



DISCIPLINE OR REGRET

*What will you do if
life slides out?*

The great business philosopher Jim Rohn once said, “We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.” Many times we look back saying, “I wish I would have...” or “If only I had...”, trying not to allow the regrets of yesterday to extinguish the success of tomorrow. In 12 seconds, Matt Potratz went from being one of the best athletes behind the handlebars of a snowmobile to being in a coma fighting for his life. That coma didn’t end for over a month and he came out a different man than he had been before. In fact, he came out a boy, with a body and brain needing to heal and find the man inside again. 100+ days hospitalized for surgeries, procedures, therapy, and rest got Matt back home, but with his recovery far from over. The story alone will make you examine your life and will inspire positive change. At one point in complete exhaustion, Matt wanted to stop fighting so hard and rest. But, he rose up when the thought sparked “I either do it now or regret it later” and he dug deep for the discipline to keep defying all odds and proving his long term prognosis to be wrong. Matt refuses to live with the pain of regret and he will urge your audience to join him. He will motivate them to examine critical areas of their own life or career that might need a tune-up. No matter where your audience is at in life, they will walk away from this presentation inspired to change.

The presentation includes actual video footage of the avalanche that nearly took Matt’s life and a powerful slide presentation of his recovery from a coma to back on his feet.

Your audience will thank you for bringing Matt Potratz into their lives.

MattPotratz.com