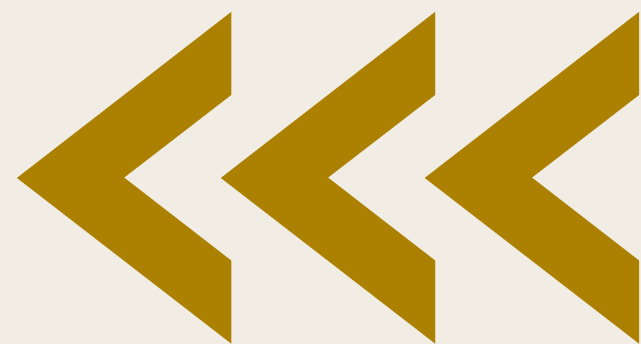
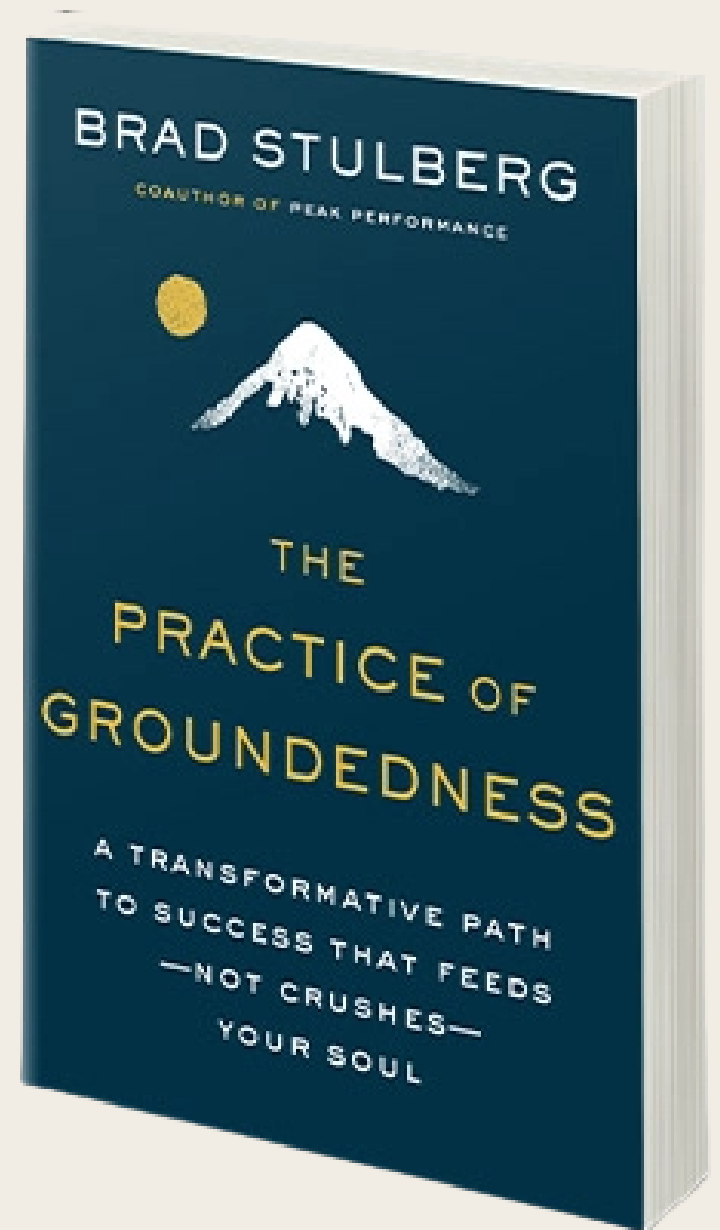


14 LESSONS FROM THE PRACTICE OF GROUNDEDNESS



the GROWTH GUIDE

01

Heroic Individualism

Too many constantly push. Always striving for more.

You miss out on the contentment of what you've accomplished and have.
it's beautiful to:

- Care about what you do
- Find fulfillment in it
- Love it

But, not at the price of never turning off



02

Occupational Hazard

As creators, Heroic Individualism's an occupational hazard.

The constant exposure to real-time content feedback and follower counts. You modify behavior based on analytics.

