

Adapt and Maintain Enthusiasm in Adversity

Using the 5-Step

F. A. C. T. S.
Process to Find Your
Strength and Enthusiasm
to Succeed

Fox Beyer

An Actionable Success Journal





The path to achieving a goal is always accompanied by dangers, difficulties, and discomforts. Energy and eagerness present a formidable foe against obstacles. To learn about how people across the world are using enthusiasm to achieve extraordinary things or to share your story of grit and gumption, please email me at fox@foxbeyer.com.

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Using the 5-Step F.A.C.T.S. Process to Find Your Strength and
Enthusiasm to Succeed

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Dedication

To my family, friends, coaches, mentors, colleagues, teachers, Whippany Park High School, the Somerset Patriots, and the University of South Carolina, your impact on me is infinite and no doubt evident on the upcoming pages. Thank you!

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I wish to recognize a group of people who without their relentless guidance and genuine concern, this book would have never been possible. Mitchell Levy, Jenilee Maniti, Kharen Basa, and to the whole "AHAtthat/THiNKaha Team"—I appreciate you.

How to Read a THiNKaha® Book

A Note from the Publisher

The AHAtat/THiNKaha series is the CliffsNotes of the 21st century. These books are contextual in nature. Although the actual words won't change, their meaning will every time you read one as your context will change. Be ready, you will experience your own AHA moments as you read the AHA messages™ in this book. They are designed to be stand-alone actionable messages that will help you think about a project you're working on, an event, a sales deal, a personal issue, etc., differently. As you read this book, please think about the following:

1. It should only take 15–20 minutes to read this book the first time out. When you're reading, write in the underlined area one to three action items that resonate with you.
2. Mark your calendar to re-read this book again in 30 days.
3. Repeat step #1 and mark one to three more AHA messages that resonate. They will most likely be different than the first time. BTW: this is also a great time to reflect on the AHA messages that resonated with you during your last reading.

After reading a THiNKaha book, marking your AHA messages, re-reading it, and marking more AHA messages, you'll begin to see how these books contextually apply to you. AHAtat/THiNKaha books advocate for continuous, lifelong learning. They will help you transform your AHAs into actionable items with tangible results until you no longer have to say AHA to these moments—they'll become part of your daily practice as you continue to grow and learn.

Mitchell Levy, Global Credibility Expert
publisher@thinkaha.com



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Section I. F-Realize That When You Fail,
It Doesn't Make You a Failure

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Foreword

In the fall of 1997, Fox and I were walking through the campus of the University of South Carolina. Both of us were students there, and we were talking about our dinner menu for the upcoming Thanksgiving break. We were side by side, mouths watering with the talk of turkey, stuffing, and all the fixings. As I continued the conversation, I was surprised to notice that Fox was no longer beside me. I turned around to see him doing push-ups on the sidewalk, counting each repetition. I began to laugh uncontrollably.

Fox had tripped over a crack in the sidewalk.

But he didn't cry, complain, or look around and become embarrassed. Instead, he took ownership of the situation. He learned from an early age that he had to strengthen his upper body in order to catch himself and avoid injury during these frequent circumstances. I didn't laugh at Fox because I was making fun of him. I laughed at what he learned to do after the inevitable: have fun with it, turn an obstacle into a positive, and heck, get some exercise. That's what he wants to help us learn too.

Time and again, Fox has shown the ability to outwit doctors and other medical professionals—he was certainly named appropriately. Through countless surgeries and complications, he has always managed to find a way to overcome these obstacles, to the constant amazement of all around him. Through this book, Fox presents ways for the reader to deal with adversity, maintain enthusiasm through any circumstance, and improve overall feelings of self-worth. No one has to experience the physical battles he continues to go through to benefit from this book. We all experience everyday struggles that could use uplifting.

There is not a person whom I feel is more authentic, more caring of others, more resilient, or more honest than Fox. He truly blazes a trail of fresh thinking that is relatable to everyone at any stage or emotion in life. I am truly proud and fortunate to be able to have a friend, or better yet, a brother, in Fox Beyer.

Brett Jodie

Manager, Somerset Patriots

Introduction

It was June 2002. To my utter delight, the University of South Carolina baseball program had returned to the College World Series after a seventeen-year hiatus. As a student coach on that team, I found myself standing in the dugout during team introductions before our first game against Georgia Tech, which was being nationally televised on ESPN. While anxiously waiting for my name to be called, I kept telling myself:

"Fox, bend your legs at the hips."

"Stand up straight, for goodness' sake."

"Run heel-toe."

Finally, the climactic moment arrived.

"Student coach, Fox Beyer," blared the Rosenblatt Stadium loudspeaker. I began to run toward the first-base foul line. After a few steps, I tripped, fell forward, and caught myself with my hands. It was not an ideal entrance, but my hands have always been there for me—both in June 2002 and in July 1997, when I threw out the ceremonial first pitch of a New York Yankees' game. Yes, that day, while entering the field, I again tripped, fell forward, and caught myself with my hands.

Again, that was not part of my plan. But, did I eventually join my Gamecock teammates on the first-base line? Yes. Did I eventually throw out that first pitch? Yes.

Today, I look at my hands and I'm thankful. I'm thankful for people like my parents and therapists, who knew that as a kid growing up with cerebral palsy, I was going to fall every day of my life. They also understood that 99 percent of my falls were forward. Knowing this, I trained constantly to put my hands out in front of my body as I fell, protecting myself from further harm. Today, as a teacher and coach, I reflect on many of my infamous tumbles, what they've taught me, and how I can use them to help you.

