
Preface

If you're holding this book, chances are you've already walked with me through my memoir book, "Wrestling with Destiny." You've seen the highs and lows, the victories and failures, the setbacks and comebacks that shaped my life. That book told the story.

This book is about what the story taught me.

Because the truth is, my journey wasn't unique in its struggles. Every person has struggles. Pain, setbacks, broken relationships, disappointment, fear, and uncertainty are part of human life. What matters most isn't whether we face hardship — it's how we respond to it.

For years, I believed a big part of resilience meant holding everything together and pushing forward no matter what. I thought strength meant performing well, appearing confident, and proving myself through achievement. But eventually I learned that real strength isn't found in pretending you're okay — it's built through surrender, renewal, and daily decisions that shape who you are becoming.

This guide was written to help you make those decisions.

When I wrote "Wrestling with Destiny", I looked back over my life — the failures, the resets, the hard truths, the redemption — and I realized something powerful:

There were seven things that kept showing up.

Seven things that helped me get up every time life knocked me down.

Seven things that helped me rebuild from the inside out.

Those seven things are now what I call:

THE 7 PRINCIPLES OF THE COMEBACK READY LIFE!

These principles were forged through growing up on a farm, lessons from my father, sports, the gym, years in military uniform, broken places that forced honest reflection, and moments where God met me in ways I didn't expect. They were strengthened through setbacks I didn't understand at the time and clarified through experiences that reshaped my identity and purpose.

These aren't theories.

They're practices.

They're disciplines.

They're daily choices.

And most importantly, they are habits that prepare you to get up when life knocks you down.

I call this becoming **"Comeback Ready."**

Being **"Comeback Ready"** doesn't mean life gets easier.

It means you become stronger.

It doesn't mean storms stop coming.

It means you learn how to stand in them.

It doesn't mean you never fall.

It means you know how to rise again.

Inside each principle, you'll find stories from my book, what it taught me, and how you can apply it in your own life. You'll also find **Comeback Ready Drills** designed to help rewire old thinking patterns and replace habits that hold you back. You'll see **Mission Objectives** - simple, practical actions to help you move forward each day.

This guide isn't meant to be rushed through. It's meant to be lived.

You may recognize yourself in some of these pages. You may find clarity where you've felt confusion. You may discover that what feels like a setback is actually a setup to prepare you for something ahead.