

LEGACY OF INTEGRITY



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” -Victor Frankl



OWN THE MOMENTS THAT MATTER



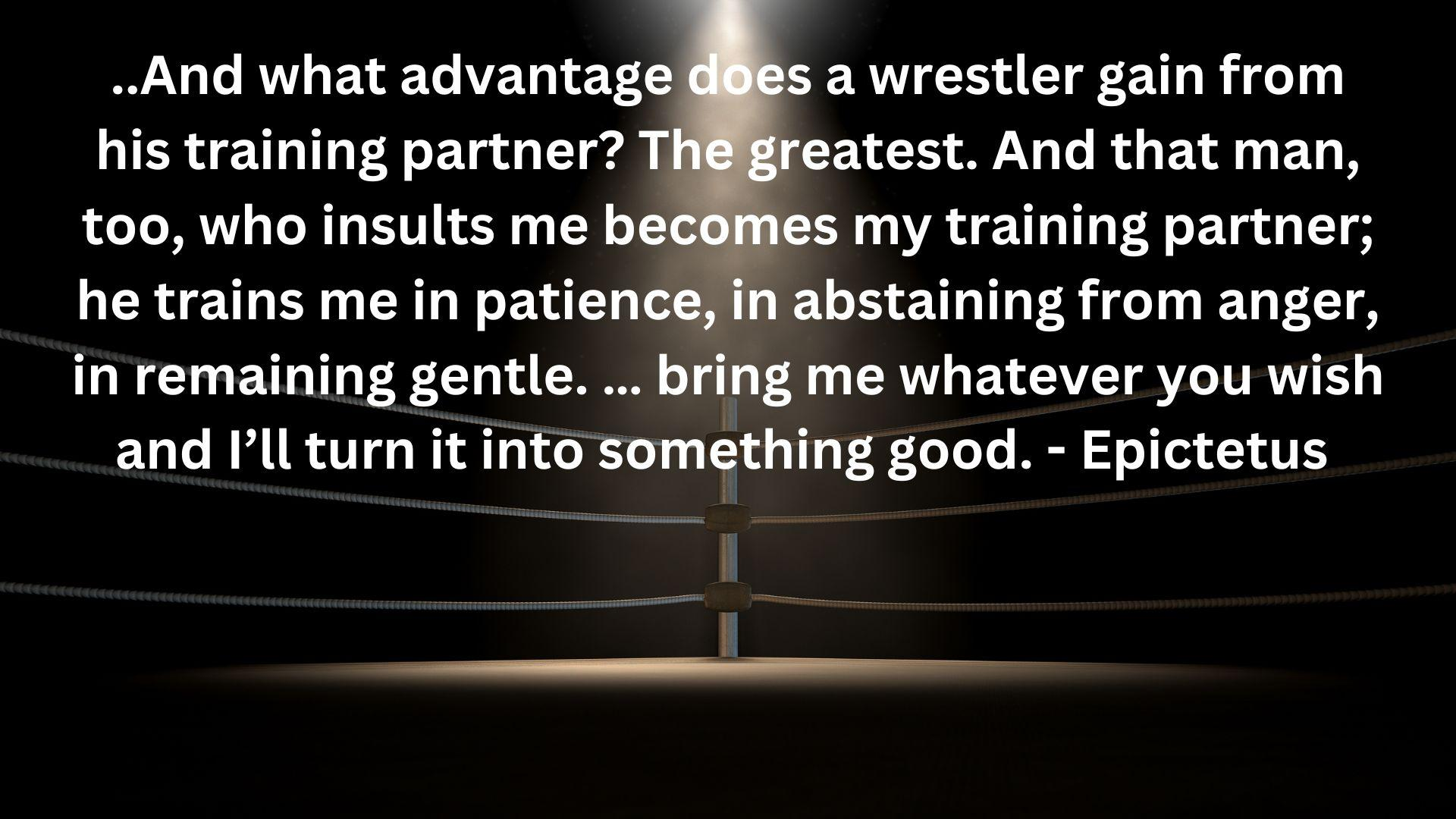
“Show me that the good in life does not depend upon life’s length, but upon the use we make of it; also, that it is possible, or rather usual, for a man who has lived long to have lived too little.” Seneca



