

# Teach4Endurance LLC.

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“Built to Endure. Trained to Thrive.”

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## Mindset Reset Exercise: “The Power of the Pen”

**Podcast Episode:** [My Life. My Destiny. My Choice. Thanks.](#)

**Blog Entry:** [The Pizza Analogy of Destiny.](#)

### **Part 1 - Own It**

Ask yourself:

*-What situation in your life right now is testing your endurance?*

*-In what ways have you been letting that situation define your mood, your energy, or your choices?*

Now, reframe it:

*“I can’t control \_\_\_\_\_, but I can control how I \_\_\_\_\_. And today, I choose to \_\_\_\_\_.”*

Say that last sentence out loud if you’re alone. **(Yes, really. