



# **MOVING BEYOND IMPOSSIBILITIES:** *STARTING WHERE YOU ARE*

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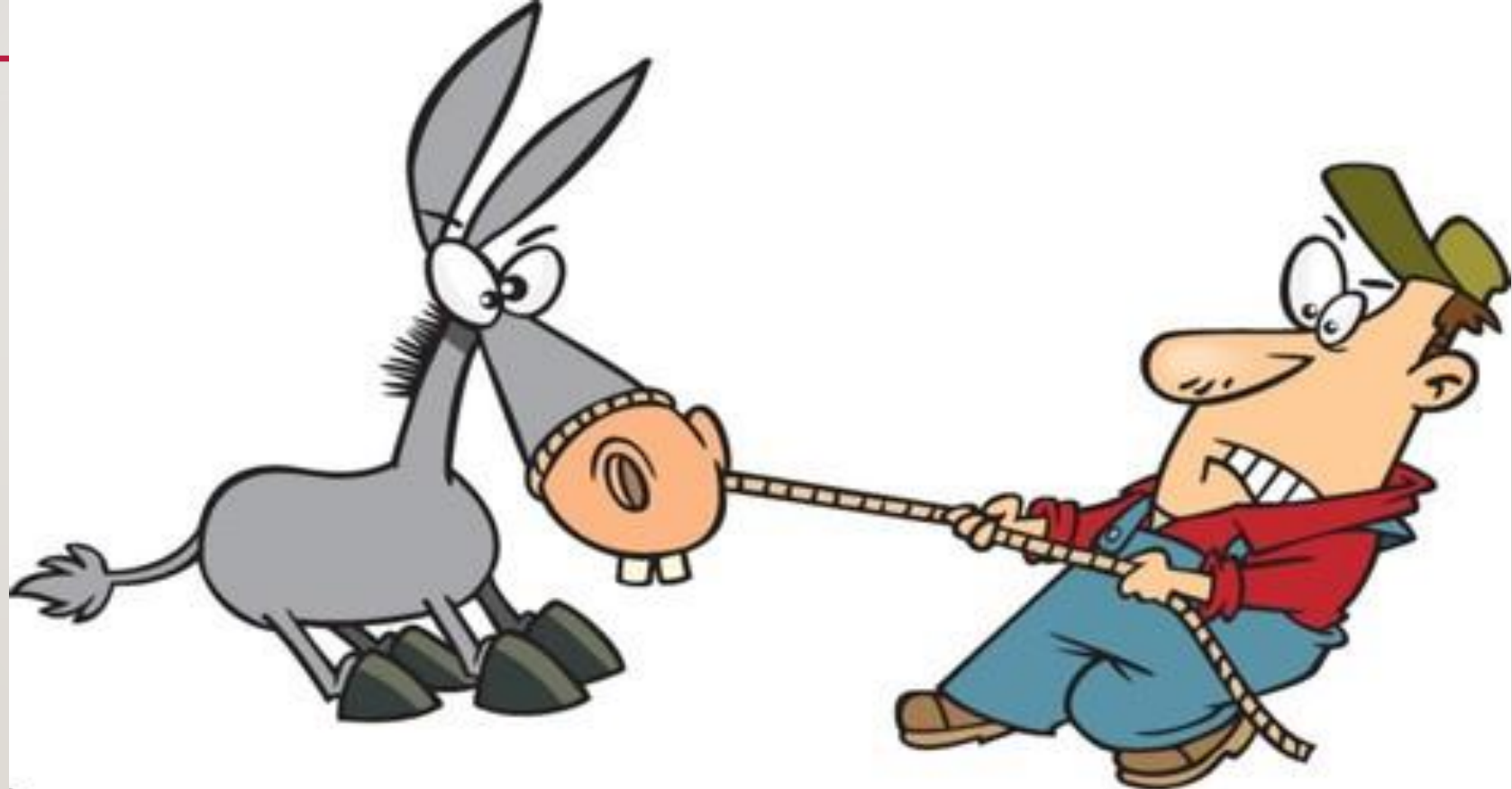


# MOVING BEYOND IMPOSSIBILITIES

- Don't Be Stuck in Impossibilities

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Stop,  
Shake it off  
and Step up.



