



Mental and Emotional Grit

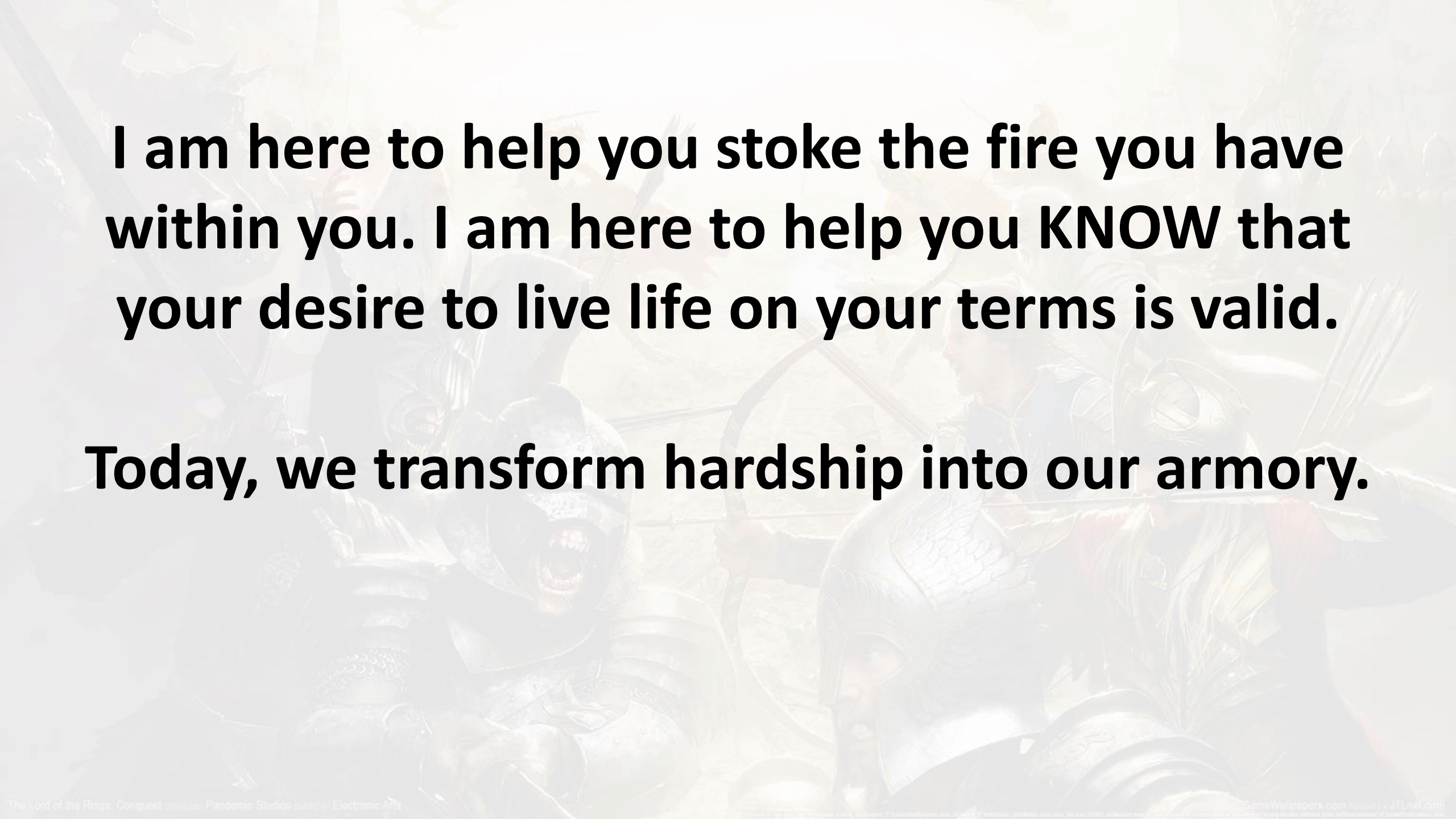
Exercises for Intentional Personal Development and Growth

Jared Garrett

With thanks to Steven Pressman, David Eagleman, Dr. Stacy Taniguchi, the Arbinger Institute,
Dr. Jane McGonigal, and Dr. Debra McClendon.



I am not here to fix you.



I am here to help you stoke the fire you have within you. I am here to help you KNOW that your desire to live life on your terms is valid.

Today, we transform hardship into our armory.



Evolution

Progress

Improvement

**We can do it.
(and we know we can)**

Your current state is not your final state.