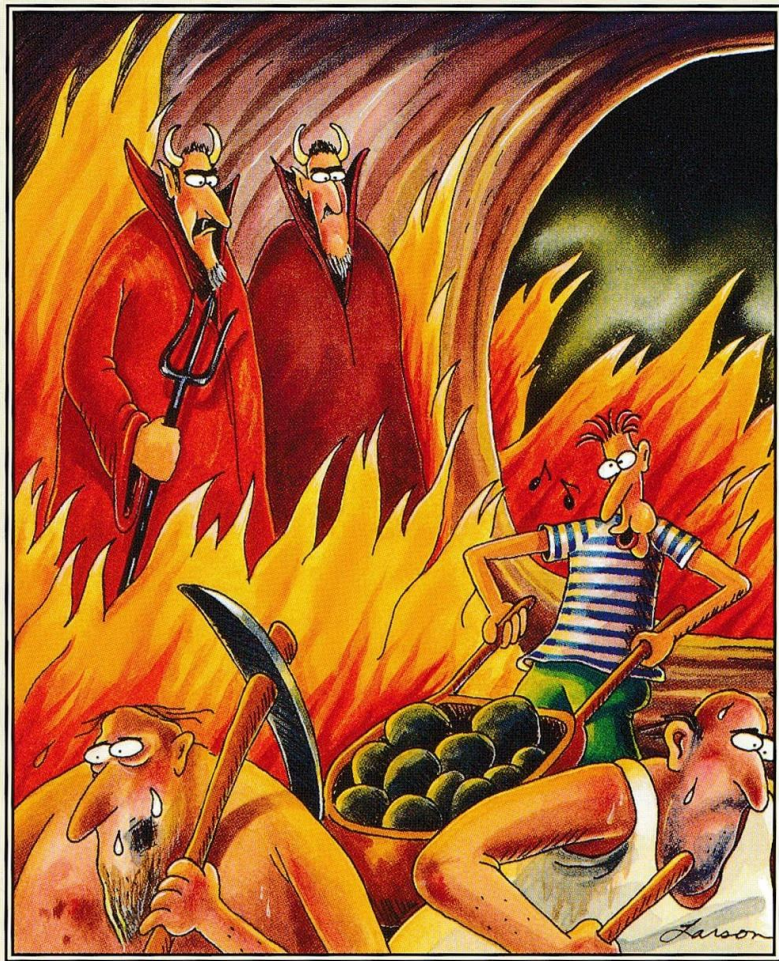
**“EVERY EVENT
HAS TWO
HANDLES, ONE BY
WHICH IT CAN BE
CARRIED, AND
ONE BY WHICH IT
CANNOT.” -
EPICTETUS**

AMOR FATI





..And what advantage does a wrestler gain from his training partner? The greatest. And that man, too, who insults me becomes my training partner; he trains me in patience, in abstaining from anger, in remaining gentle. ... bring me whatever you wish and I'll turn it into something good. - Epictetus



“You know, we’re just not reaching that guy.”



J.J. McCarthy
@jmccarthy09



Love you Viking nation. I'll be back in no time. Amor fati

SAFE

Strength to stand and act with integrity

Agility to adapt to the needs of the moment

Flexibility to reach for curiosity in adversity

Endurance to value process over outcome

What's your
report
card?

MARK

CO

A+

A+

A+

0

0

Strength to
act and stand
with
integrity.

