

EXERCISES TO GROW GRIT

We get good at whatever we practice. Choose any one of these exercises to grow your grit by improving your ability to experience and endure discomfort. As you do them, pay attention and notice the thoughts that come up. *Why are we doing this? This is stupid. This can wait until later. It's not worth it. We're going to die.* Become fascinated by your brain's predisposition to avoid discomfort. That awareness alone will increase your supply of grit.

1. Take cold showers. Set a timer and see how long you can stay in the shower. Start slowly and increase the amount of time in the cold shower every day.
2. Fast regularly. Set a regular time, monthly, to fast from sun-up to sun-down. Let your body experience hunger and purposefully ignore the brain's insistent signals to eat.
3. Identify and eliminate your most well-used numbing agents. What do you do when you don't want to do what you need to? What do you do when you're restless, bored, or uncomfortable? Once you identify your buffers, select one to eliminate by deciding ahead of time exactly when you will do the activity and stick to your boundaries.

For example, if you numb with social media, decide ahead of time that you will check it on Friday night from 6-7. Ignore the cues from your brain to check social media at any other time. Watch your life change with every buffer you remove.

4. Sleep a night on the floor.
5. Go for a run or engage in another physically-challenging activity. Get to the point where you would normally quit and keep going.

Keep in mind that you are not engaging in discomfort to punish yourself, or start a practice of masochism, but simply to practice becoming comfortable with discomfort. These exercises allow you to direct your own mind to accept and make peace with optional pain and irritation.

Remember that it's actually all optional! Choosing to reach your goals is optional. And your mind will keep reminding you of that over and over again as you come face-to-face with your fears. By doing these exercises in "optional discomfort" ahead of time, you are training your brain to accept that you can choose discomfort—even when it's optional.

Exercising your mental power in this way will grow your grit!