mean has been lost? What I want to do is to encourage you to look beyond resilience to thrive. After all, I would say that the choices we have when crisis happens boils down to basically four options: succumb, survive, resilience or thrive.

*And when at some future date
the high court of history sits
in judgment on each of us ...
will be measured by the
answers to four questions:*

*First, were we truly men
[women] of courage...*

*Second, were we truly men
[women] of judgment...?*

*Third, were we truly men
[women] of integrity...?*

*Finally, were we truly men
[women] of dedication?*

- John F. Kennedy, 1961

To be fair each of these other options have their advantages. Sometimes it is easier to succumb or just survive. There is a sense where deny, blame, or excuse doing anything and just wish, hope, pray, think positive thoughts, that things will improve and get better. Just like me fighting wearing glasses. It's a nearsighted life plus an interesting way to live as it creates a victim mindset constantly reacting to what others or life does. I know as there are times when I play the victim, sometimes because of my own pride, but it seems things get worse.

Let's think of thriving, built on real resilience, like a muscle. This thinking gets mistranslated into you can be resilient once and think that you will be forever – a little myopic. What about taking a little more distant-looking approach? Stop seeing 'resilience' as just a course where you get a checkmark at the end when its finished? A biological fact, anything that is not growing, or becoming stronger, is already starting to die!

You and I know that life is not some spectator sport, you are either on the field playing to win or you are not. There is lots of other places to be, on the field getting where you will get hit, in the stands telling everyone else what they should be doing [adding to the noise!], or oblivious that the game called life that must be played to succeed.

Nearsighted people get caught thinking that a person can drift into success. Living life merrily rolling along thinking you are going to end up somewhere of value.

I am not interested in telling you what you should do, as it is my intention to walk through some things that science, anecdotal, and research are illustrating really work – but I am going to do this in a very applicable way.

Let's Set Some Anchor Points

Before starting to build out the Run Towards the Roar Ethos, I want to honour you by sharing some of the core anchor points around which you and I will pivot. You and I know that communication is never what is said, but always what is heard. Therefore, to ensure we are clear on the thinking in this approach I want to set some markers. Otherwise you can read a term, think of it through your understanding, but not hear what is meant. I want this ethos to be something that energizes and strengthens you while challenging, and not be more information which can actually drain the motivation or benefit.

I was talking with a friend not that long ago as he was going through some work and personal challenges. The work was exceptionally frustrating as everything seemed to get tied up in process, and he was never allowed to meet the customer, solve their concern, and just get it done. At the same time, he was feeling like his joy of work was fading. It was exhausting him as he wasn't really sure where he was going or why. Long story short, talking through some things together he realized that he was now aimed in a direction that he didn't even want to go, but worse was that he wasn't even sure how he ended up going that way. Everyone was using all the right words, and terms, and even the business acumen was correct, but it was not coming across very well, so he had drifted from his course.

The visual that came out of this for both of us was that somewhere his values were no longer being encouraged. As a result, he was taking less responsibility or initiative and therefore not thriving but focussing on survive at best. He still had some resilience, but was definitely not thriving, as he described that it was like something was ***standing on his air hose while rearranging deck chairs on the Titanic.***

These terms are going to be referenced and expanded as we grow forward, therefore I will simply outline them here as I want you to know what we are getting into as you Run towards the

Roar and thrive. The impact of any one of these on their own may not be a significant impact for you. It is when there is more than one that the cumulative effect starts to happen.

- **Run Towards the Roar!** The theme of this approach is from an old teaching or proverb [I've heard it both ways] which is instead of running away from the roar and into the hunting party, run towards the roar. More about this below however for this to have any value it must be an ethos, a mindset, become part of our character .

I am approaching this less as a program, or a course, but reframing our thinking and mindset.

- **Ethos** for a simple reason, the Merriam-Webster dictionary defines '*Ethos* as "custom" or "character" from the Greek. As originally used by Aristotle, it referred to a person's character or personality, especially in its balance between passion and caution'. *Ethos* can be used to refer to the mindset, practices, and values that characterize one person, workplace/organization, or community from another. As such, ethos is never something that is done once and not repeated, it is something that is lived day-in-day-out.

Perhaps ethos is something many of us will spend the rest of our lives learning? How many of us know the times that we are free – from a bad marriage, toxic workplace, financially, physically, even the home/parenting we were raised in - yet we are still trapped? There is something in that story that still holds on to us and no matter how 'successful' we are there is a sense of something more to climb, achieve, or do? There feels like there is a strong rope holding us anchored to something that needs to be left behind. It might be guilt, anger, shame, but that sense of not quite *something* so it is hard to drive when we are looking through the rear-view mirrors!