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# MOVING BEYOND IMPOSSIBILITIES

- Don't Be Stuck in Impossibilities
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Rigidity is the inability to  
change or adapt



Feeling of sadness over failure  
to do or get something done

# MOVING BEYOND IMPOSSIBILITIES

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Rid yourself  
of **RIGIDITY**  
adopt  
**FLEXIBILITY**



“Those who cannot change their minds cannot change anything”

# MOVING BEYOND IMPOSSIBILITIES

- Sometimes It Is OK To Go With The Flow, Use What You Have
- **Rigidity** – Anything that is too rigid will break.
- Flexibility is having the awareness that life is ever changing, and adaptation is necessary. Failure comes quickly to those who insist on maintaining their position out of resistance or defiance of change, even when it is clear that the change will be more beneficial to them.
- Learn to laugh at yourself when you make mistakes is good to begin with.

“Do not use the excuse, ‘this is how I am’ in order to remain in a state of unproductivity”



# MOVING BEYOND IMPOSSIBILITIES

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## REGRET

walks around with many others.  
That's a whole lot of baggage to  
take around.

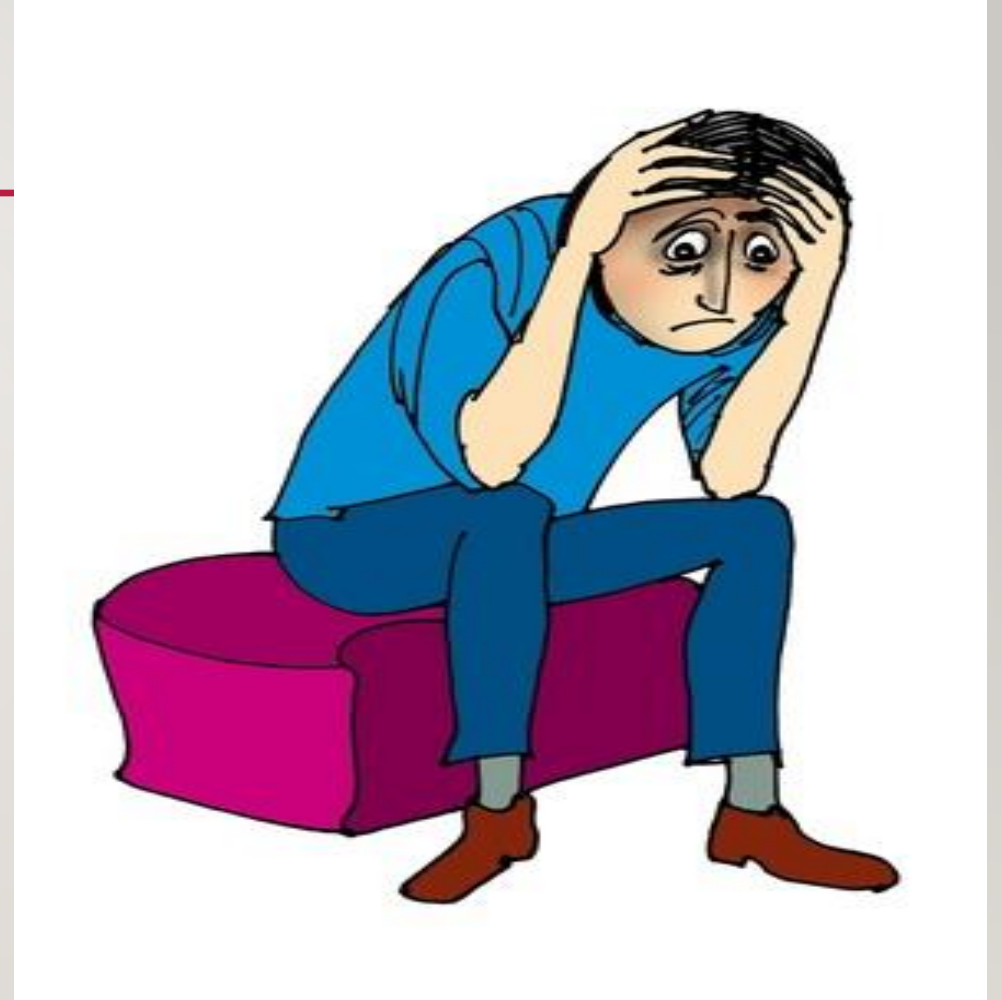


“Time wasted today can never be regained tomorrow, count your many blessings and move on to finding the next fortune”



# MOVING BEYOND IMPOSSIBILITIES

- When we regret something that we didn't do, we have unrealized ambitions, unfulfilled intentions and incomplete goals. These will take us absolutely no where.