Emotional and psychological strength can be built – deliberately and carefully.

Internal honesty is the key.

Here's how we're going to approach building emotional and physical strength – grit!

Isolate Identity

**Fight Zombies
(Sometimes)**

Tame Guilt

**Change the Internal
Conversations**

Isolate Identity

Separate the environment/challenge/ trial from the identity.

I'm Julia and my supervisor picks on me all the time. My manager and her/his choices don't change WHO I AM at my core or WHO I WANT TO BE.

Isolate Identity

Separate the environment/challenge/ trial from the identity.

I'm Nate and I struggle with depression a lot. It gets worse if I don't sleep well, which makes me anxious about sleep, which leads to insomnia. I

AM NOT depression or insomnia. I can find things I can control to improve my situation.

Tame Guilt

This can be done in real time or later during quiet times.

- 1. Understand it.**
- 2. Recognize its purpose.**
- 3. Examine the guilty moments.**
- 4. Have a deliberate, internal conversation.**

Fight Zombies (Sometimes)

Zombie Brain v Deliberate Brain

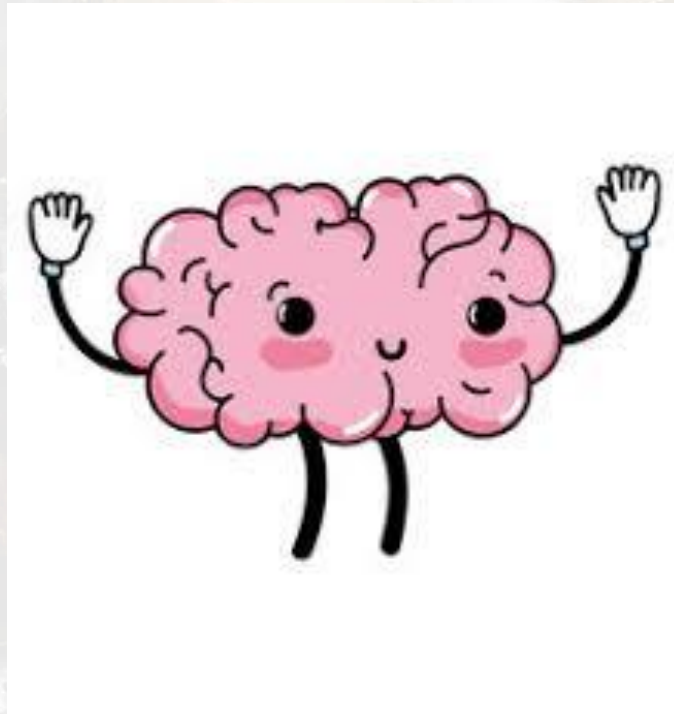
What is zombie brain?

What is deliberate brain?

We CAN make adjustments to our zombie functions through repeated, consistent effort.

Change the Internal Conversations

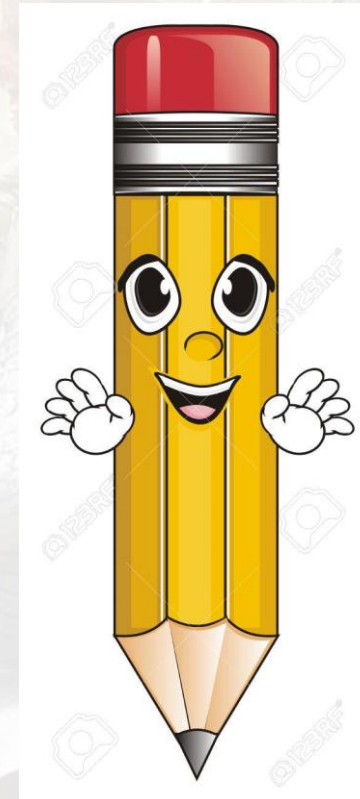
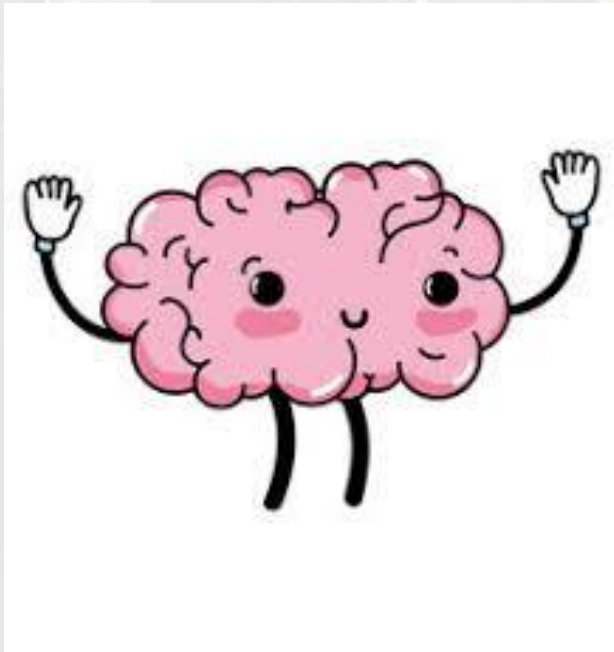
Incognito Conversations...