These next three terms are hot potatoes on their own as they cause you and I to look through the windshield. They allow the side or rear-view to be past, learned from but not lived in. They have been taken in so many different interpretations that sometimes people react because of the misinterpretation of *Krisis*.

- **Passion** has become a term so overused that perhaps its lost much of its power today? It has become more like an emotion, desire, or feeling than what it has meant. The Latin meaning of passion was 'suffering, enduring'. The term was often used for martyrs who had to endure, never mind undergo trauma. Aristotle used the Greek of this, pathos, with ethos and logos [Art of Persuasion] connecting suffering but also feeling, with emotion. Perhaps the misperception is with affection? It is the difference between committed or involved [more about this in the next chapter], as passion almost takes over the mind, the *raison d'être*, such that the person can do nothing else or focus on anything else. An affection on the other hand is more fleeting, moving, even though it influences, it does not take over our focus and control. Thriving requires passion, affection does not cut it.
- **Courage** comes from the Old French word [corage] for heart and the same in Latin. Which points directly to the heart, not the physical one but the seat of your will, the source of your drive. Therefore, **courage takes heart!**

You and I know that these terms are commonly used for inner strength. Boiled down for this context, it is that conviction, resolve, and commitment to always be faithful and loyal [*semper fidelis*] and run towards the roar. Hence the heart-themed word in its origin - valour.

I will reference crisis a lot however I might actually spell it properly for this ethos. Sometimes I think crisis has gotten a bad reputation;

- **Krisis**. Just look at the origin of *crisis* from the Latin, from Greek *krisis*, literally meaning 'decision'. I mean what is wrong with saying that something requires a decision.

Putting it into a descriptive language crisis translates as a testing time. This is the premise of refinable new norm as life consists of little testing times interspersed with the really big ones. The balance between to decide to commit or to decide to be involved, both are decisions with very different outcomes.

Krisis has some amazing defining characteristics. The first three are somewhat obvious and would fit into our usage of crisis today. These are that the event is unexpected (i.e., a surprise), it creates uncertainty, and it is seen as a threat to important goals. Nothing really new there right? It is the last characteristic of Krisis that causes so repercussions. Krisis **requires the need for change**.

I love the way S.J. Venette argues this point [Venette, S. J. (2003) *Risk Communication in a High Reliability Organization*] "**crisis is a process of transformation where the old system can no longer be maintained**." But then adds, if change is not needed, the event could more accurately be described as a failure.

I know some motivational speaker types have said that the Chinese word for "crisis" is made up of the symbols for opportunity and danger yet when the origin is checked by linguistics, this is simply not true. To thrive you and I need to be clear on our decision, not caught up with some affection, as we will not have the heart, courage, or passion to be able to thrive.

Heads up, now I will press you on a term so many get hooked by, yes it may be a loaded term?

- **Faithful** or the concept of faithfulness - Some Latin again -*semper* means *always*. *Fidelis* means *loyal* or *faithful*, hence the term fidelity. Therefore, *Semper Fidelis* means always faithful, or always loyal. More about this theme as we go.

To thrive, to successfully finish well, means you and I must decide who or what to be faithful to, loyal to. No decision is a decision. Krisis will always reveal the results. To go back to passion, courage, valour, combined with your mindset [ethos] what is there that you will persevere towards, suffer for, and endure?

Are you willing to look at where your loyalties lie? This is the core of thriving and not just settling for resilience. It is a real challenge to develop the thriving mindset, or ethos. I will come to this theme in a later chapter however it might be wise for you to know that success actually means "to go under" or "to follow. It is that reframing to ask does ____ [money, job, hobby, title, etc.] have you or do you have it?

Be honest, is that really news to you? I think most of us know that faith and obedience are synonymous, right? If you say you are committed to something or someone but you do not work at it, if it does not change who you are, is it truth to say that the desire is faithfulness? Whether its marriage, work, sports, or anything else can there be true faithfulness if there is no willingness to be obedient and do the work that needs to be done?

This means that you and I need to take the VERI simple mindset to progress. To anchor yourself to your core values, to those things you will choose to be faithful to [aka success], regardless of the cost. It is something VERI simple – FYI, its not easy though!

