

GRIT

OBJECTIVES:

- Describe the 20X principle
- Name and apply the 4 Steps of Mental Toughness

**Right down one negative thought
you have had about yourself
since joining Galvanize.**

**"I don't know how to
swim"**

Do 1 push ups (on knees is OK)

Write down how many pushups you could do in the next hour

An entirely possible answer...

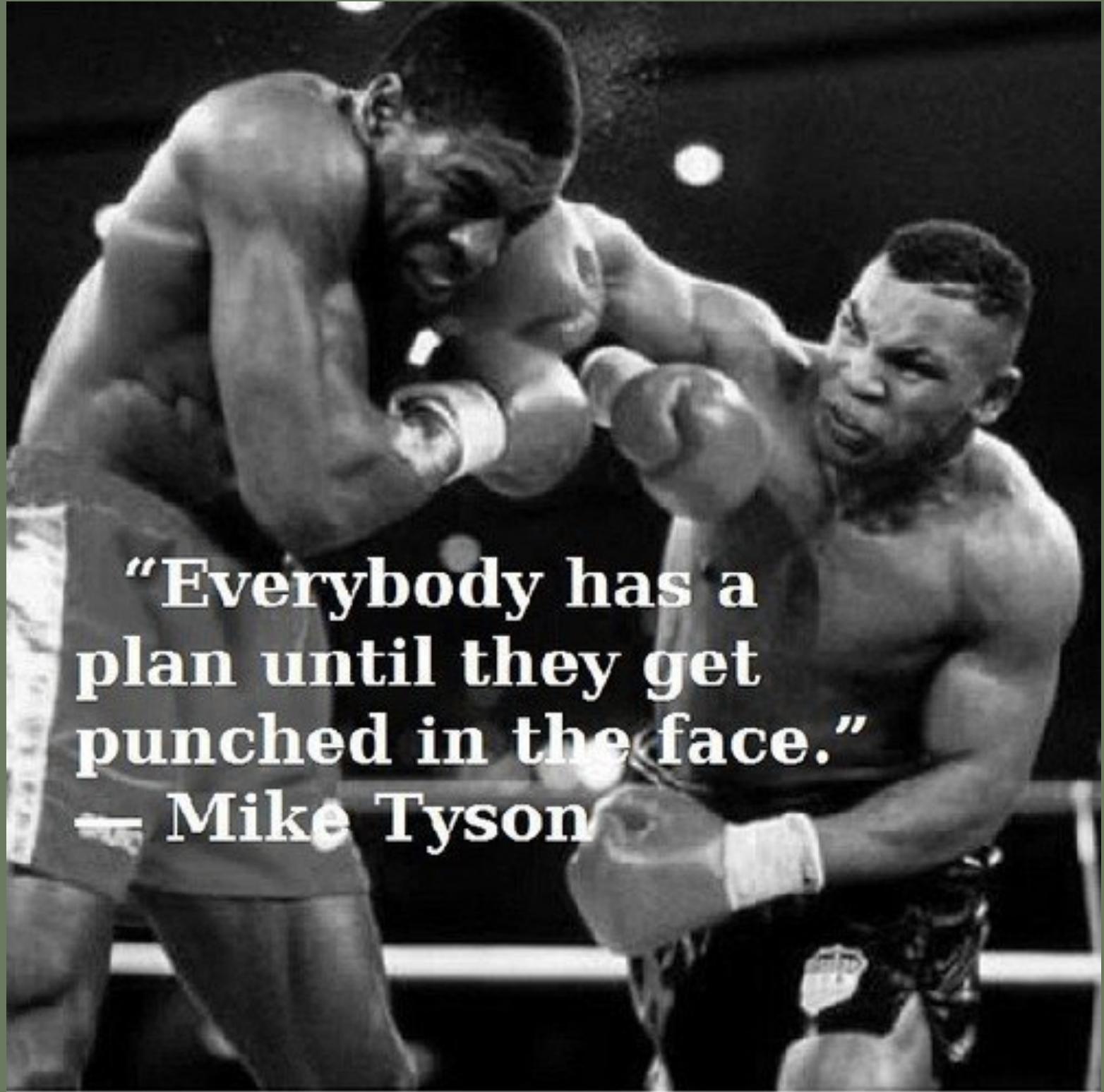
1,000!!!

