STANCE TO ADVANCE
STANCE TO ADVANCE
TOGETHER
EVERYONE
ACHIEVES
MORE
3 TYPES OF PEOPLE IN THE WORLD
3 TYPES OF PEOPLE IN THE WORLD

1. PEOPLE GROANING THROUGH LIFE
3 TYPES OF PEOPLE IN THE WORLD

1. PEOPLE GROANING THROUGH LIFE
2. PEOPLE GOING THROUGH LIFE
3 Types of People in the World

1. People groaning through life
2. People going through life
3. People growing through life
ADVANCE: TO MOVE FORWARD IN A PURPOSEFUL WAY; TO MAKE PROGRESS
WE WILL EITHER **EXIST** AND **ACCEPT** WHAT’S **PROBABLE**, OR WE WILL **ADVANCE** AND **ACCESS** WHAT’S **POSSIBLE**!
PROBABLE = LIKELY TO HAPPEN
POSSIBLE = ABLE TO HAPPEN; POTENTIAL
STANCE TO ADVANCE
“WHAT WE CAN OR CANNOT DO, WHAT WE CONSIDER POSSIBLE OR IMPOSSIBLE, IS RARELY A FUNCTION OF OUR TRUE CAPABILITY. IT IS MORE LIKELY A FUNCTION OF OUR BELIEFS ABOUT WHO WE ARE.”
- TONY ROBBINS
TRANSFORMATION PROCESS:
BELIEVING → BEING → BEHAVING → BUILDING
STANCE TO ADVANCE
STANCE:

• THE POSITION OR BEARING OF THE BODY WHILE STANDING
STANCE:

- The position or bearing of the body while standing
- A mental or emotional position adopted with respect to something
“ATTACK EACH DAY WITH AN ENTHUSIASM UNKNOWN TO MANKIND.”

- JIM HARBAUGH
IF YOUR STANCE WAS ADOPTED, THEN IT CAN BE ADAPTED. THEREFORE, EVERYONE CAN GET IN A BETTER STANCE!
IF YOU DON’T HAVE A HEALTHY MENTAL AND EMOTIONAL POSTURE, THEN YOU ARE GOING TO BE EXPERIENCING SOME **AVOIDABLE PAINS** AND MISSING SOME **AVAILABLE GAINS.**
YOUR THOUGHT PROCESS IS CONTROLLING YOUR LIFE PROGRESS.
“YOUR LIFE IS ALWAYS MOVING IN THE DIRECTION OF YOUR MOST DOMINANT THOUGHTS.”
- CRAIG GROESCHEL
“A MAN IS BUT THE PRODUCT OF HIS THOUGHTS. WHAT HE THINKS, HE BECOMES.”
- MAHATMA GANDHI
“YOU WAIT FOR FATE TO BRING ABOUT THE CHANGES IN LIFE WHICH YOU SHOULD BE BRINGING ABOUT BY YOURSELF.”
— DOUGLAS COUPLAND
STANCE TO ADVANCE
EXCELLENCE & RESILIENCE
EXCELLENCE: TO SURPASS; OUTDO
“EXCELLENCE IS TO DO A COMMON THING IN AN UNCOMMON WAY.”
- BOOKER T. WASHINGTON
EXCELLENCE IS DOING YOUR BEST TO BRING THE BEST OUT OF YOU.
EXCELLENCE HONES YOURSELF AND INSPIRES PEOPLE.
“EXCELLENCE IS THE GRADUAL RESULT OF ALWAYS STRIVING TO DO BETTER.”
- PAT RILEY
RESILIENCE: THE ABILITY OF A PERSON TO ADJUST TO OR RECOVER READILY FROM ILLNESS, ADVERSITY, MAJOR LIFE CHANGES, ETC; BUOYANCY
Resilience is responding the best when you don’t do your best or things aren’t at their best.
BAD THINGS ARE GOING TO HAPPEN.
WE WILL MISS THE MARK OF EXCELLENCE.
OUR RESPONSE INFLUENCES THE OUTCOME.
$E + R = O$

EVENT   RESPONSE   OUTCOME
THINGS HAVE THE ABILITY TO REALLY CHANGE IN YOUR LIFE, WHEN YOU ACKNOWLEDGE THAT THE MAIN RESISTANCE YOU FACE TO MAKING PROGRESS IS NOT IN FRONT OF YOU BUT WITHIN YOU.
E + R = O

EVENT  RESPONSE  OUTCOME
YOU LIVING YOUR **BEST LIFE** HAS MORE TO DO WITH YOUR **CURRENT STANCE** THAN YOUR **CIRCUMSTANCE**.
ACKNOWLEDGE THE NEGATIVE
ACCENTUATE THE POSITIVE
ARRANGE THE NARRATIVE
ACTIVATE THE POSSIBLE
“UNTIL YOU CHANGE YOUR STANCE, YOU WILL ALWAYS RECYCLE YOUR EXPERIENCES.”
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