I know this VERI methodology is more common sense than anything, but you and I know sense is not that common. This VERI practise means Values get anchored through definition so they get Encouraged. When Values get Encouraged you and I become Responsible, when we know we are Responsible, we take Initiative. Taking the Initiative is what Thriving means. I mean let me ask you, can you be encouraged when we do things that we do not need courage.

- The **VERI** practise. Instead of taking an accountability approach which usually teaches people not to get caught more than do the right thing. Instead of some classroom/course thinking as if there is some checklist of performance measurements to achieve. Let us

build and develop your VERI approach. Thriving becomes possible as challenges or adversity present themselves as values are anchored in your living to pivot around and not drift.

Since I am pushing you to be thinking about passion, courage, heart stuff, not to mention being faithful I will go the extra step to mention prayer. Not a concept of prayer, but the mindset prayer for thriving. The easiest way to kill the Run Towards the Roar ethos, to ensure thriving is not possible, is to forget this simple, common sense prayer. Whether you are religious or not is irrelevant as it is the truth in this prayer which stands out.

- The **Serenity Prayer** by Reinhold Niebuhr [*the most quoted part is not the entire prayer*] **GOD GRANT ME THE SERENITY [peace] TO ACCEPT THE THINGS I CANNOT CHANGE; COURAGE TO CHANGE THE THINGS I CAN; AND WISDOM TO KNOW THE DIFFERENCE.**

Just to finish off your introduction to the run towards the roar ethos I must mention two more anchor points.

- Defining a **Refinable New Norm**. I must confess that when I started this work, I would teach and coach towards define the new norm. I have come to realize that the new norm is the process of moving forward and not some static definition, it is about good-better-best while always having better and best through the front windshield view. The new norm must be refinable for two reasons, when we get closer to the destination it comes into better focus. The other is that when a person goes through storms, overcoming the roars along the path, it tends work like the heat of friction. That process is called refining when it comes to purifying metals. Reframing crisis or change, so that it is about refining enables us to thrive. The important things are important, and the unimportant things get burned away.
 - This Definition of a refinable New Norm is a simple formula; It is **A+B+C = D**
 - Attitude + Beliefs + Connections = Definitions.
 - This is the core of this workbook approach
- Life is a **Team Sport** you cannot finish well or be a success as a solo effort. You will fail if you do that! Proof attend a funeral where there is almost no one there, there's a sadness beyond words.
 - Who is on your team and working with you towards the same desired outcome is imperative for success? Whether it is coaching, mentoring, advising, mentoring or being a great peer there are different roles required. Many people are unsuccessful because of a very human tendency, they put people just like them on the team. Just like a human body, not all the parts have the same function for true health, so why think that your team can all be the same types of people?
 - Being transparent with you; some of the people that have caused the greatest growth in me were actually quite annoying. And yes, they say the same of me! However, our goal was not to be like one another but to just be a real friend and an encourager.

To thrive, to move beyond just resilience, means pressing on in spite of hurdles. Therefore, it requires that it be something of value and a passion for us. The simple fact that you see this workbook is proof that I'm still learning this. To be honest, I've quit this project more times than I can count. All the hurdles, burn marks, trusting the wrong persons' advice or guidance and yet there have been those people who have blessed me with their encouragement.

A little note here about positive thinking, hope and faith. Faith is the result of current belief systems as shaped by commitments, life lessons, experience, whereas hope is the product of desiring a future condition of relationships deep in the soul/spirit. The author of Hebrews shares a perfect definition for faith in chapter 11, verse 1: "Now faith is the assurance of things hoped for,

the conviction of things not seen." This evidence for this conviction is so positive or powerful that it is described as faith.

Why does this matter? There is no doubt that they are very intertwined, yet for you and I to thrive there must be hope, beyond the current circumstances. How do you have that? Simple, without being easy, you cannot have **hope** without **faith**. I start with your passion or heart for loyalty, faithfulness, so you have the hope that when *roars* happen, they are not killjoys. That's what thriving means!

To have a refinable Definition of your convictions, regardless of what or how others correct us, is vital for our mental health and to thrive. I'm sharing because I know I need less experts shouting from the shore to "swim harder" when I feel like I'm drowning. It is a great feeling to have a lifeguard type friend be that kind of assistance that matters. So, let's get growing!

CHAPTER # The Longest Journey?

