ANTIFRAGILE 101
HOW TO USE EVERYTHING AS FUEL FOR YOUR HEROIC GROWTH

1. ANTIfragile
ROBUST
Fragile

2. Challenges
V.S.
Threats

TRUSTCONFIDENCE
How you look at something
Determine how you respond

3. Emotional Stamina
Stay plugged into
Perform at your best!

4. Victim vs Hero
Why me?
What needs to get done?

5. #1 Tool: Bring It On
Welcome Discomfort Zone

6. Barbells & Infinite Optionality

7. Spitty Fingers

8. Win or Learn
Scars = Medals
Something happens

9. Common Humanity
Nothing to be ashamed of!

10. OMMS = Gritty Boxer + PTG
OMMS