Rise Strong

Hard things happen. What you do next is everything.

THE FRAMEWORK

Rise Strong is built on a single conviction that psychiatrist and Holocaust survivor Viktor Frankl demonstrated in the most extreme circumstances imaginable: between what happens to you and how you respond, there is always a space. And in that space is your freedom. Your power. Your choice.

This framework does not minimize what you have been through. It refuses to let what you have been through have the final word.

THE 3 TRUTHS

01 Truth

Hard Things Happen to Everyone

You are not being singled out. You are being human. Suffering is not a sign you are broken. It is a sign you are alive. The question is never whether hard things will come. It is what you will do when they do.

02 Truth

Growth Lives on the Other Side

Every adversity carries inside it the raw material for growth, for resilience, for wisdom, for the kind of character that only comes from being tested. The growth was always inside the hard thing. Rise Strong helps you find it.

03 Truth

You Always Have More Choice Than It Feels Like

You cannot always choose what happens to you. You always choose what you do next. That is where your power lives. That is the choice point. And that is where everything changes.

Hard things happen to everyone.
You get to choose what happens next.
Always choose better.

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FINDING MEANING IN ADVERSITY

Rooted in Viktor Frankl's philosophy and 25+ years of keynotes and training, this section of the toolkit helps you transform the hardest things you have faced into the foundation of your greatest growth.

- How to reframe difficult experiences without minimizing their weight
- Techniques for finding purpose and meaning in hardship
- The difference between bitter and better and how to choose every day
- Strategies for maintaining perspective when everything feels uncertain

REFLECTION QUESTIONS

1. Where in your work or life are you choosing bitter over better right now, and what is it costing you?

2. What is this season trying to teach you, if you let it?

3. What is one thing you can do differently, at work or in life, that moves you from stuck to forward?

Ready to rise?

Download all framework guides free at:

drtimcrowley.com/toolkit

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