What is a thriving relationship? It is more than an intellectual pursuit, it is something that ripples out from the heart. It manifests in actions, words, thoughts, emotions, morals and even beliefs because we are obedient to the demands of that commitment.

What would happen if wellness were reframed and people were challenged to think beyond a relationship between people, but the relationships to the areas you are uncomfortable with? How is your **relationship** to emotions, spirituality, morals, and the list continues? How is it possible to thrive if we do not intentionally address these relationships? You and I know that our behaviours are determined by our values, how will you persevere when the heart's not in it? If you are not really motivated? Humans do not press on!

What about a common-sense approach that can resonate with your heart and mind? All the different clinical, research, evidence-based theories and approaches reinforce this tactic, but have also seen what more information does! Since values are always revealed when you and I are in crisis, so why not determine things beforehand? Maybe you have been told what to think, feel, do, how to act yet did this engage your beliefs, your heart, sense of faith, or spirit? I wonder if people wrestle with the faithfulness theme because so often it gets defined as what one is against?

To be fair telling others what I do not like is easier, and I know others have the same struggle. It is the lazy person's approach as it requires no effort, thinking, or even passion. It can be simply based on the circumstance and our feelings. Listen to the number of people who are more than willing to tell us what they do not like, what bothers them, that they do not find that funny, etc. Maybe this is why some social media can be so negative?

If you have enough nerve, or have some fun, just turn the table, and ask them what they do like? Ask them to tell you what they are for? What do they want? What will often happen here is that people get defensive as it boils down to their thoughts and feelings, however they will not come right out and say it.

People who are motivated by values, faithfulness, may not agree with something or someone, but they do not get defensive. They can explain their rationale and what they are for. You and I may not agree with their perspective, but they have explained it. That is the heart of thriving through crisis and transforming this into opportunity.

We cannot solve our problems with the same thinking we used when we created them.
Albert Einstein

The time comes to innovate and grow, you and I must be willing to experience the possibility not just rely on evidence-based thinking, after all this is simply looking at what has already been done. It is this exact same approach that I am asking you to develop and grow a *Run Towards the Roar* life!

Reading this book will not make you more resilient. But if you do the work and follow the exercises in sequence, consistently, then this book may be a powerful catalyst in helping you build greater resilience in your life.

Transform crisis into an opportunity and thrive!

Addressing the untruth?

I hope mostly that this does not become a "shelf-help book", ever heard the term "shelf-help" book? You know those books read, might have been pretty good but then it goes back on the shelf and never gets looked at again! Please use these exercises and apply them in your current thinking as we go through the ABCs of Resilience. The best way to learn something is actually to teach it, so who will you serve to be an encourager for their journey?

One thing that makes a strategic difference is a willingness to try to address things rather than to try to do things "right". I would ask you to focus less on doing things right and more on doing something that comes from the soul, that challenges you, that brings you a little outside of your comfort zone in order to fully address the issues head on and stretch your resiliency into a sense of *semper fidelis*.

Please hear me on this topic! This is a lot easier said than done! In fact, I would be outright lying if I do not battle this force every time I want to raise my level of leadership. The simple truth is that I wanted to wait until this book was perfect before you ever saw it. Since you know who my worst critic is, and I know who yours is, I would have accomplished nothing. My grandma used to say, *the road to hell is paved with good intentions!*

***People with good intentions make promises;
But People with good character keep them***

The relationships with the various elements of resilience, your ABCs—Attitude, Beliefs, or Connections—are the focus here. What are you going to be always faithful to, always loyal to, so thriving is possible?

There is an untruth I keep hearing which is very concerning in the context of thriving and resilience; the untruth is '*you can be anything you want to be*'. This is simply not true! To be successful in your thriving, it is critical to stop “working” on your weaknesses. They will probably always be your weaknesses as the heart is just not into them. Instead, focus on your strengths, buffer your weaknesses, by building on your strengths. Being personal with you here, I love singing and enjoy a lot of different types of music, however when I sing... well let me just say this – my singing can ruin a perfectly good moment!

Community is such an essential element of thriving, yet it means seeking out and build those relationships so that there is a team of people in your life. Those who are enabling you to succeed in the way that matters to you. The best part of assembling a positive community is you are also helping them succeed in a way that matters to them.

I don't know of anything more energizing than to know that I strengthened someone for their journey, that I put some boost in their battery to press on. Accessing people who can lend their strengths to you, you lend your strengths to them while buffering the weaknesses of one another.