20X

We are capable of 20 times more than where our minds initially stops us. That is true for the students and true for us. That is true in most aspects of our lives.

Talk and Turn

**How do you develop GRIT while
in a program like Galvanize?**



**“Everybody has a
plan until they get
punched in the face.”**

— Mike Tyson

- Practice being uncomfortable by putting yourself in uncomfortable positions
- Use the Four Steps of Mental Toughness to push yourself past the sucky parts

1. Witness - Recognize Negative Self Talk

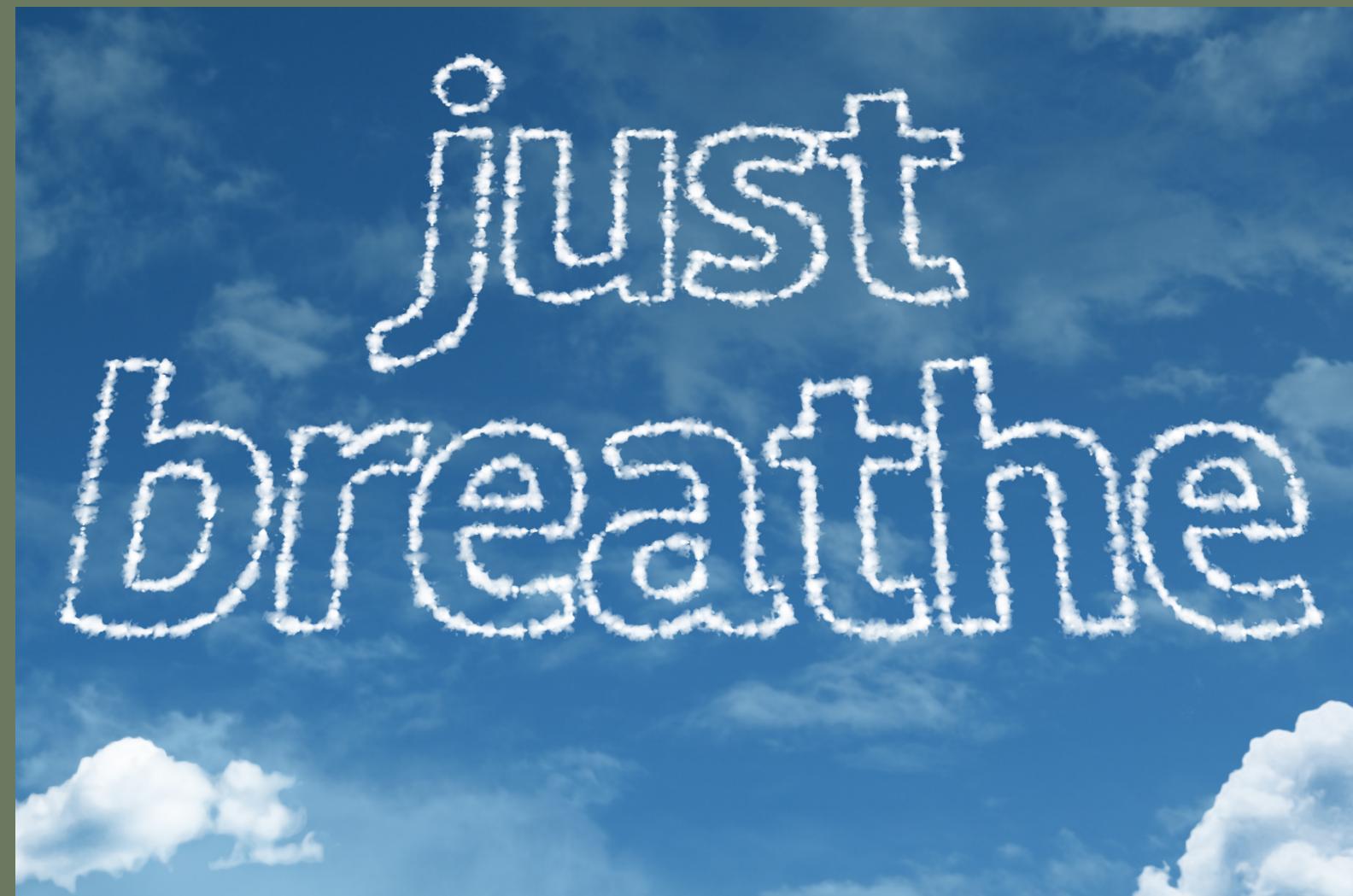


Be the witness of your thoughts.