versus...

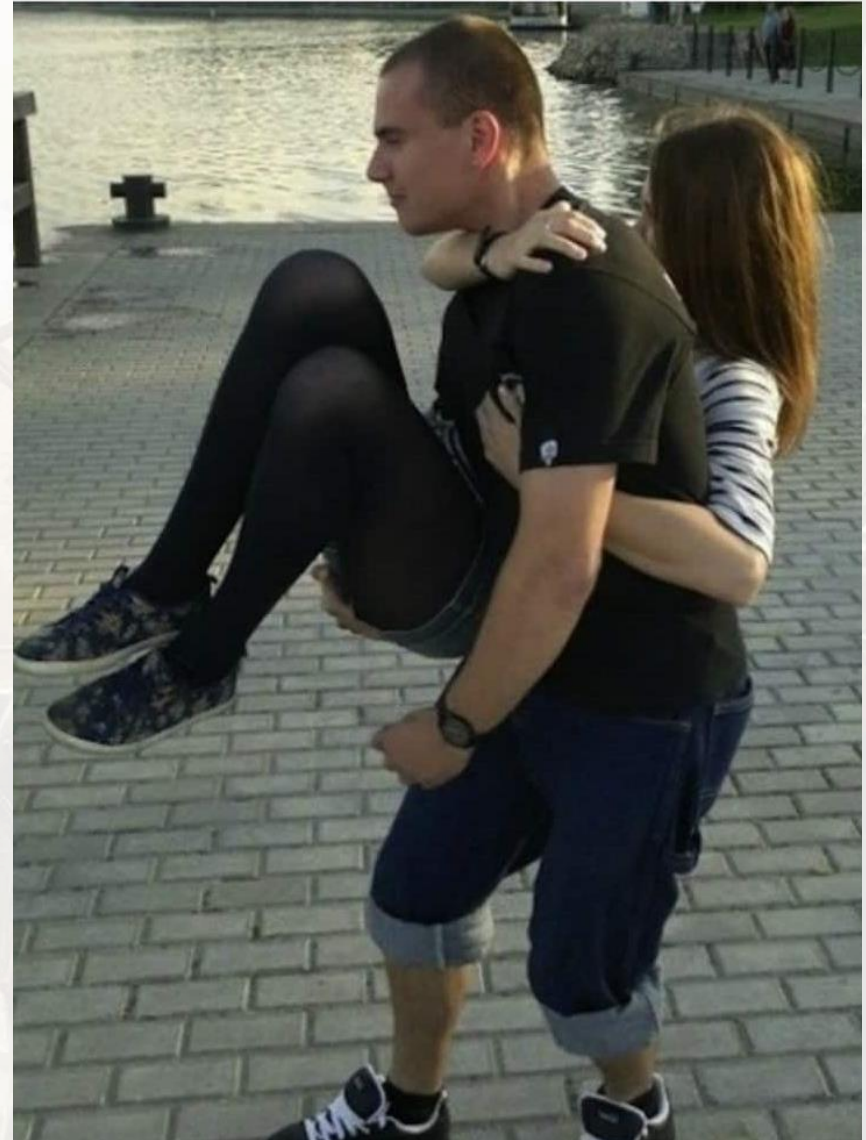
Change the Internal Conversations

Deliberate Conversations!



Change the Internal Conversations

The Second Look



Change the Internal Conversations

The Second Look

The first look is not always true.

Be mindful: focus attention on the actual

Don't judge

Ask: Is this real?

Is this fear?

Does this need my energy now?

Change the Internal Conversations

The Total Recall



AAAAAAAAHHHHHHHHHHHHHHHHGGGGGHH

Change the Internal Conversations

The Total Recall

Okay. Maybe you're stuck.

It's time for a nuke.