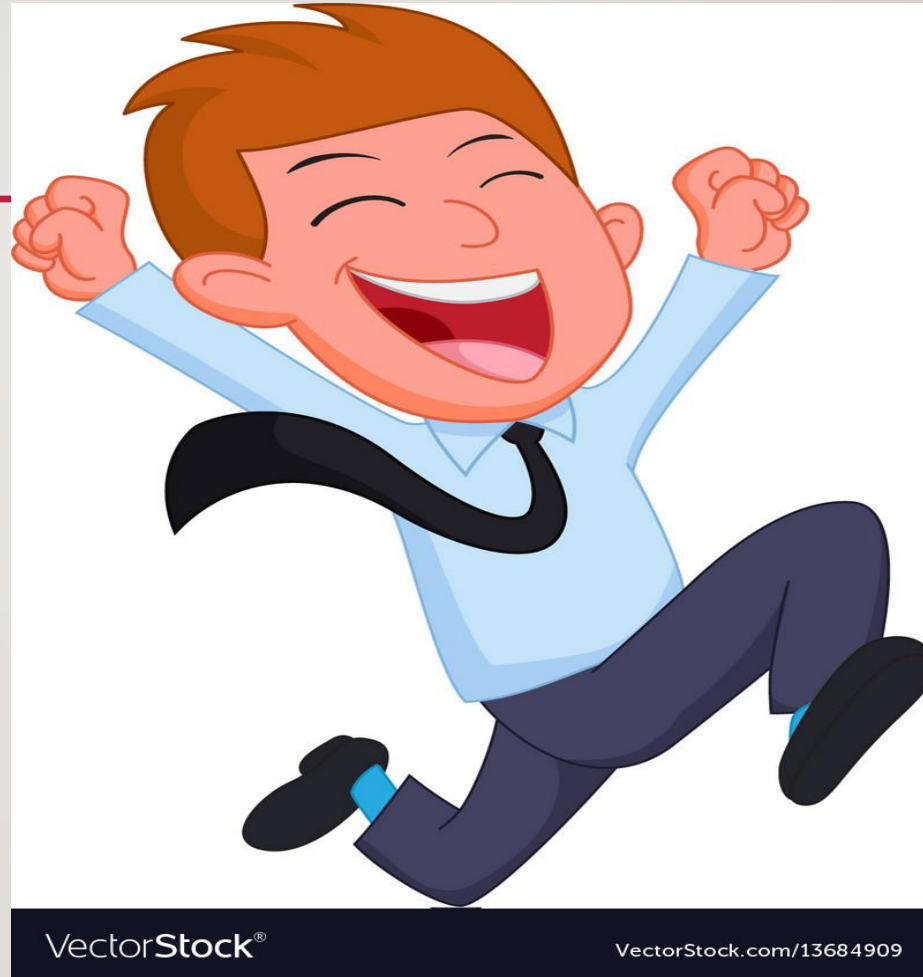
**“Time wasted today can never be regained tomorrow”**

# MOVING BEYOND IMPOSSIBILITIES

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APPRECIATE  
EVERYTHING

*Regret Nothing*



“Appreciate everything, regret nothing”



# MOVING BEYOND IMPOSSIBILITIES

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**When you fall in life,  
fall forward**

**Denzel Washington**

**There are several themes in  
Denzel's presentation.**

**Please identify and write the one that stood  
out the most to you**

**Please use the link to watch the video presentation.**  
**<https://www.youtube.com/watch?v=tbnzAVRZ9Xc>**



# MOVING BEYOND IMPOSSIBILITIES

- **Life is filled with problems.**  
Somebody once said that in this life, it is either you are having a problem, you just left one or is heading to one.