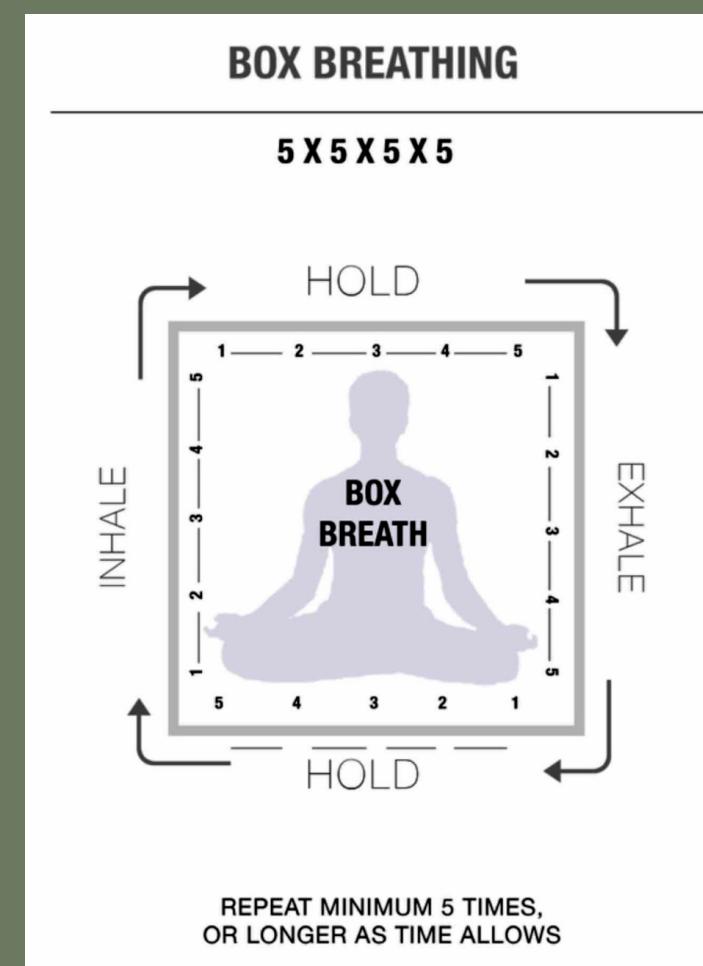
— Gautama Buddha —

AZ QUOTES

2. Breath Control - 2 deep breathes



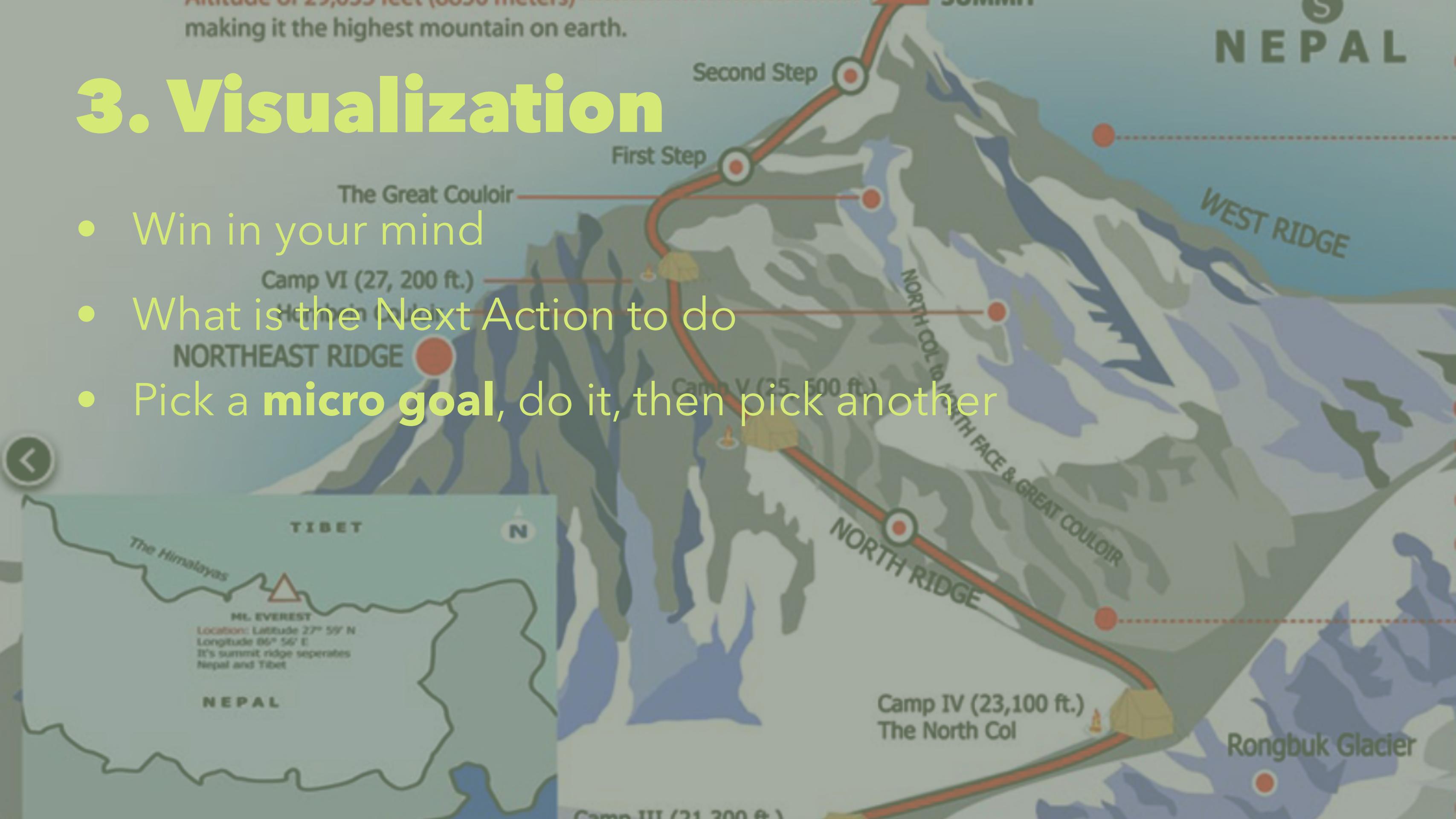
Use Box breathing to practice your breath control, use 2 deep breathes when you are in a stressful situation



Altitude of 29,035 feet (8850 meters),
making it the highest mountain on earth.

3. Visualization

- Win in your mind
- What is the Next Action to do
- Pick a **micro goal**, do it, then pick another



4. Positive Mental Attitude

It's essential to have a silly mantra...

**"Looking Good.
Feeling Good. Oughta
be in Hollywood!"**

CFU

- What is the 20x principle?
- What are the four steps of mental toughness?

FINAL THOUGHTS

- You have to practice these techniques in order to use them
duress, however, even one piece of them will help you!
- Practicing in one realm will transfer to another...

physical | mental | emotional | spiritual

Get out of your comfort zone and practice the four steps_

- Cold Showers - work up to 1-2 minutes, try not to hate it
- Learn Something new outside your normal domains...Take Swing Dance Lessons, Learn a language, etc.
- Sign up for a race 2x distance you have done before 5K -> 10K, 1/2 Marathon -> Marathon
- Public Speaking ... Meetups, Open Mike, Lunch and Learn for your campus
- Intro to Cross Fit

Resources

- Book: "Unbeatable Mind" by Mark Divine
- Witness: Head Space App - <https://www.headspace.com>
- Breathing: Box Breathing - <https://www.youtube.com/watch?v=GZzhk9jEkkl>
- Visualization: practice OODA Loop or PROP depending on how dire the circumstance
- Positive Attitude: Pick a silly mantra, practice it often