



The Power of Choice: Thriving with Bloom Syndrome

Agenda

Introduction

What choices to make

Conclusion

Audience engagement

My story



How to thrive

Found in the choices we
make

Acceptance

“Seek not that events should happen as you wish, but wish them to happen as they do happen and you will go on well.”

- Epictetus

Vision

“ When we treat a man as he is we make him worse than he is. When we treat him as if he already was what he potentially could be, we make him what he should be.”

- Johann Wolfgang von Goethe

Vision

Ingredients for
happiness:

Something to do

Something to love

Something to
hope/strive for

Courage

“Where your fear is, there is your task.”

-Carl Jung

“Everything you’ve ever wanted is on the other side of fear.”

- George Adair

Courage

Sources of:

Realizations

Emotions (fears)

Inspirations

Action

“The best thing to do is the right thing. The next best thing to do is the wrong thing. The worst possible thing to do is nothing.”

- Teddy Roosevelt

Humor

“It is well known that humor, more than anything else in the human make-up, can afford an aloofness an ability to rise above any situation, even if only for a few seconds.”

- Viktor Frankl

“So we should make light of all things and endure them with tolerance: it is more civilized to make fun of life than to bewail it.”

- Seneca

Humor

“I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful.”

- Bob Hope

“Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.”

- Bob Newhart

Ownership & Responsibility

“The most important truth I know...that the biggest prison is in your own mind, and in your pocket you already hold the key: the willingness to take absolute responsibility for your life; the willingness to risk; the willingness to release yourself from judgment and reclaim your innocence, accepting and loving yourself for who you really are - human, imperfect, and whole.”

- Edith Eger

Conclusion

“Everything can be taken from a man but one thing: the last of the human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

- Viktor Frankl

Thank you

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