




YOUR SPEAKER

AARON DAVIS

 @AARONDAVISATTITUDEEXPERT

 @AARONDAVISPRESENTATIONS

 @ACDAVISCO

 AARON DAVIS

WWW.AARONDAVIS.CO



***EMBRACE THE UNCOMFORTABLE, IGNITE THE
POSSIBILITIES***



REMEMBER TO BREATHE! HOLDING YOUR
BREATH ONLY HOLDS IN THE ANXIETY!



DISCOMFORT /TROUBLE CAN
BECOME OUR TRANSPORTATION TO
GROWTH.



GET DISTRACTED RATHER THAN REACTIVE
WHEN YOU'RE FEELING DISCOMFORT.



TREAT YOURSELF AS YOU WOULD A BEST FRIEND



FACE YOUR DISCOMFORT/FEARS

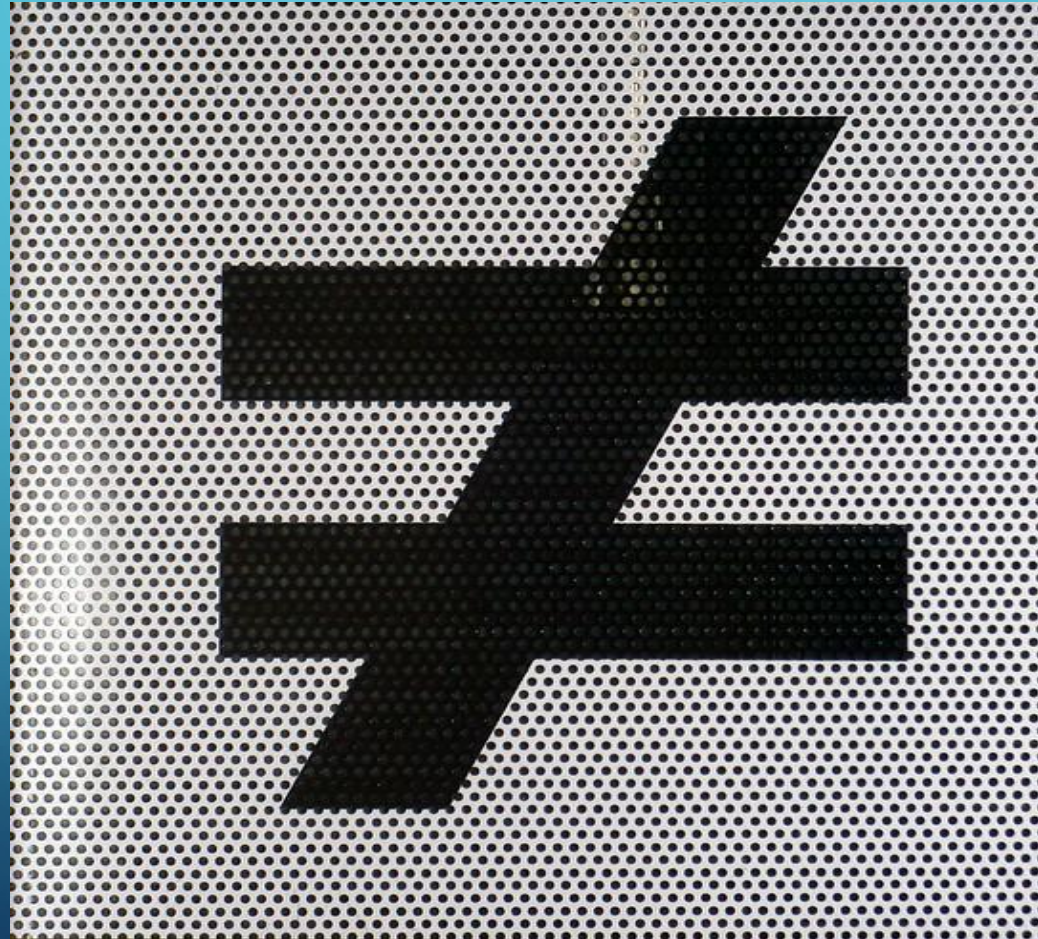
WHEN YOU **FEAR** YOUR
STRUGGLES, YOUR STRUGGLES
CONSUME YOU. WHEN YOU
FACE YOUR STRUGGLES, YOU
OVERCOME THEM.

WWW.LIVELIFEHAPPY.COM

TREAT DISCOMFORT AS A SIGN THAT YOU
ARE MAKING PROGRESS

NO PAIN - NO GAIN

**COMFORT DOESN'T ALWAYS EQUAL
JOY/HAPPINESS**



S.H.O.U.T



S: SAY SOMETHING!

Make **NO deals** to keep secrets of
someone thinking of harming
themselves.

H: HELP IS AVAILABLE

keep a note of available resources in
your phone, on your person, know your
allies.

O: OFFER YOUR SUPPORT TO LISTEN

Listening
=
Learning

The background is a solid teal color. In the corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

U: UNPACK THEIR PAIN FOR
UNDERSTANDING

Don't minimize or belittle what
they're feeling as it's REAL to
them.

T: TELL THEM AND REMIND THEM THAT..

They are:

Loved, Needed & Valued!