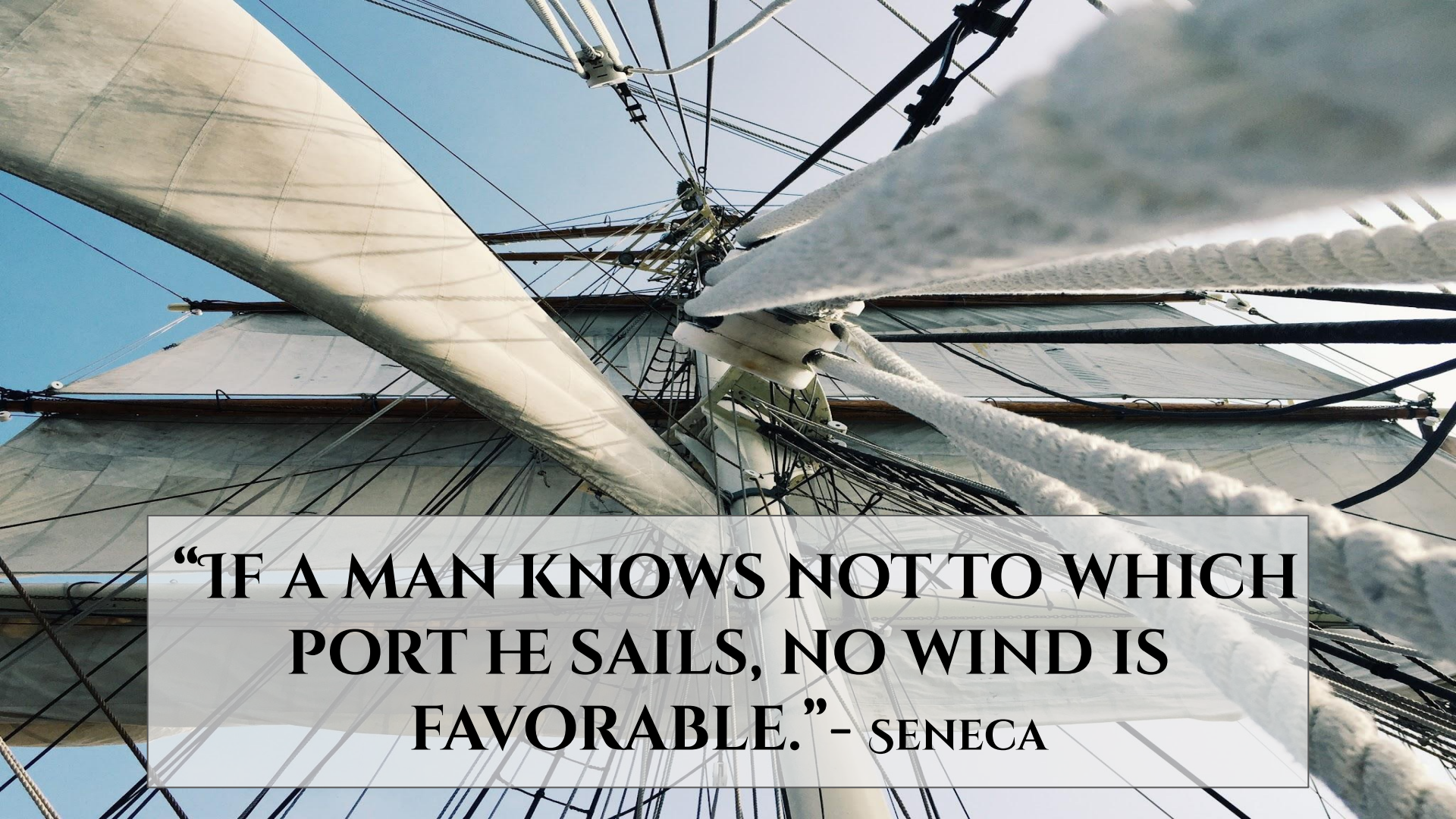


FOR WE ARE NATURALLY
DISPOSED TO ADMIRE MORE
THAN ANYTHING ELSE THE MAN
WHO SHOWS FORTITUDE IN
ADVERSITY. - SENECA

TO BE LIKE THE ROCK THAT THE WAVES KEEP
CRASHING OVER. IT STANDS UNMOVED AND
THE RAGING OF THE SEA FALLS STILL AROUND
IT. -MARCUS AURELIUS



**KNOW
THYSELF**



**“IF A MAN KNOWS NOT TO WHICH
PORT HE SAILS, NO WIND IS
FAVORABLE.” - SENECA**



Row F
Level P5

Row F
Level P5

WORD CHECK

Impact



**Whenever you are about to find fault with someone, ask yourself the following question: What fault of mine most nearly resembles the one I am about to criticize?
-Marcus Aurelius**



How much more
grievous are the
consequences of
anger than the
causes of it.
-Marcus Aurelius

“ASK YOURSELF AT
EVERY MOMENT, IS
THIS NECESSARY?”