“Tough times don’t last, but tough people do ”

# MOVING BEYOND IMPOSSIBILITIES

- **Moving Beyond Impossibilities**

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**Reachable  
Goals**

**Relationships  
Building**

**Resilience**

**“Great things never come from comfort zones.”**



# MOVING BEYOND IMPOSSIBILITIES

## Have Reachable Goals

 Specific	 Measurable	 Attainable	 Realistic	 Time-bound
<p>Do: Set real numbers with real deadlines.</p> <p>Don't: Say, "I want more visitors."</p>	<p>Do: Make sure your goal is trackable.</p> <p>Don't: Hide behind buzzwords like, "brand engagement," or, "social influence."</p>	<p>Do: Work towards a goal that is challenging, but possible.</p> <p>Don't: Try to take over the world in one night.</p>	<p>Do: Be honest with yourself- you know what you and your team are capable of.</p> <p>Don't: Forget any hurdles you may have to overcome.</p>	<p>Do: Give yourself a deadline.</p> <p>Don't: Keep pushing towards a goal you might hit, "some day."</p>

**"A goal without a timeline is just a dream."**

# MOVING BEYOND IMPOSSIBILITIES

- **Have Reachable Goals**
- Continually strive to meet goals
- Be willing to try new things even if you might fail.
- Take risks to get outside your comfort zone.
- Seek opportunities to expand your potential (Mandy Harvey)

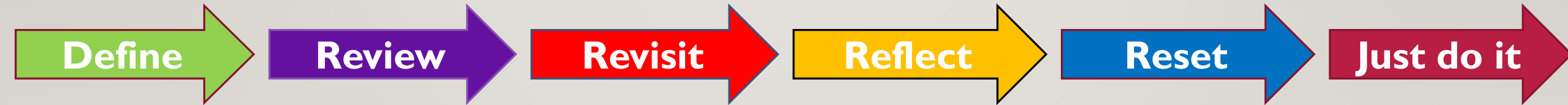


**“A goal without a timeline is just a dream.”**

# MOVING BEYOND IMPOSSIBILITIES

- **Have Reachable Goals**

- 1. Goals are achieved in stages. Take it one day at time.
- 2. They should be your dream and not someone else.
- 3. Move from dream land to reality land.
- **Seven Steps to Achieving Reachable Goals are:**