Instead, you should:

- Name it
- Acknowledge it
- Work with it skillfully



03

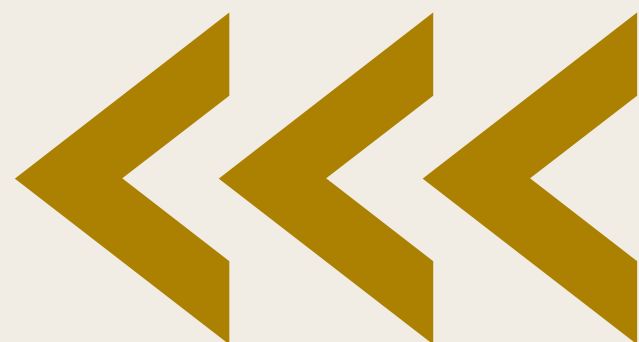
Groundedness

Groundedness is the foundation from which:

- Passion
- Productivity
- and Striving emerge
- and Can be channeled

If your focus is getting to the top,

- You won't get there fast
- If you do, you'll think, what now
- If you don't get there, you'll be sad



04

Three Legs of the Stool

These principles are based on findings from:

- Daily practice
- Modern science
- Historical wisdom

It can't just be true:

- In the lab and the ivory tower
- In history books or in spiritual text

It has to work when the rubber meets the road.



05

Happiness

Happiness = Reality Minus Expectations

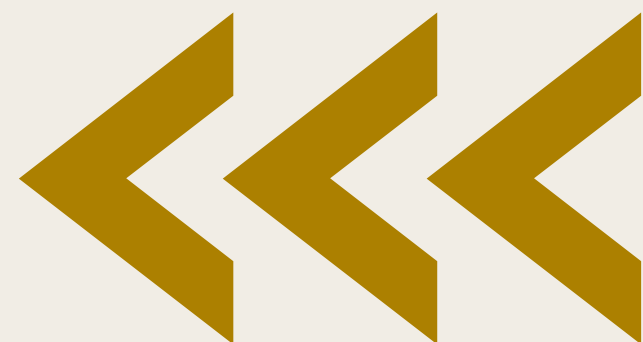
Unrealistic high expectations will mean you're upset.

The happiest places on earth are:

- Dark
- Freezing cold
- Have long winters

People who live there expect it and are happy.

Focus on reality and the present moment.



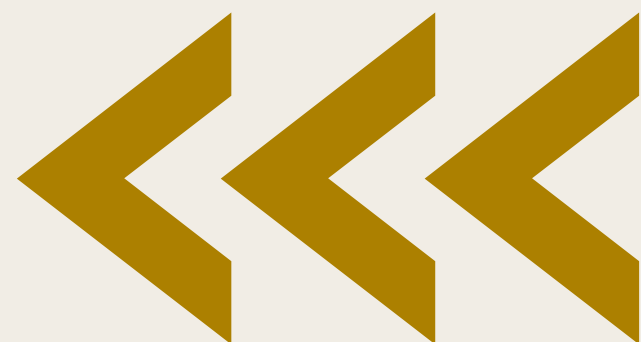
06

The Kardashian Effect

In most measurable ways, our lives are better than they've ever been.

This isn't to acknowledge we don't have problems. It's to say we also have greatness.

Unfortunately, we constantly see everybody's Great Life on social media and compare ourselves.



07

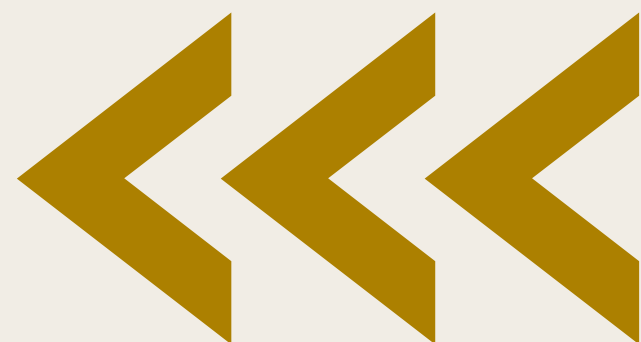
Front Stage

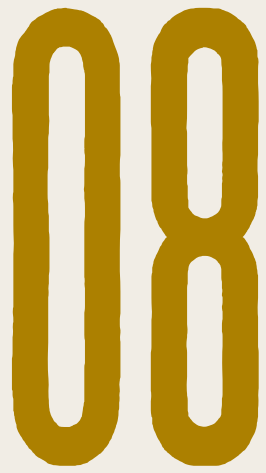
This is your fake self. The self you bring to social situations.

Your backstage self is who you really are.

They're probably never going to be fully aligned, but they can be closer.