— MARCUS
AURELIUS





Simmer

vs

Boil

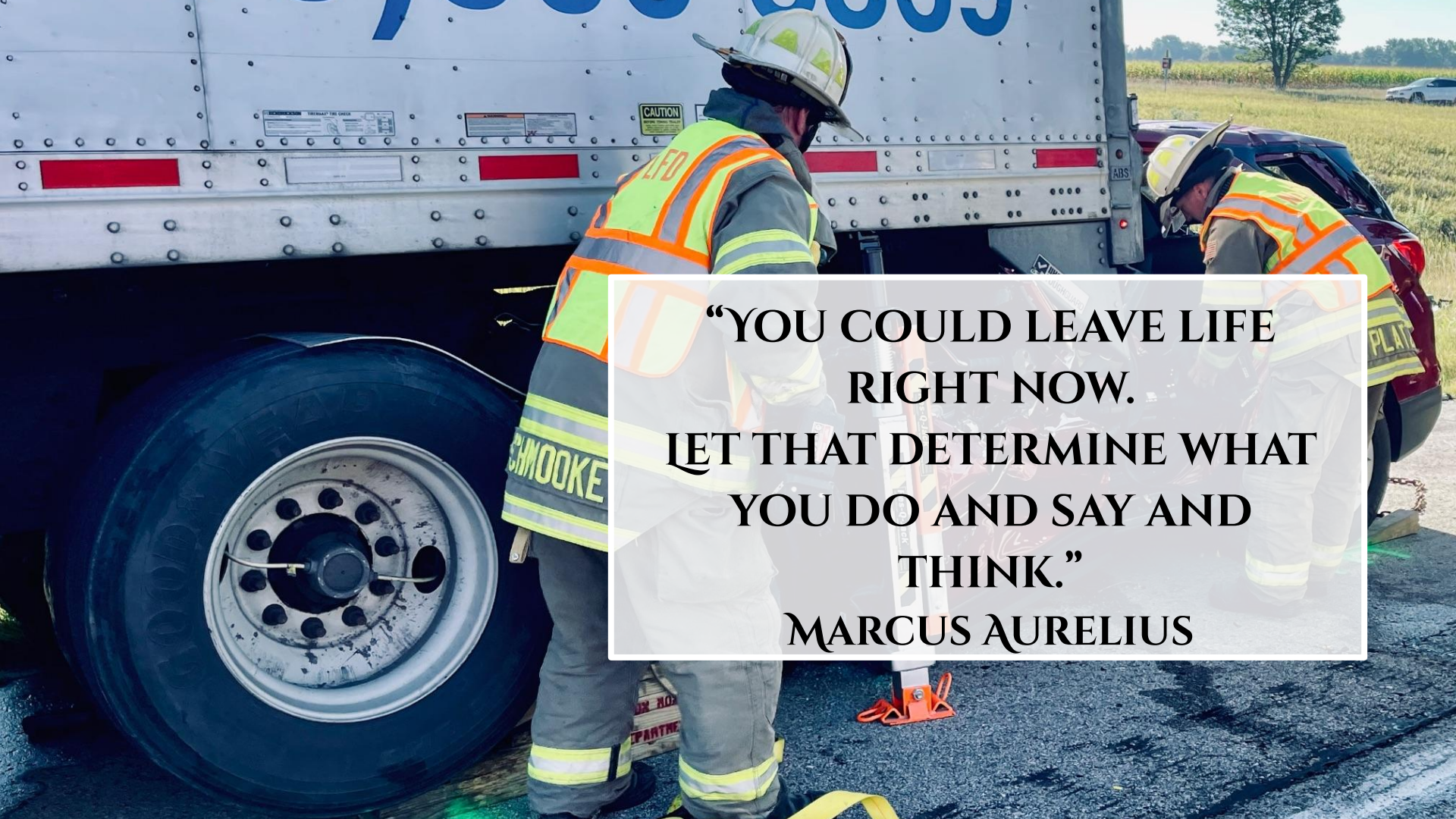
SOMEONE DESPISES ME? THAT'S THEIR
PROBLEM. MINE IS TO NOT SAY OR DO
ANYTHING DESPICABLE. SOMEONE
HATES ME. THAT'S THEIR PROBLEM. MINE
IS TO BE PATIENT AND CHEERFUL WITH
EVERYONE, INCLUDING THEM." -

MARCUS AURELIUS



KINTSUGI





**“YOU COULD LEAVE LIFE
RIGHT NOW.
LET THAT DETERMINE WHAT
YOU DO AND SAY AND
THINK.”**

MARCUS AURELIUS

Flexibility to
reach for
curiosity in
adversity.



