THE PIVOTAL MOMENT COMPANION WORKBOOK

THE TEN STEP CALL TO ACTION:
The Hurricane, The Aftermath and Your Healing

THE PIVOTAL MOMENT
THE HURRICANE, THE AFTERMATH, THE HEALING
The True Story of How One Man Changed the Lives of Millions
KRISTLE BAUTISTA
FOREWORD BY DAVID YOUNG
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Introduction

All of us are seeking the same thing. We share the desire to fulfill the highest, truest expression of ourselves as human beings.

Oprah Winfrey

I set out on a journey to document David Young’s transformation but in the process, became transformed along the way too. We can all help one another, even in the smallest of ways, even in the saddest and most impossible of situations. Hope exists. Redemption is real. And we are all worthy of it.

Bet on the person you can become. Believe in the grandest version of your life, no matter what the circumstances are. Like David, the right people will step forward if you believe and are willing to take action.
PIVOTAL MOMENT IN ACTION #1

What initiatives speak to you? What breaks your heart? The best causes are often the battles you face too. Is there a message you can send to thank someone or let them know how you feel? Is there something unresolved in your heart that needs your attention? Sometimes all it takes is that one message, that one moment where you say ‘yes’ to the calling, to begin transforming your life.

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THE THINGS THAT RESONATE WITH YOU ARE SPEAKING TO YOU ABOUT SOMETHING YOU’RE MEANT TO DO.
PIVOTAL MOMENT IN ACTION #2

Some people will love you, and others will hurt you, but all are meant to teach you about yourself. Who has entered your life and taught you meaningful lessons? Is there someone who has impacted you greatly, and wish you could tell them? Sometimes it isn’t physically possible to talk in person—sometimes they have passed on or are no longer a part of our lives. However, these pivotal moments that stand out in your journey, both good and bad, have helped shape who you are today. Start by writing down the memories of those who have impacted your life, even if you never send it. One day, you might, but the important thing is to verbalize it for yourself and acknowledge the role they played in your life.

The teachers in our lives are everyone who show up and teach us something about ourselves. The teachers who have showed up for you, both painful and happy, have all contributed to making you stronger on your journey.
PIVOTAL MOMENT IN ACTION #3

Like it said in the movie, *Field of Dreams*, “If you build it, they will come.” What is a problem you can solve? What would you be willing to do to help? This could be offering a kind word to someone who looks like they are struggling, interest classes you can lead, being a mentor to the new person, or perhaps a letter you can write to a stranger. What comes easily to you might not be so easy to others and often are the gifts we don’t realize we can share. Your gifts are meant to be shared with the world, no matter how small you think they might be.

*The greatest accomplishments were often the simplest tasks, done with extraordinary care and love.*

PIVOTAL MOMENT IN ACTION #4

One profound piece of advice I received was to think about what others thank you most for. Really give this some thought. What do people thank you most for? This will guide you toward what you are strong in and what makes you unique. Understanding your natural strengths and why you do what you do naturally will help you break free of the negative opinions of others.

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THE AREAS OF IMPACT THAT YOU ARE NOTED FOR ARE WHERE YOUR NATURAL STRENGTHS LIE, REGARDLESS OF WHAT OTHERS THINK.
We are all worthy of love, no matter what we’ve done or what has happened in the past. Take a moment to empower yourself and align to the gift of loving yourself and others. Like that moment where that pastor asked me to write my name in the place of love, find a quiet moment and write yours down with pen and paper.

- (Your name) is patient.
- (Your name) is kind.
- (Your name) does not envy.
- (Your name) does not boast.
- (Your name) is not proud.
- (Your name) does not dishonor others and is not self-seeking.
- (Your name) keeps no record of wrongs and does not delight in evil but rejoices in the truth.
- (Your name) always protects, always trusts, always hopes and always perseveres.

And the most important one:

- (Your name) never fails.

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**You are loved, and you are love. Now is your moment to shine.**

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We hold back emotions. We regret. We think about death as merely a possibility and not a guarantee. Think about who you would write a eulogy or a letter to if you heard they suddenly passed away? Who would you rush on a plane to see if they were on their deathbed? Like David, he gives love to people who are lonely, abandoned, and forgotten. Who could you give love to if you made the time? What would you want them to know?

__Your one act of love and kindness to one person might be the one thing that saves them. Be that reason, even if others disagree.__
PIVOTAL MOMENT IN ACTION #7

Based on the widely shared story by Billy Graham, a tribal elder was teaching his grandson about life¹.

An old Cherokee grandfather is telling his grandson a story. “A fight is going on inside me,” he said.” It is a terrible fight between two wolves. One is evil—he is anger, envy, greed, arrogance, resentment, lies, and ego.” He continued, “The other is good—he is joy, peace, love, hope, serenity, humility, kindness, empathy, generosity, truth, compassion, and faith. The wolves are fighting to the death.

Wide-eyed, the boy asks his grandfather which wolf will win. The old Cherokee simply replied, “The one you feed.”

Which narrative do you play in your mind? Despite the difficulties you face in life, which wolf do you feed?

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Footnote: https://en.wikipedia.org/wiki/Two_Wolves
Everyday miracles surround us. The universe is talking to us through people, songs, events and everything around you. Are you listening?

Ask for clarity in your purpose, and the answers will appear.
PIVOTAL MOMENT IN ACTION #9

It is said that if a memory makes you feel a negative or visceral response, it is unhealed and may be holding you back from your true potential\(^1\). These are uncomfortable, unforgiven, or painful memories that replay constantly in your mind. No matter how terrible or painful it is, try writing it down. That was one of the hardest things I’ve ever had to do but in acknowledging the past, has helped me to release it. Let it hurt. Let it heal. Then, let it go.

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YOUR TRUTH MIGHT NOT BE BEAUTIFUL, BUT THE BEAUTY ISN’T IN THE PAIN—IT’S IN RISING ABOVE. THOSE WHO CAN SING AFTER THE RAIN DON’T FORGET THE STORM, BUT THEY KNOW THAT THE RAINBOW WILL EVENTUALLY COME.

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Footnote:

https://www.psychologytoday.com/us/blog/workings-wellbeing/201708/heal-trauma-work-the-body
PIVOTAL MOMENT IN ACTION #10

Are there people in your life who hold you back, who constantly fuel fear in your dreams or decisions, or tell you that you're not ready? Rewrite how the story ends because no one's voice should be louder in your head than your own. If there is something you believe in, trust in your process, and take the steps necessary to make it happen.

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Trust in your process. From this moment on, no one’s opinion or voice should be louder in your head than your belief in what you are capable of achieving.

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I’d love to hear your thoughts and experiences with your Pivotal Moments
Please connect with me at www.kristlebautista.com
Global change *is* possible, starting with you.

ABOUT THE AUTHOR

Kristle Bautista, MHRM, CHRL, is a Course Director at York University with the Faculty of Liberal Arts and Professional Studies. Recognized for excellence in teaching, she is a natural story-teller and lead panelist for Human Resources. Her global HR advisory, mentorship and training experience spans across the Aerospace, Business Consulting, Nor-for-Profit, Food and Consumer Packaged Goods industries. She is a natural introvert and a true champion for the quiet ones too.

Kristle lives in Toronto, Canada with her husband Neil, and their two boys Christian and Connor.