The Kardashian Effect is worse because 98% of what we see's Front Stage.



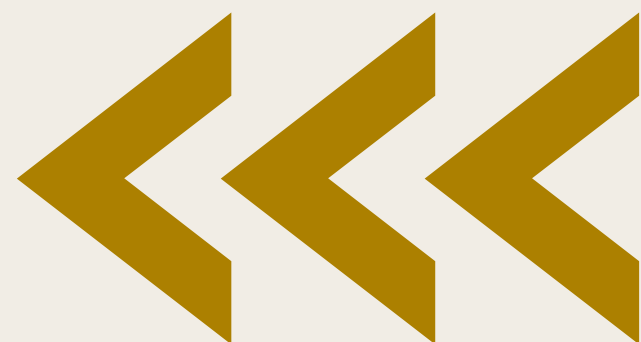


Philosophy

Stoicism and Buddhism can help you be grounded. Both teach you to live in the present moment.

To not think about your past and:

- Dwell on what might have gone wrong
- Be frustrated by what might have been
- Compare yourself to yesterday Live in the moment



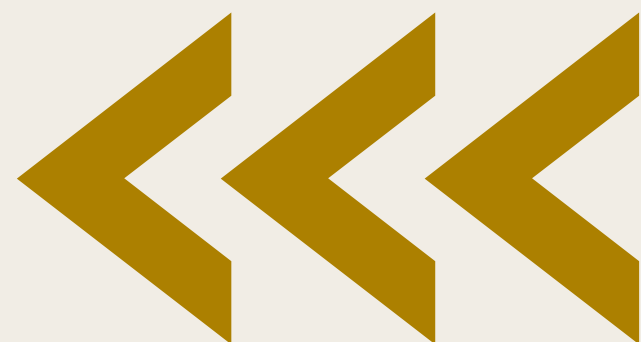
09

ACT

Acceptance and Commitment Theory teaches:

- To accept what's happening
- Whether you like it or not, and
- Commit to live in alignment with your values

You don't need to be motivated to get going. You need to get going to give yourself a chance to be motivated.



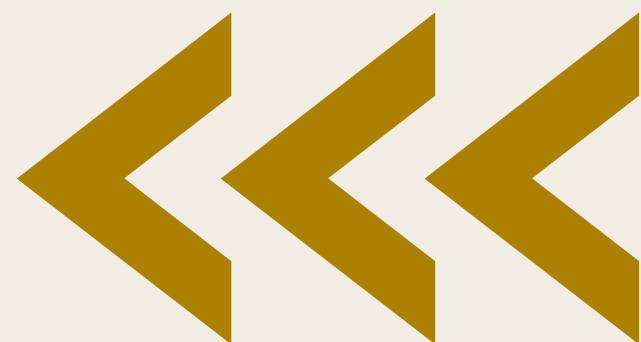
10

RAIN

This mindfulness practice teaches:

- Recognize what's happening
- Accept, don't repress, the thing
- Investigate the thoughts and feelings
- Nurture = decide what you'll do with this

When you investigate, You create space between you and the experience - magical.



11

Shoulding

If there's one thing we want you to do,
It's stop "Shoulding" all over yourself.

Change your language from I:

- Should
- Have to
- Need to

To language that is positive, such as I:

- Get to
- Want to
- Choose to

The language you use matters.



12 Less Candy More Nourishment

When rushed and hungry, you'll grab M&Ms over Brown Rice. Even if brown rice's more nourishing.

This applies throughout your life:

- Netflix vs a book
- Junk food vs a salad
- Video games vs exercise

Change your focus to nourishment.



13

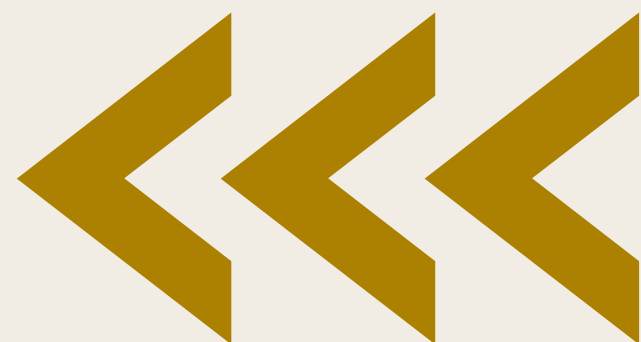
Productivity

You do stuff for the sake of doing it. You check boxes off your list, unsure why they're on it.

