Alive & Kicking
Drafted!

“They’re going to **pay** you to kick a football?” — Dad
The NFL
Grateful to be Alive
Why did I live?
Where do I go from here?
Lessons from POWs
Survival Lessons

1. Redefine your mission
2. Break time down
3. Set small achievable goals
4. Learn to accept help from others
5. Discover your own "indomitable spirit"
6. Wrestle with "is there a God?"
What Trauma have you gone through?
Moving forward **ALWAYS** requires a decision, “**bitter or better?**”

“**Events in life will make you bitter or better. That one letter difference is up to you**”
Epic in Miami – Second Chance
My new friend Mason
Charlie Plumb