

# GRIT PRIMING EXERCISE

Priming is the act of intentionally choosing your thoughts and focus to help you develop the mindset you need to thrive. The act of priming helps you condition yourself to choose empowering emotions to be your best self and tackle challenges head on.

It's best to prime in the morning to start your day on fire and have a lasting impact on your day. Although best in the morning, priming could be used to reset after a setback in your day. You could pair the Grit Priming Exercise with exercise on the morning, or include it as part of your meditation or morning ritual.

On the exercise below, I provided the minimum time recommend that you should do each component but there is no maximum time. On an hour run, for example, I can spend my focus on the GRIT Exercise the whole hour. I am on fire with creative ideas flowing. The impact on my day, my business, and my life is unreal!



**Gratitude** for Everything – Like a highlight reel, think about the family members, relationships, life experiences, business opportunities, and even the difficulties you are grateful for. A big moment or small moment, consider it all. (minimum of 1 minute)



**Remember** Your Why or Purpose. After completing the So That Exercise or The Purpose Statement Exercise in Beyond Grit, state your why or purpose either in your mind or out loud. Then visualize the people you will impact by living your purpose statement today. Consider the ripple effects that living your purpose will create. How you will show up today to live your purpose to serve others? (minimum of 1 minute)



**Intentions:** State your three intentions for the day either in your mind or out loud. State your three intentions as an "I will..." statements. Consider how you want to show up to lead your business and life. Who do you want to be today? What do you want to do? Some examples of daily intentions include: (minimum of 1 minute)  
"I will boldly lead my team today."  
"I will be honest with how I am feeling."  
"I will call two new prospects today."  
"I will be fully present at my daughter's basketball game."



**Talk** to Yourself with Your Power Phrases –The last step is to state your Power Phrases in your mind or out loud with passion, fire, and grit. State them with confidence and certainty. Feel these statements in your body. Your Power Phrases should include between 10-30 powerful statements that reflect how you want to condition yourself to think. Ask yourself this powerful question as you write your Power Phrases: What do you want to believe about yourself and your ability? You can use the following prompts to start your Power Phrases: (minimum of 1 minute)

"I am..."

"Every day and in every way, I am..."

"I take..."

"I learn..."

"I know....."

"I show....."

"Every day, I....."