Readers are not the same

I know that there will be two types of people who pick up this book. There will be those who are *purposeful readers*, and there will be those who are *passive readers*. Here's what I mean...

The **PURPOSEFUL** reader is the one who reads looking at how they can apply what they are reading in everyday living. Ironically, this type of reader creates struggles or tensions in a classroom context, as a learner, because they are often the ones asking the teacher, “How does this apply to my life or how does this apply to this particular situation?” This type of reader is **PURPOSEFUL** because they are looking for information that they can use, grow, and become healthier than they were yesterday, theirs is a purpose beyond just more information.

The **PASSIVE** reader is the person who will pick up the book, go through the book (even make notes in the column), but then puts the book back on the shelf and moves on to read the next book. He or she is a **PASSIVE** reader because they read the content as information to gather, hear another viewpoint, but ultimately, they are not actually committed to implementing the content in their lives. This often gets heard as '*it was a good book and learned a lot*' but when we ask them what they have done differently since the book... there is nothing but silence! It can even become about how many books they have read, rather than the one they are still working at implementing.

A key in differentiating between a **PASSIVE** and a **PURPOSEFUL** reader is in the premise that a transfer of information does not result in transformation for the **PASSIVE** reader. Whereas the **PURPOSEFUL** reader will strive to find applied meaning and ways to implement information at every turn, in a variety of sources, always refining their new norm.

Simply reading more, learning more information, will not provide the kind of success that matters in the long run without implementation. To thrive requires active participation, digging deep, and experiencing it for yourself.

Run Towards the Roar is a resource where I want to serve as a catalyst for your journey. I do not want to be an expert in the stands adding to an already noisy world. I have had those people and remember the spirit when they chirped at me.

Our football team was signed up for a track event in high school. I am not built for track, yet I was put in a relay race! I can still hear the coaching shouting at me to 'run faster'. My legs were burning, my lungs on fire, every ounce of me wanted to stop and shout back 'does it look like I am walking out here?' I didn't but maybe you relate to the time you are doing your best while being yelled at to *run faster*?

One of the greatest tragedies that I have experienced, heard, and learned in my work in crisis is the person who discovers too late the "if only" or the "shoulda, coulda, woulda" of missed opportunities, unfulfilled dreams, or eroded values. I am sure that you have had your share of those people who tell you, "You know what you should do is..."

I am the kind of person that when storms hit, when things get chaotic, you will hear me saying '*now this is exciting!* That's what *Run Towards the Roar* is all about.

Think about a journey or trip you have been on where everything went just like clockwork. A sunny destination of blue skies and warm temperatures. Then think about a trip where nothing went like clockwork. Which memory stands out for you? Talk with the person who was on the trip with you and ask them, "*do you remember that trip when...*"?

It is the people on the trip, when was done when it did not go according to plan, that can have the special memories which often bring the smiles. I am literally smiling as I write this as two trips come to my mind. One trip of my wife and I going to Jamaica where the dive boat I was on sank. The other trip where the family and I went skiing. I am not a great skier and they went down a hill that... well I learned words that previously I did not know -"*yard sale*" [just Google that term with skiing and you'll get the visual].

We must be willing to let go of the life we had planned in order to accept the one being offered to us—or the one waiting for us.

Building Your VERI Community

To be willing to do is to find people who will encourage you takes courage I know, so start building your community. These persons are not the experts in the stands shouting what you should do. These are the people who are willing to get in the boat with you, even if the boat might actually feel like it is sinking. They are the ones sitting beside you in this boat who are saying, “So, do you wanna talk or do you wanna paddle?”

The person needed is someone who will not only tell you what to do but show you, model it for you, help you find the right way to do something so that you can learn to do it differently for the next time around. This is your community of helpers, teachers, and mentors who are values-anchored and are committed to thriving.

Question: As you absorb what you’ve read in this section, what stands out to you? Is there something that brings up an important issue or person you’re struggling with in your life? Did you learn something new, or were you reminded of something important to you?

Question: How will you define thriving beyond mere resilience for yourself? Write down a short summary that could be shared, put on a post-it note, or a screen saver!

Question: If you were asked to teach someone why at a minimum resilience matters, why thriving is better, how would you respond?

Question: What stands out for you in this?

Question: If resilience were strengthened in your life, what do you think would happen?

Question: What would thriving really mean for you? What would it look like for you in practical terms ?

Question: What are some areas of concern for you?

Question: Does resilience matter to you? Why? Why not?