**“Go ahead, your best days are ahead of you, the sky is the limit.”**



# MOVING BEYOND IMPOSSIBILITIES

- **Building Relationships**

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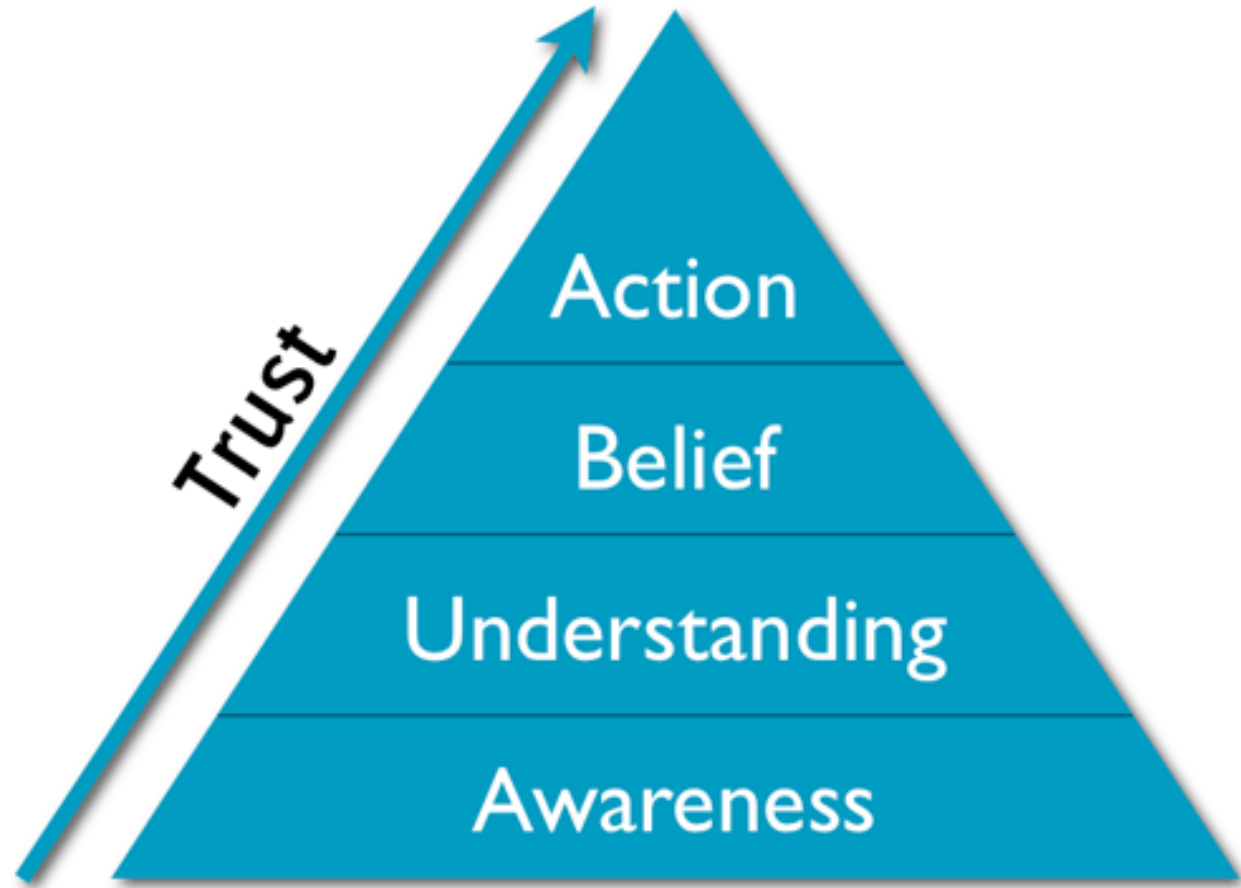
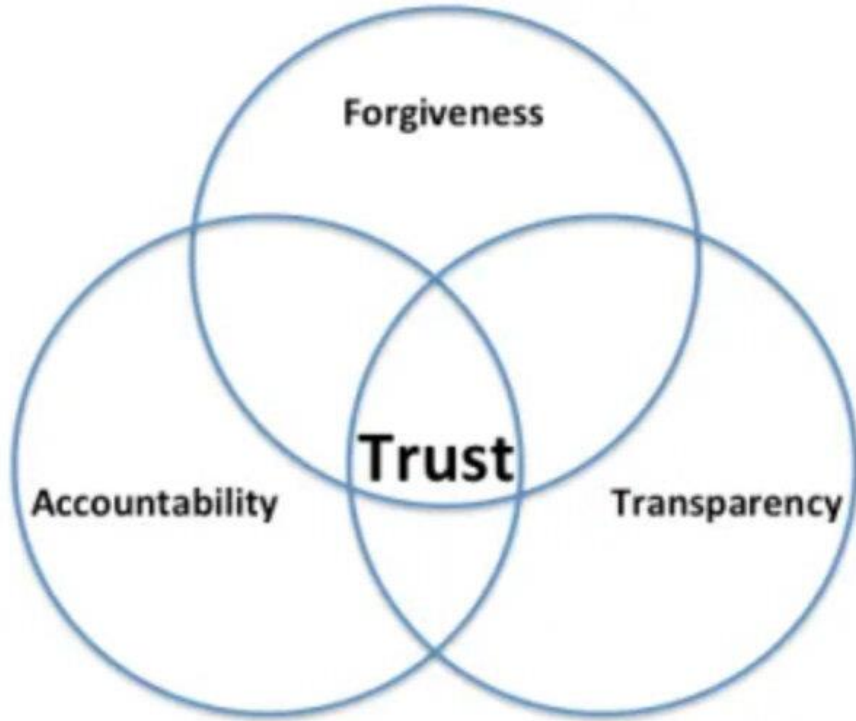
It begins with those  
you love the most,  
but it also extends  
to those who you  
don't like best.



**“People are the most likely open doors through which opportunities will come.”**

# MOVING BEYOND IMPOSSIBILITIES

- **Building Relationships**



**“Trust takes years to build, seconds to break and forever to repair.”**

# MOVING BEYOND IMPOSSIBILITIES

- **Building Relationships** - is very **important** for everyone. We were created to be social beings. “No man is an island, no man stands alone.”
- It increases study successes, eases career transitions, helps you find future opportunities, and lays the groundwork for future leadership roles.
- Relationships are important to achieving our goals, but we cannot do it on our own.
- Learn to forgive and forget quickly.
- Learn to take negative criticisms and use them to your advantage (stop, shake it off and step up).
- Do not burn your bridges behind you.
- Do not take those who assist you for granted. Do not abuse trust.
- Resist rehashing old, uncomfortable and unbeneficial stories.