Change your mindset from productivity to Productive Activity.

Engage in activities that are:

- Meaningful
- You care about
- Will move the ball down the field

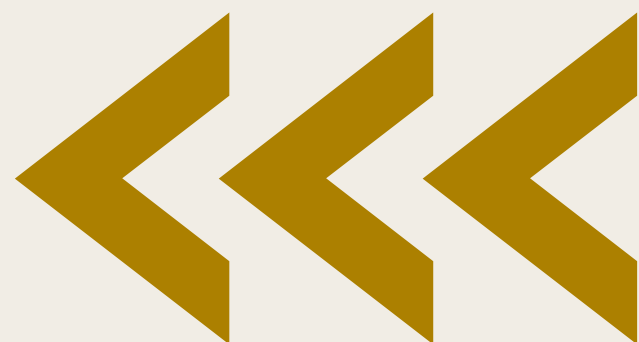


14 One Rep Short

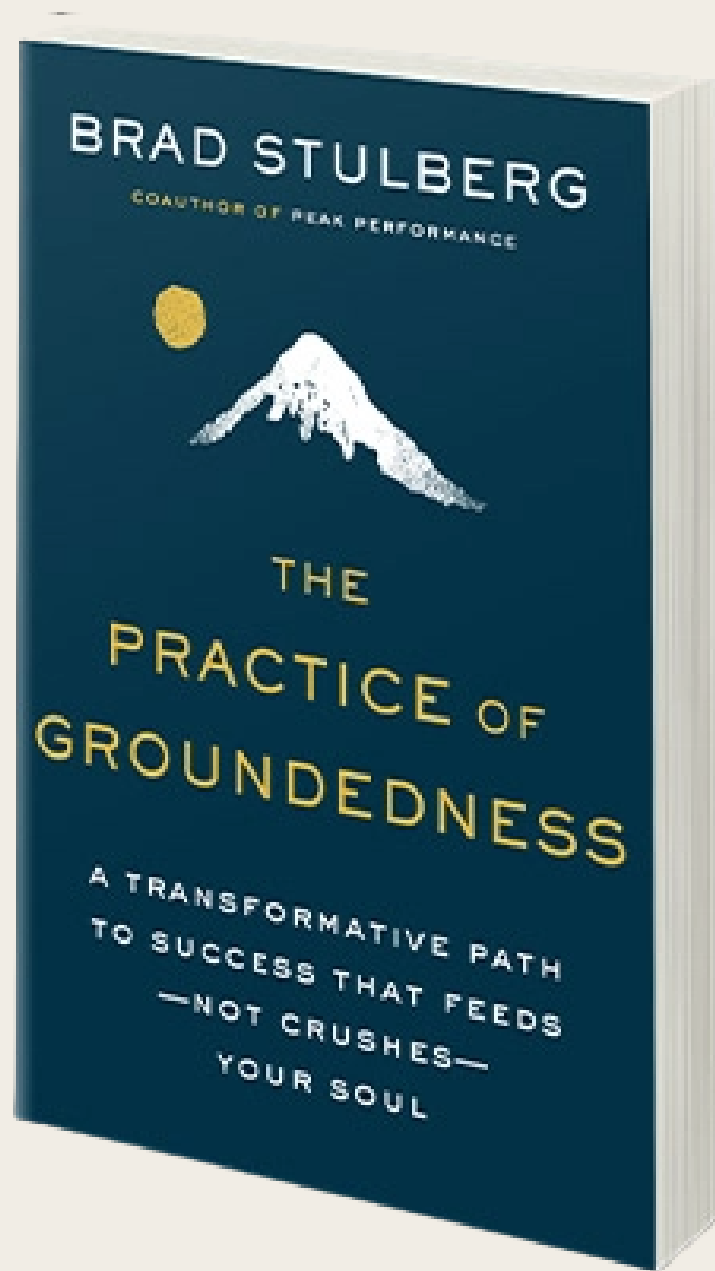
There's a time and a place to:

- Go to the well
- Pull the all-nighter
- Write for eight hours straight
- Record a marathon day of podcasts

**These efforts take time to recover from.
They'll take a big toll on you mentally
and physically. Stop One Rep Short.**



LISTEN TO THE PODCAST



This post is based on my conversation with Brad Stulberg on **The Growth Guide Podcast** about his book – **The Practice of Groundedness**.

Listen to the podcast on Apple or Spotify.