Question: Does resilience matter for your workplace, family, friendships? Why or why not?

Run Towards the Roar is an interactive guide to train and strengthen your faithfulness, starting with understanding what you are in training **for!**

This book is designed to be practical and applicable—to accompany you during each step of your journey. To aid in this, you will find a downloadable journal, **Name of Journal**, on my website: www.fortlog.co. **Please download your copy now.** If you prefer, you can journal in your own note pad or on separate pieces of paper that can be grouped together. But please write by hand, not on a computer or on your phone. The reasoning is two-fold. When we type into a piece of technology, we don't tend to think as deeply or learn as well as when writing by hand. Also, you do not want this to be blended and merged into other things on your phone, as I know we all have some attention deficit obstacles.

**We remember what we understand;
We understand only what we pay attention to;
We pay attention to what we want.
Edward Bolles**

With this foundation in place we can attack the ABCs of Resilience—Attitude, Beliefs, and Connections. To thrive we focus on the relationships with the faithfulness to them between resilience. We'll delve deeply into these three ABC components. The result is you will discover the implications of the life examined as Socrates commented once '**The unexamined life is not worth living**'. Living a life where you live under the rules of others, in a continuous routine without examining what you want out of life as success, is not worth living.

I hope you have discovered in these first few chapters there are many opportunities for you to interact with the content of this book. You are provided opportunities to reflect on the information and give it your personal context so that it has specific meaning to you. Only then does the intention of this book deliver.

Also, throughout this book, you will notice terminology that is key to the understanding and application of resilience. For ease of reference, I've presented this terminology at the back of the book in a Glossary. I'd like to suggest that you take a look now to get fully acquainted with these terms and acronyms. Please feel free to reference the Glossary at any time when you feel you might need clarity or to re-acquaint yourself with these terms. Within the context of the book, the goal is for you to experience deeper meaning and application.

This is a good opportunity to use your downloadable journal, **Name of Journal**. As you review the words and phrases in the Glossary, write about how these might apply to your life as you understand them right now. As you work through the book, each of these elements will take on deeper meaning and significance.

Momentum to Transformation

Here's an interesting piece of water-related trivia: it takes 60 miles in the ocean to turn a tanker around. Hmm, maybe we humans are like that to some degree? Our lives have much more momentum and other factors that prevent us from being able to simply pivot on a dime, much like the tanker. Added to that, there is a sailing principle to be aware of too: if a sailboat tries to turn a corner too sharply, it can dip the bow (the front of the boat), causing waves to spill into the boat, resulting in the keel (the base that keeps things upright) being exposed and sinking the entire vessel. In sailing terms—it can capsize.

I would suggest that the same thing applies to our lives. You and I have a lot of momentum in what we have always done so that trying to change things too quickly [transformation], can trigger us to feel like we are sinking and/or we will capsize. We get overwhelmed and the change ends up failing miserably. The result is a hesitation to try something new again until risks are dramatically reduced, which is not possible

It's probably safe to say that if you have not been turned away yet, that you want to jump right into things with this book, and that's truly commendable. When it comes to thriving beyond resilience, to make this work, I want you to *think about the thinking* at each step without tipping over and making things much worse. In business there are two ways to work, one is to work harder and the other is to work smarter. How about you and I working smarter so that any hard work you do will get you to where you want to go?

Why is this chapter called the Longest Journey?

The longest journey in the world is not some trip to a distant land, it is not climbing a huge mountain. What is the longest journey in the world? It is maybe several inches, or several centimetres. The distance is the one from the head to heart. To know something intellectually, academically, is one thing but until it affects the heart, there is little more than talk about it. Just like passion, courage, until something is in your hearts you and I are not that motivated. It is moving it from the head to the heart, moving it from a theory into a practise. Everyone knows resilience matters, that crisis happens, but to thrive and live a *semper fidelis* life means reframing these decision moments. The life where you refine from good to better to best in the ways that matter to you. where you finish well!

No piece of information, as incredible as it might be, has transformative power sitting on your shelf. A light cannot light up the room if no one is willing to turning it on. Once you fully commit to the content, engage with the questions, discuss with others, and apply the content to your own life, circumstances, and story, will you have the opportunity to thrive at work, with family, and in living. The easiest way to learn something is to teach it, in fact 90% of memory is to say and perform a related task so who will you teach to really learn this?

Reframing and transforming crisis into opportunity means two things;

**you never want to go through again but
would never have missed it for the world!**

