
FUN FACT:
INFAMOUS REPLACEMENT REF IS BANK OF AMERICA VP
NFL
OF COURSE I MADE A BAD CALL, NOW WHERE IS MY BAILOUT??
ADAM

When the Noise in Your Life Is Overwhelming

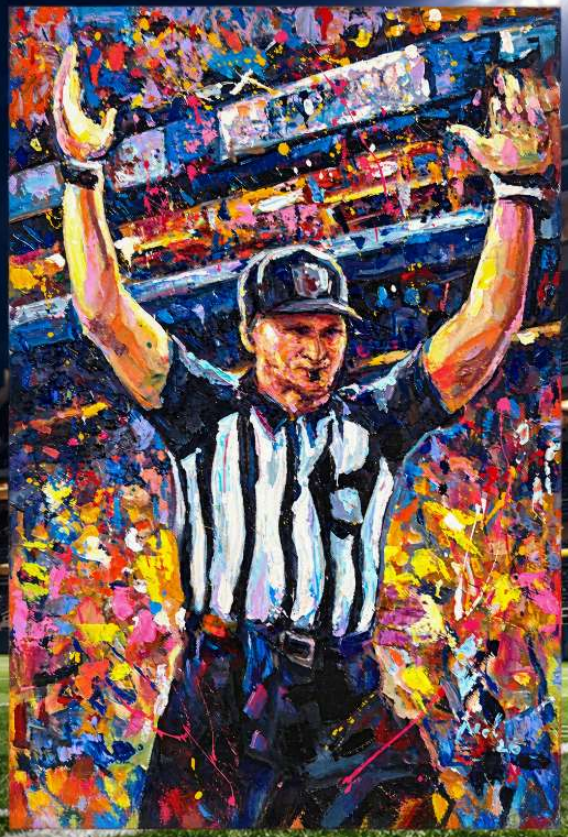
You Can Be D.E.A.F. to the Noise



Lance Easley
Author of Making the Call

One call. An avalanche of noise.

A split-second decision
A worldwide reaction
A deeply personal challenge



The noise outside. The noise inside.

EXTERNAL

Criticism
Media and social posts
Other people’s expectations



INTERNAL

Self-doubt
Second-guessing
“Woulda, shoulda, coulda”

Which voice is taking the most space in your life?

Useful feedback and destructive noise

Useful feedback helps you learn.

Is it grounded in facts?
Does it help me improve?
Will it benefit me or others?



Volume alone does not make a message valuable.


The value of noise
The outcry led to an unexpected opportunity to serve others.
Pressure can reveal what needs attention.
Reflection can turn experience into growth.

D.E.A.F.

D Decide to Stand

E Embrace Stress and Pressure

A Adopt an Attitude

F Form a Foundation



Decide to Stand

D

Stand on your principles with courage.

Take responsibility for your choices.
Prepare before pressure arrives.



What principle will guide your next call?

Embrace Stress and Pressure

E

The consequences are part of the decision.

Face the difficulty that follows. Stay open to growth through the experience.



What can this pressure teach you?

Adopt an Attitude

A

Set your attitude like a thermostat.



You cannot control every outcome.
You can practice a calm, thoughtful response.

What can you control in this moment?

Form a Foundation

F

Family. Faith. Friends.



Trusted people offer perspective and support.
For me, faith in Jesus is the foundation.