Life is full of **adversity**—and having the **enthusiasm** to overcome it.

The pages that follow contain 140 AHA messages, each one related to an obstacle-surmounting perspective whose key words unite to form the acronym, F.A.C.T.S. Be ready when shit hits the fan!

**The tougher the challenge, the
more special the person. #Grit
#Enthusiasm**



Fox Beyer

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Section I

F-Realize That When You Fail, It Doesn't Make You a Failure

Is the road to success paved? NO! Do failures accompany the ride? YES! Is enthusiasm a key part of the journey? YOU BET! By understanding that obstacles will be full of struggle, we are more apt to focus on the process, learn from inevitable disappointments, and maintain an enthusiastic approach.

1

The road to success is not paved. #Grit #Enthusiasm

2

The tougher the challenge, the more special the person.
#Grit #Enthusiasm

3

The struggles you face are real, and you can tell them to
kiss your @\$\$.

#Grit #Enthusiasm

4

The victory highway is not smooth sailing. That road is a
constant uphill battle.

#Grit #Enthusiasm

5

Marry yourself to a trait called resilience.
#Grit #Enthusiasm

6

Harping on failures robs you of the #Enthusiasm needed
to conquer obstacles. #Grit

7

Perceive obstacles as opportunities to adapt and grow.
#Grit #Enthusiasm

8

Be someone of integrity, and you'll always be at your
best. #Grit #Enthusiasm

9

Have you done all you can do? Are you ready for what is to come? You'll have to adjust and adapt. #Grit #Enthusiasm

10

Count your blessings. If you don't have them, adjust and adapt to work things out. #Grit #Enthusiasm

11

When you are dealt a second-rate hand, it comes down to the character of the person. #Grit #Enthusiasm

12

Mental makeup and humility are ultimate intangibles, akin to #Enthusiasm. #Grit

13

#Enthusiasm is a key element in the journey THROUGH failure. #Grit

14

All in doesn't mean all smooth.
—Martin Kelly via <https://aha.pub/FoxBeyer>
#Grit #Enthusiasm

15

Write down YOUR definition of success. It will set a clear direction, make you less likely to dwell on inevitable failures, and give you more #Enthusiasm. #Grit

16

Conquer weakness to become great. #Grit #Enthusiasm

17

One of life's greatest teachers is experience.
#Grit #Enthusiasm

18

Embrace your character. #Grit #Enthusiasm

19

Tough beginnings are pit-stops in life. The victory highway is full of struggle and strife. #Grit #Enthusiasm

20

At the beginning of each day, give your struggles a game-faced salutation. #Grit #Enthusiasm

21

No one is a stranger to the tough and unforgiving.
#Grit #Enthusiasm

22

Accomplishments are often accompanied by challenges.
#Grit #Enthusiasm

23

Q.T.L.= Quality Time Lived. Adversity included.
#Grit #Enthusiasm

24

Success is the culmination of learning from many failures.
#Grit #Enthusiasm

25

Difficulties exist to be overcome. #Grit #Enthusiasm

26

Failures have way of teaching us to become better leaders.
#Grit #Enthusiasm

Epilogue

After completing my first week as a classroom teacher in 2005, the man who hired me called me into his office. I don't recall much about that meeting. What I do remember, however, will remain with me for a long time. After small talk and a short period of silence, he looked at me sternly. His words seemed to come out in slow motion:

"Your biggest tool is your enthusiasm."

He couldn't have been more right.

Almost fifteen years later, in September 2019, I sat behind a desk during second-period hall duty. My supervisor approached me with a wry smile on his face, as if he was about to deliver a message so daunting that he couldn't help but laugh. He glanced in both directions before sharing the news as straight-faced as he could:

"Fox, there are 988 class periods remaining in the school year."

I had to chuckle for a moment.

Then I thought, "How am I going to maintain enthusiasm through 988 more classes?" This led to a period of reflection. I thought deeply about my life and teaching career, essentially asking the question, "What are the things that I adhere to or refrain from that allow me to walk through the classroom door, instruct, assess, and inspire to the very best of my ability?"

Over the next few months, I came up with an acronym that most closely describes my approach, which became the title of this book.

- F — Understand that when you FAIL, it doesn't make you a failure.
- A — Embrace your AUTHENTICITY. Let people see your quirks and insecurities.
- C — Learn from others, rather than COMPARING yourself to them.
- T — "TURN off the noise" to allow the "white space"
- S — Find SOMEONE you trust, who listens/builds you up/breaks you down when needed.

Enjoy the journey, apply F.A.C.T.S., and attack adversity with vigor!

My best,
Fox

About the Author



Fox Beyer is a classroom teacher at Whippany Park High School (NJ). Since 2005, Fox has committed to his students through dedicating himself to servant leadership. He published *Letter Kindling: Igniting, Inspiring, and Evoking the Fire Within* in 2015. Now he's in his fourteenth season as a coach for the Atlantic League's Somerset Patriots, and he enjoys conveying the challenges of cerebral palsy through writing, speaking, and his *What's Your Inspiration* podcast.



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The road to success is not paved. #Grit
#Enthusiasm

You can inspire others by simply being yourself.
#Authenticity #Enthusiasm

Use what you learn from others to make a better
you. #NoComparison #Enthusiasm

Practicing #Silence has a way of strengthening the
power to react when making split-second
decisions are crucial and to respond when
impulsivity can be catastrophic. #Enthusiasm

Those we #Trust tell us things about ourselves we
don't want to hear, in an effort to make us better.
#Enthusiasm



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