WHAT ARE YOU PROUD OF IN YOUR LIFE?

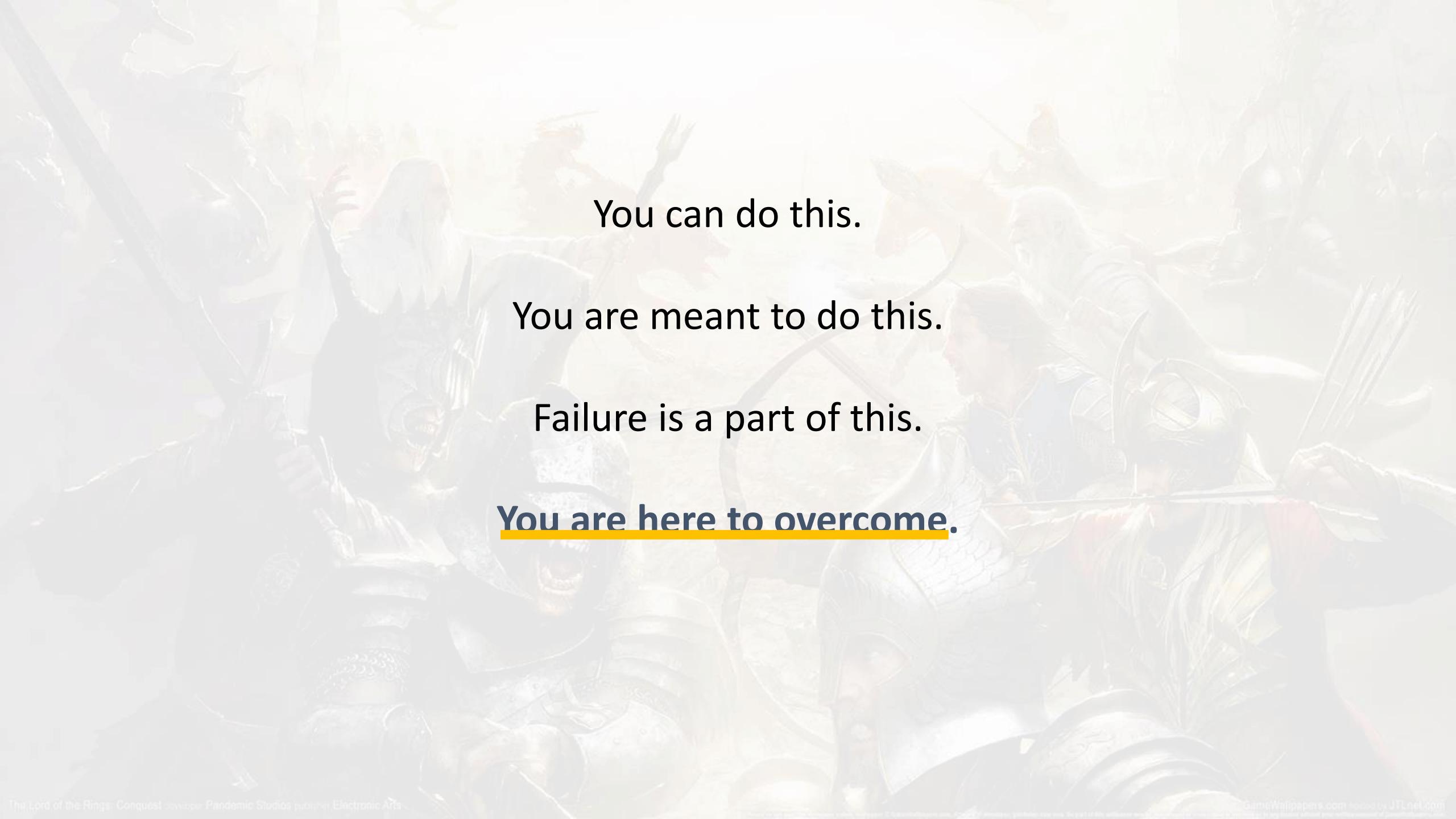
Make a list. Write it. Speak it. Claim it.

Use it as fuel— because you **HAVE ALREADY SUCCEEDED**

Change the Internal Conversations

The Crossing





You can do this.

You are meant to do this.

Failure is a part of this.

You are here to overcome.

Thank you!

Let's keep in touch:

Twitter: @jaredgarrett

Email: jared@jaredgarrett.com

Facebook: /JaredGarrettAuthor

Instagram: jared.n.garrett

