

We have Grit, not Quit!

When we quit, we surrender. We feel frustrated, defeated, and not good enough.

Hebrews 1:11 says Faith is the substance of things hoped for, the evidence of things not seen.

Faith and hope are intertwined in grit because when we quit on ourselves (or others), we are confirming a belief that we (or they) aren't worthy - aren't enough.

And why do we quit?

All of the above, and also because of FEAR. We unpacked it all during Fear Week, but it's not enough to simply acknowledge it. We have to move past it and dig into the not-quitting part. Even if we don't have it all worked out, we get it worked out through movement, momentum, forward-thinking, acting "as-if" and taking action - especially when we don't want to.

How do we create our **GRIT, never QUIT** manifesto?

1) Use the tools - EVERY single one. Meditate, journal, prep, goal setting, use I AM statement goals, practice gratitude, pray, sleep, hydrate, take your supplements, add movement to your routine, and remember food is information for your body (either healthy and corrective or inflammatory and destructive.)

2) Remember the story of the buried treasure.

3) You don't have to feel like it, you just have to do it anyway. It not only feels good, but it builds muscle for the next time.

4) Value your time - killing time is the equivalent of saying "I don't care" to the One who gave you breath. When you value time like money, you spend it wisely. It's too important and precious to waste!

5) Your failures are nothing more than a chance to revise and refine your strategy - "suspended victory."

We all have been through all of this, and from experience have learned that quitting has NEVER felt good.

It's time to test our grit muscle and exercise it daily.

Remember, ALL IN is easier than half-assery.

How do you create better decision-making in your life?

1) Stop dismissing micro-decisions choices. Everything counts and steers your life one way or the other--just like food, decisions are information or inflammation--which do you want?

2) Non-decisions are actually decisions - you can't weasel out!

3) Unintelligent thinking is wrapped up in indecision. (see the book Limitless)

4) Stop making decisions by crowdsourcing. Your higher self knows NOW is the time to TRUST your own intuition.

**Your inner badass called...
She told me you've got GRIT, not QUIT!**

Now use it!

