

CRASHING INTO POTENTIAL

FRAMEWORK

The CRASHING INTO POTENTIAL (CIP) Framework that is used in the CIP programs has been **created, researched, evaluated** and **used** throughout the CIP programs. The theory behind it is a result of the many years I've been doing rehab, working on my body, working on my brain, fighting depression, in the trenches overcoming extreme adversity, to get to where I am. The CIP Framework consists of four pillars: **Goals, Choices, Mindset,** and **Perseverance**. These four pillars have helped me climb the trench walls to get to where I am. Evidence-Based? Yes, it is, and I'll go one step further, this is my first-hand experience ready to be taught in your classroom.

Let's go through it together.

GOALS

The first pillar of the framework is goals. Goals have been the roadmap to my recovery and have given me direction when I had none, and a target and motivation to aim for when I knew where I was going. Every therapist I worked with in rehab made me set goals. We set long-term goals, yearly goals, monthly goals, weekly goals, and daily goals. They gave me a path to follow, and I knew that as long as I had a roadmap, I'd always know where I was going. I knew that all I had to do is keep setting goals and I wouldn't get lost.

Goals provide us with a sense of purpose and focus when we face difficult circumstances. In times of adversity, having clear goals helps individuals maintain their resilience, determination, and an intense commitment to overcome obstacles.

It's simple, goals give us a vision of where we want to go and what we want to achieve. When adversity strikes, it is simple to feel overwhelmed and lose sight of where we are going, but if we can set specific and meaningful goals that challenge us, we can keep our eyes on the finish line, reminding us of what we are striving for and why it is important.

Goals can act as a source of motivation on our journey through darkness and can fuel us with the drive and determination to push through to find the light, even when we encounter roadblocks. They provide a sense of purpose and a reason to persist, helping us tap into our inner strength and resilience.

If we get overwhelmed and weighed down by the task in front of us, setting goals can enable us to break down the challenges we face into manageable steps. When faced with a daunting challenge, it may seem tough at first, however, by setting smaller, achievable goals, we can make progress one step at a time. Each milestone reached brings a sense of accomplishment and reinforces the belief that overcoming adversity is possible. I spent many years achieving small goals before kicking the biggest goal of my life.

Goals provide us with a roadmap for planning and strategizing our trip. They help us identify the right actions, resources, and support systems needed to overcome adversity. The roadmap outlines the steps we need to take, allowing for a more organized and effective approach when tackling challenges. By using goals as a roadmap to follow, we can navigate our way through adversity with determination, focus, and ultimately come out stronger on the other side.

CHOICES

Every corner we turn on our roadmap starts with a choice. Each choice we make serves as a compass to help us navigate our way around the roadmap. My choices have guided me down some dark roads in my recovery, but in the same breath, have guided me back out too. When faced with adversity, our choices can shape the trajectory of our journey and how far we can go. The choices we make determine whether we get sucked into the hardships of life or rise above them. Each choice, no matter how big or small, holds the potential to change the direction of our lives and alter the outcome of the road we are travelling.

In the first couple of years after my accident, I spent a long time blaming everyone and everything for what had happened to me. I spent a long-time fighting depression, and I spent a long time with no confidence, no drive and no motivation to make my life better. This was, until the day that I took responsibility for what had happened to me and decided to keep looking forward no matter what. This was because it didn't matter how much I look back at what happened, nothing was going to change the past. I needed to keep looking forward to a brighter future for myself.

Students need to learn that we can't always choose what happens to us, but each of us can choose how we respond. Knowing that they can choose their response in any given circumstance, whether it's in the classroom or in the playground, at home or at school, gives them a sense of control and empowerment over their circumstances.

Choices influence the actions we take and it's those actions that help us win the battle. They determine whether we will take proactive steps towards finding solutions or become bystanders to the circumstances we face. Every corner we turn starts with a choice.

