

# STRONGER THROUGH CHANGE

By Chris Norton



## RADICAL RESPONSIBILITY

You can't always control your circumstances, but you can always control how you react. Your future will take care of itself when you take care of today.



## BE LIKE GEORGIA

What you say and how you say it matters. You never know what someone else is going through.

## ASK FOR & RECEIVE HELP

Asking for help isn't weakness — it's wisdom. Receiving help with gratitude gives others the gift of contribution.



## WHO IS COUNTING ON YOU?

Nothing generates more sustainable energy than knowing your persistence matters deeply to someone else.

## YOUR LIFE IS AS RICH AS THE LIVES YOU ENRICH

Share what you have gained. Success without fulfillment is failure in disguise.



**CHANGE IS INEVITABLE.  
GROWTH IS A CHOICE.**

LEARN MORE AT [CHRISNORTON.ORG](http://CHRISNORTON.ORG)

# CHRIS NORTON

## BEYOND THE TALK

### FOUNDATION

Through the Chris Norton Foundation, Chris provides rehab grants and hosts a free wheelchair camp — serving thousands of families with hope and connection.

Learn more or get involved at [ChrisNortonFoundation.org](https://ChrisNortonFoundation.org)



### SPEAKING



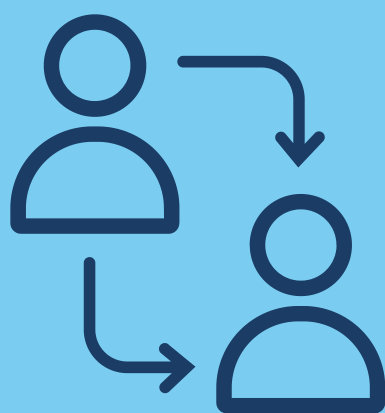
Chris inspires audiences worldwide with his Stronger Through Change keynote, teaching resilience, leadership, and the power of turning setbacks into growth.

Book Chris to speak at your next event: [ChrisNorton.org/Speaking](https://ChrisNorton.org/Speaking)

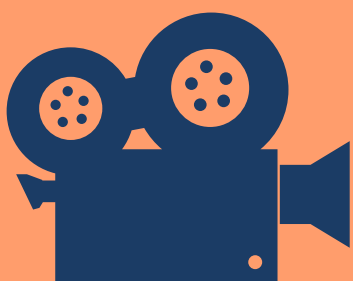
### COACHING

Chris coaches a select number of athletes, executives, and leaders — helping high performers align achievement with purpose and unlock their full potential.

Apply for coaching here: [Coaching Intake Form](#)



### 7 YARDS FILM & BOOK



Chris's story is told in the documentary 7 Yards and the book The Seven Longest Yards, co-written with his wife Emily — a powerful journey of resilience, love, and purpose.

Watch [now](#), and get the book on [Amazon](#).

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