

# ADAPT & THRIVE

## 17 LESSONS FROM SHAWN ELLIS

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1. “The leaders who thrive in this next chapter don’t just manage change—they choose it.”
2. “You’re not just here to *get* through it. You’re here to *grow* through it.”
3. “Radical Adaptability begins with knowing when to end something.”
4. “Organizations don’t become adaptable. People do.”
5. “Your breath is the remote control for your nervous system.”
6. “Great leadership isn’t about doing more. It’s about doing what matters.”
7. “Am I *in* this moment—or just trying to get *through* this moment?”
8. “Nice keeps the peace. Kindness creates growth.”
9. “Fear isn’t a sign you’re doing something wrong. It’s a sign you’re doing something BIG.”
10. “Every Brave Choice you make rewires your brain for trust.”
11. “Confidence isn’t arrogance. It’s trust in your ability to figure it out.”
12. “Endings make space for what’s next. But you have to choose them.”
13. “You don’t just lead with your title. You lead with your nervous system.”
14. “Let your team step up. Let them stumble. Let them grow.”
15. “Calm is not a luxury. It’s a lever.”
16. “Building your ‘Faith File’ trains your brain to trust.”
17. “This moment right now? It’s not the ending. It’s your beginning.”