MINDSET

One choice that I was somewhat unaware of in the early days of my recovery was my mindset. Immediately after my accident, I failed to see the enormity of the situation. As far as I was concerned, life was normal. My thought process was that I had finished work for the year a little bit earlier than the boys – being the 15th of November 2008 working as an electrician – and I could put my feet up for the summer, overcome this little accident, and start fresh the next year. When the days turned into weeks and the weeks rolled into months... AND I WAS STILL IN HOSPITAL... I slowly came to the realisation that life might not go back to normal... EVER!! Years later when I found myself still in rehab, the reality hit me. My life was NEVER going back to normal. This was in fact my new normal that I had to live. For years I tried to find my way back to my old path. I finished trade school and went back to my old job. I could only complete a 'B-grade' license and I couldn't work onsite. This wasn't the way it was meant to be. What was I doing with my life? The soul searching began by spending hours and hours on my own. I became my friend. The next thing I know I was fighting the demons inside my head and depression had snagged me, hook, line, and sinker, unaware that my mindset needed to change. A year passed I and was back on the path. Not my old path, but 'A' path at least. There was a lot that got me there: A lot of therapy. A lot of work with my psychologist. A lot of encouragement. A lot of work on myself. A lot of time, but essentially all I did was change the vision that I had of myself from somebody who CAN'T to somebody who CAN. I developed a growth mindset.

Developing a growth mindset is essential when it comes to overcoming adversity as it lays the foundation for resilience, learning, and personal growth. A growth mindset is the belief that our abilities and intelligence can be developed through effort and hard work. It is the understanding that setbacks and challenges are opportunities for growth rather than indicators of failure. Before this, I was too busy excepting my fate and excepting my new normal to realise that I could in fact help myself and improve my abilities.

In the face of adversity, a growth mindset enables us to view obstacles as temporary roadblocks that can be overcome if we choose the right actions. Instead of being defeated by setbacks – in my case, it was my accident – people with a growth mindset see them as learning opportunities to develop new skills or strategies. They embrace challenges, persevere in the face of adversity, and view failures as stepping stones to success.

With a growth mindset, we can foster a sense of self-belief and optimism. Those with a growth mindset understand that our abilities are not fixed or set in stone, and we actually have the power to improve and develop these skills over time. This enables us to approach adversity with confidence, knowing that we can learn, adapt, and find solutions to overcome obstacles that stand in our way

PERSEVERANCE

The last pillar of the CIP framework is *perseverance*. This one is closely related to the growth mindset. It's perseverance that keeps us going, over and over... and over... and over... and over again. My whole recovery has been built around the notion of perseverance. It's all well and good to set these grand goals, make these wise choices and develop an unstoppable mindset, but unless we persevere, it'll be before long that we will fall flat on our faces.

Perseverance is a key ingredient in overcoming adversity. It gives us the ability and determination to persist despite challenges and setbacks. When faced with adversity, it is perseverance that helps us excel and enables us to stay focused on our goals. It is the mindset that refuses to give up or be defeated by the obstacles we face. When confronted with setbacks, failures, or hardships, perseverance allows us to bounce back, adapt, and continue moving forward no matter what our circumstances are. It fuels the belief that temporary difficulties do not define our ultimate success or worth.

Perseverance allows us to develop grit and learn from our experiences. It understands that the progress we want to make may not come easily – or quickly – but it is the willingness to keep pushing forward that leads to the growth and achievement we desire. By persevering through adversity, individuals develop resilience, problem-solving skills, and a deeper understanding of their own capabilities.

This folk is how I've overcome adversity. By embracing the four pillars of the CIP Framework – **Goals, Choices, Mindset, and Perseverance** – we can overcome the hardest challenges life has to offer. It's this framework that keeps me striving for success EVERY day. The CIP Framework has been **created, researched, evaluated, and used** throughout the CIP programs and is the reason I am where I am today. Without it, I don't know where I'd be. Not mentally, not spiritually, and certainly not physically.

Check out the summary of our research [HERE](#).

