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Performance On Demand // SPARTAN STAND

Spartan Up! - A Spartan Race for the Mind!

Self-Help

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This week we welcome Brian "Tosh" Chontosh to the Spartan Up family! He'll be here every Monday with Spartan Stand.

What are you capable of right here, right now; not a question, a statement. What you could have done if, what you might be able to do if, if you had time to prepare, or under whatever cute circumstance you require to succeed is of zero interest.

A readiness mindset consists of two parts. 1) anticipating reasonable and likely events or circumstance in order to prepare. This is the ground floor of professionalism. It is a branch conversation of Ownership. 2) building up capacity to simply respond given a task, event, or emergency. It is letting performance have the ultimate voice for competence.

Would you face a known enemy or threat with a "wait a minute, let me heal my mojo for a few weeks and then we can fight?" or would you want to advertise to your opponent all the many ways you are strategizing to challenge him as you attempt to win?

Common sense would suggest then that we develop a mindset to not habituate these patterns in our lives.

LESSONS:

Tests confirm or deny capability given the moment of now. Excuses hold you back. Balance anticipation & preparation with acquiring competence for the unknown.

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CREDITS:

Producer: Marion Abrams, Madmotion, llc.

Host: Brian "tosh" Chontosh

Show notes: Brian "tosh" Chontosh

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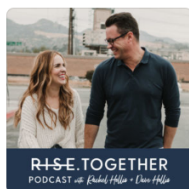
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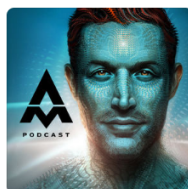
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