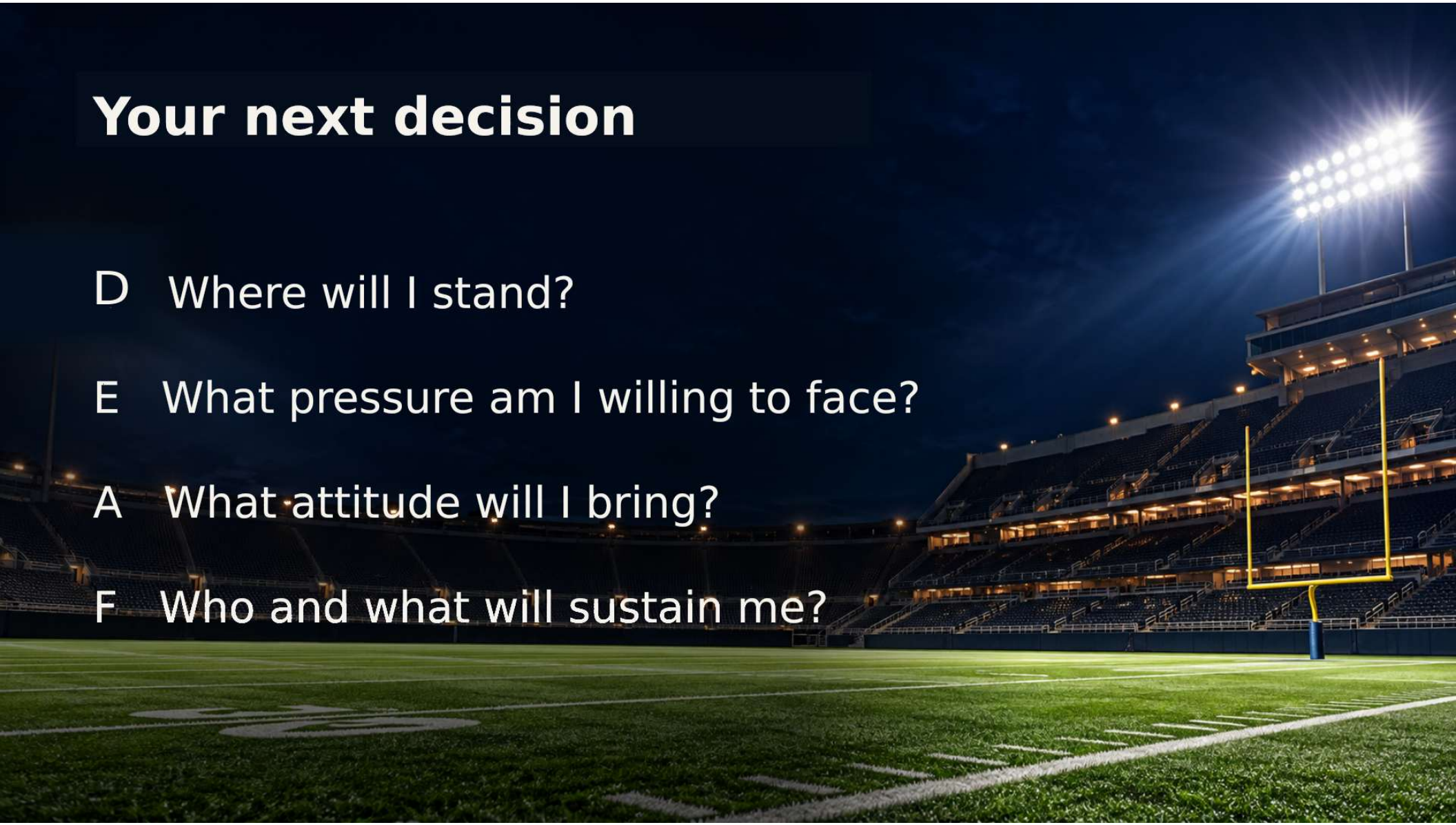
Who helps you stand when life gets loud?

The quieter voices that sustained me

Encouragement helped me regain perspective.
Trusted voices reminded me what mattered.



Whose voice strengthens your foundation?



Your next decision

D Where will I stand?

E What pressure am I willing to face?

A What attitude will I bring?

F Who and what will sustain me?

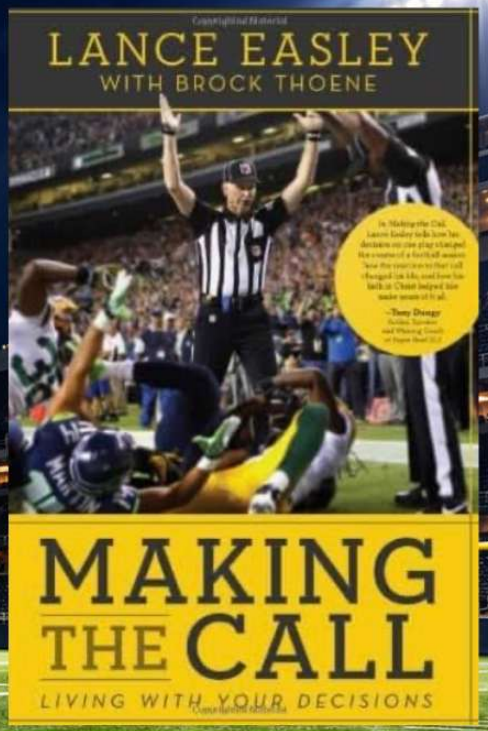

Prepared to Make the Call
One decision.
One next step.
What will you do when the noise returns?

Making the Call

Living with Your Decisions

Lance Easley
Jomtien, Thailand

Questions and conversation



Let’s Stay Connected

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