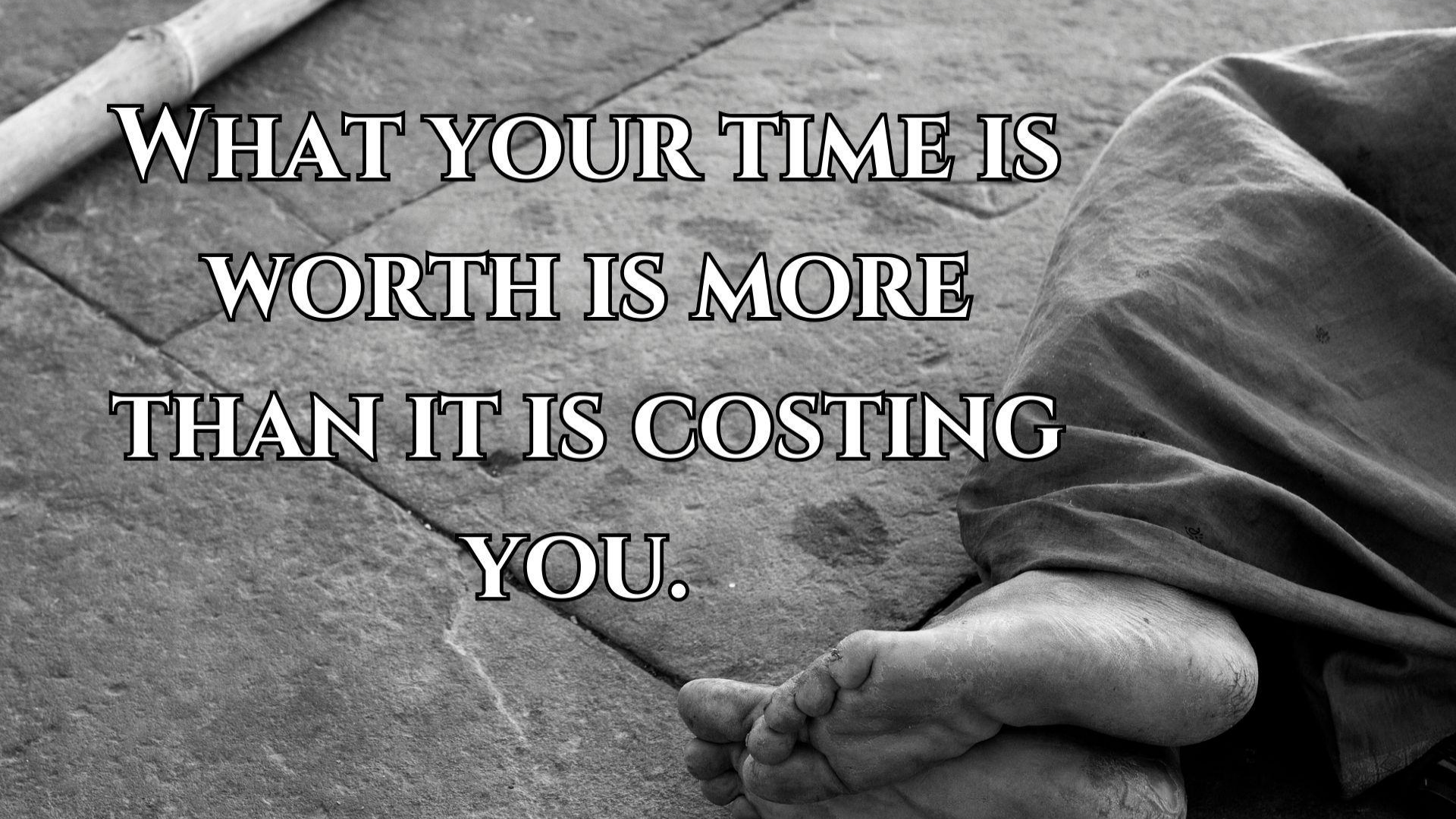
**“IT ISN’T EVENTS
THEMSELVES THAT
DISTURB PEOPLE, BUT
ONLY THEIR JUDGEMENTS
ABOUT THEM.” -
EPICTETUS**

**THE IMPEDIMENT TO ACTION
ADVANCES ACTION. WHAT
STANDS IN THE WAY BECOMES
THE WAY. -MARCUS AURELIUS**




**I JUDGE YOU
UNFORTUNATE BECAUSE
YOU HAVE NEVER LIVED
THROUGH MISFORTUNE.
YOU HAVE PASSED
THROUGH LIFE WITHOUT
AN OPPONENT, NO ONE
CAN EVER KNOW WHAT
YOU ARE CAPABLE OF,
NOT EVEN YOU.
-SENECA**





**WHAT YOUR TIME IS
WORTH IS MORE
THAN IT IS COSTING
YOU.**



YOU CHOOSE THE
RIPPLE YOU START

A black and white photograph of a glass of water with ripples on the surface. The glass is tilted, and the water is splashing slightly. The background is dark, making the glass and water stand out.