**“We are not very different from each other, people are people every where you go”**





# MOVING BEYOND IMPOSSIBILITIES

## • Building Your Resilience

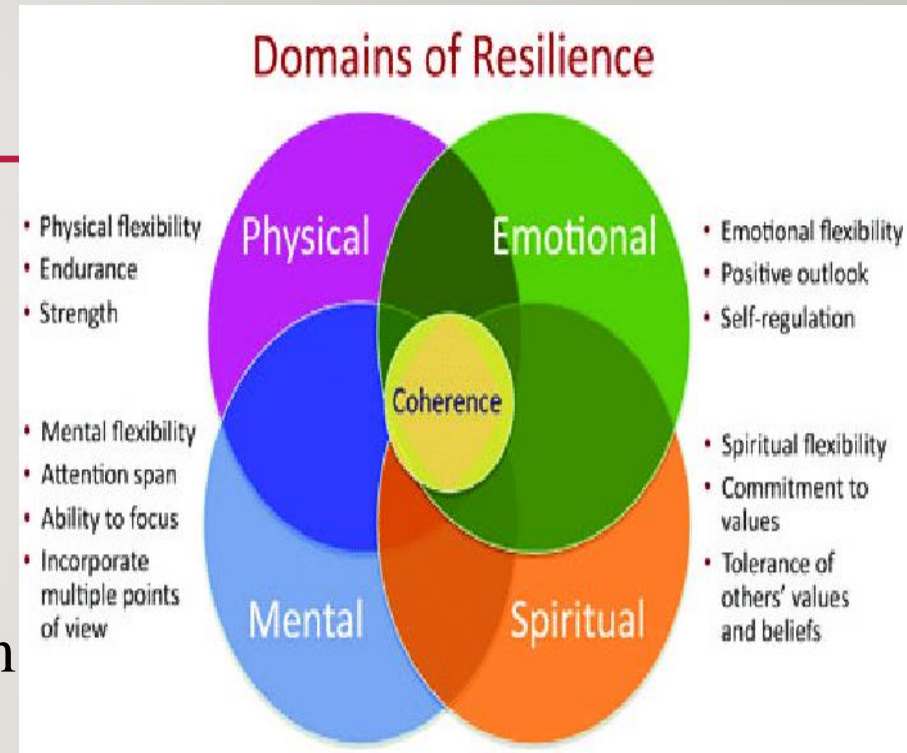
- Imagine you're going to take a raft trip down a river. Along with slow water and shallows, your map shows that you will encounter unavoidable rapids and turns. How would you make sure you can safely cross the rough waters and handle any unexpected problems that come from the challenge?
- Perhaps you would enlist the support of more experienced rafters as you plan your route or rely on the companionship of trusted friends along the way. Maybe you would pack an extra life jacket or consider using a stronger raft. With the right tools and supports in place, one thing is sure: You will not only make it through the challenges of your river adventure. You will also emerge a more confident and courageous rafter.

**“Building resilience happens overtime and never overnight. It is ok to be patient with yourself”**



# MOVING BEYOND IMPOSSIBILITIES

- **Build Resilience** — More than physical strength
- Resilience is the ability to withstand adversity and bounce back from difficult life events.
- Being resilient does not mean that we don't experience stress, emotional upheaval, and suffering. But demonstrating resilience includes working through emotional pain and suffering.
- Resilient people do experience stress, setbacks, and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and work through problems. Resilience empowers them to accept and adapt to a situation and move forward.



**“Resilience is “the core strength you use to lift the load of life.” Sood**

# MOVING BEYOND IMPOSSIBILITIES

- **Build Resilience** - In building resilience you will be going against the norm, so it will take time, effort and courage.
- 1. **Competence** - develop a set of skills to help you trust your judgments and make responsible choices.
- 2. **Contribution** - having a sense of purpose is a powerful motivator. It builds a sense of positive community spirit. Living behind the shadows will not test your capacity to withstand. There is so much to do, get involve.
- 3. **Control** - an understanding of internal control helps individuals act as problem-solvers instead of victims of circumstance. Life is about choices.



**“Resilience is not just for surviving the worst day of your life, but for thriving everyday of your life.”**



# REFERENCES

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- 
- Calson. Esther. (2010). Journey to Joy: Empowering Women to be Free. <https://journeytojoy.tv/donkey-story/>