

ESSENTIAL MATERIALS to PROMOTE PREPAREDNESS



1. Recognize and Remove Blockages to Pain Free Learning

2. The Laws of Pain

3. The Law of the Rubber Band

Circle all that apply

The Laws of Pain that Inhibit Learning

GOOD MANAGEMENT of BAD EXPERIENCES LEADS TO GREAT GROWTH

The Pain of Incompetence - “I should have seen that coming”

The Pain of Bargaining - “Can I Re-take the test? -If I could only get that grade back”

The Pain of NOT Being #1 - “I would be at the Top if it wasn’t for...”

The Pain of Change – “Wait, what are they doing? I’m Lost, I will look dumb if I ask, they should have waited for me”



How to Transform the Law of Pain? YOU Lead it

“Learning Stops When You Lose the Tension Between Where You Are and Where You Could Be”

The Laws of the Rubber Band

- 1. Few People Ever _____.**
- 2. Avoid Settling for the _____.**
- 3. Stretching is an “_____.”**
- 4. Stretching always requires _____.**
- 5. Stretching sets you apart _____.**
- 6. Stretching can become _____.**
- 7. Stretching Gives you a shot _____.**