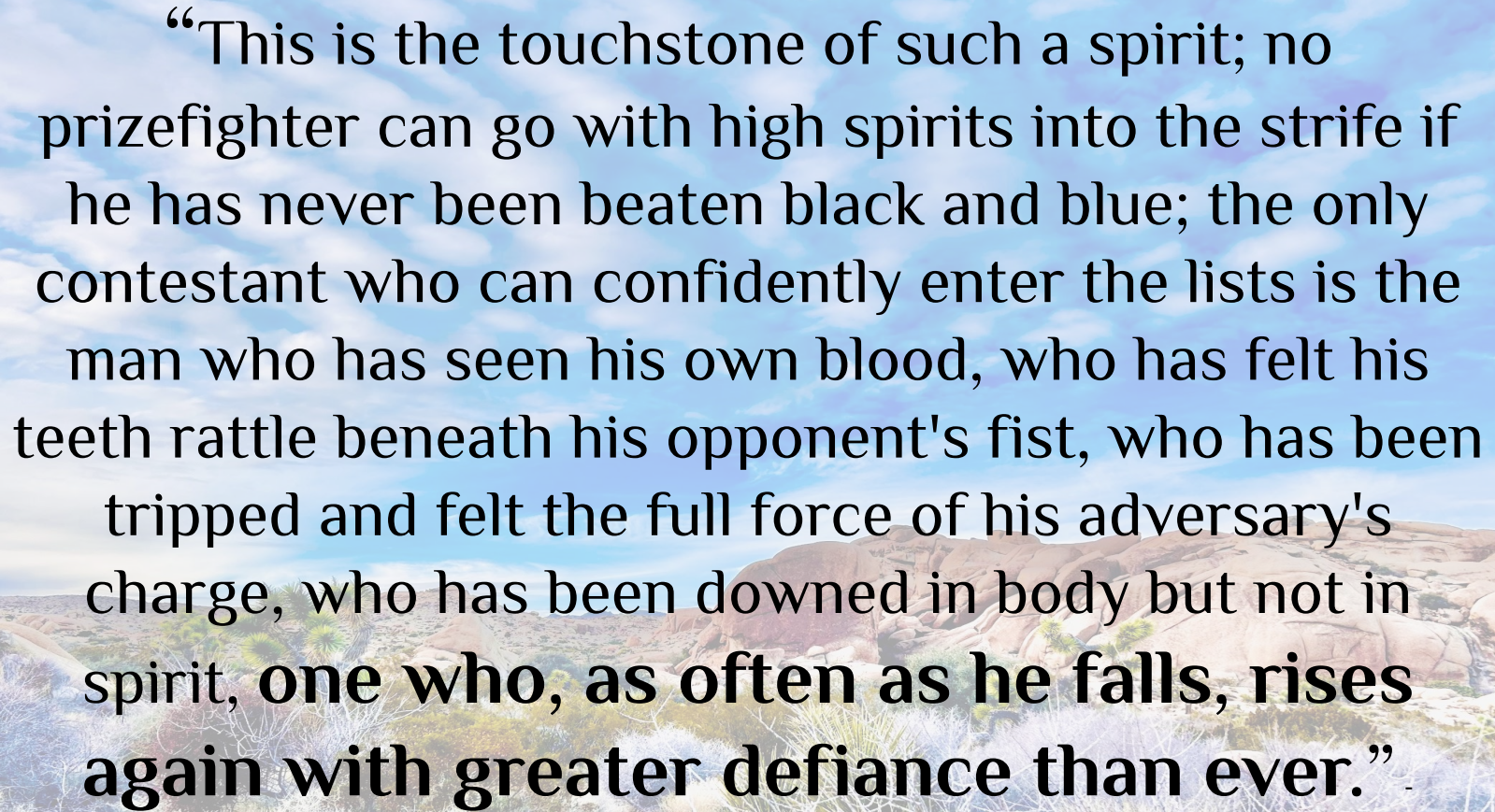
OBSERVE

ACT

RECOGNIZE



**IF YOU WANT MORE OF SOMETHING.
CALL IT OUT.**



“This is the touchstone of such a spirit; no prizefighter can go with high spirits into the strife if he has never been beaten black and blue; the only contestant who can confidently enter the lists is the man who has seen his own blood, who has felt his teeth rattle beneath his opponent's fist, who has been tripped and felt the full force of his adversary's charge, who has been downed in body but not in spirit, **one who, as often as he falls, rises again with greater defiance than ever.**”

Seneca

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