

Chapter 8: Endurance

ONE-MINUTE WORKOUT

Who is your loudest trash talker? Take thirty seconds to listen to what this voice is saying. As you do, try to picture the voice that's talking. What does it look like? What does it sound like? What's its posture or gesture? Give it a name and a catchphrase.

After you get clear on your trash talker, Think about how you want to respond. What do you want to say back to it? How is it preventing you from accomplishing what you want to do?

Then Act with the new awareness you have.

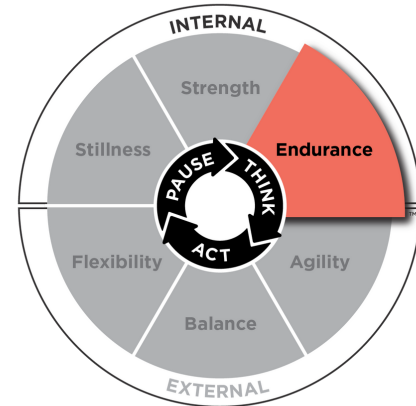
REPLAY

Endurance is:

- Adopting a growth mindset
- Discovering where you're stuck
- Addressing limiting beliefs
- Taking small steps toward big change

Endurance is not:

- Hoping everything will be easy
- Expecting a quick fix
- Focusing on what others think you should do



THINK QUESTIONS

- Where am I stuck?
- What's getting in the way?
- What stories am I telling myself?
- What skills or support do I need to move past these obstacles?
- What small step can I take to move forward?

TRAINING PLAN

- Believe things can be different.
- Design some accountability.
- Name your trash talkers and quiet them.
- Think big but start small.
- Focus your energy on the things you care about most.