

## Jim Abbott

Professional Baseball Player and Inspirational Hero

**A.D.A.P.T.—Overcoming Challenges.** Former Major League Baseball pitcher, Jim Abbott, was born with only one hand, but he adapted to his situation and overcame adversity, eventually going on to become a Major League Baseball pitcher. Abbott knows that to continue to move towards our goals, we must be willing to adapt, to change, and to mold ourselves in order to meet the obstacles in our own way.

Using A.D.A.P.T. (Adjustability, Determination, Accountability, Perseverance, Trust) as an acronym, Abbott strings together a powerful set of words that provide a framework with five incredible strategies to help audiences reach their fullest potential. Audiences will walk away inspired, motivated, and ready to ADAPT to any challenge that stands in their way.