

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.

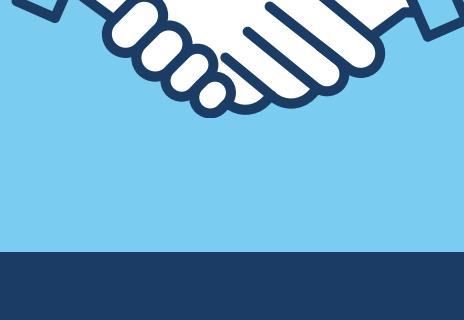


BE LIKE GEORGIA

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

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.



SPEAKING

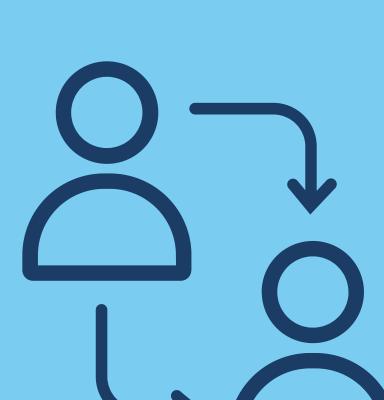
Chris inspires audiences worldwide with his Stronger Through Change keynote, teaching resilience, leadership, and the power of turning setbacks into growth.

Book Chris to speak at your next event: ChrisNorton.org/Speaking



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](http://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](#).

CHRISNORTON.ORG | @CHRISNORTON16

EMAIL CHRIS@CHRISNORTON.ORG

