



Share with a Friend

Flash!

Advice, perspectives & ideas to accelerate the leader in you



My OrangeTheory Fitness coach shouted these words to us in the 7:00am class:

***If you don't push your limits,
your limits never change!***

Research suggests that a significant portion of our grit is mental, not physical.

The 40% Rule

Billionaire Jesse Itzler hired Navy SEAL David Goggins to live with him for 31 days and whip him into shape. (*Jesse documented the experience in his book Living with a Seal.*)

Goggins immediately introduced the 40% Rule: when your mind tells you you've reached your limit, you're actually only 40% done.

Example: Goggins challenged Jesse with pull-ups. Jesse did 8 and collapsed. Goggins gave him a 30-second break and asked for more. Incredulous, Jesse did 6 and declared he was done! Goggins waited 30 seconds. Grudgingly, Jesse found 4 more... They continued until he reached 100.

The 3x Rule

When I started cycling, I learned we can pedal 3x as long as our longest training ride. Soon my 20-mile ride became a 60-mile ride, then my first century, then my first double century (*200 miles in one day... a grueling 17-hour experience*).

I pushed my limit, and my limit changed!

Our limits sound like this:

- *I've never done that before...*
- *I don't have time...*
- *I can't get up that early...*
- *I wouldn't know how...*

- *I can't imagine...*

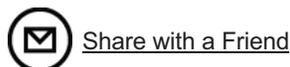
So how do we push our limits?

1. Notice them
2. Rethink what's possible (*ask a Mentor for a fresh perspective!*)
3. Take on new experiences - experiment!
4. Challenge the comfortable
5. When you think you're done, take a break and try again

Grit is essential, not just in the gym or on a bike, but in our lives (*the gym and bike simply allow us to practice our perseverance*).

Bottom line: our remarkable only happens outside of our limits!

Ann Tardy



Past Issues

To receive *Flash!* directly in your inbox each week, click: <http://eepurl.com/bfxwC9>
Read the 10 most recent issues of *Flash!* [CLICK HERE](#)

Did you know?

(1) Is your organization using our MentorLead platform to create an impactful mentoring program? If so, you have access to our next [Success @ Work webinar on Wed, Dec 12](#): **Feedback that Feeds Success: Seeking and Learning from Other People's Perspectives**. Check your mentoring platform for details on how to attend.

(2) Are you architecting a mentoring solution or preparing to launch or re-launch a mentoring program? Save the date for Thurs Mar 28 for our next webinar: **The Formula for Powerful Mentoring Programs: Discover the Secrets to Launching and Leading Mentoring Programs that Matter to People and Organizations**. To save your spot, email rebecca@lifemoxie.com.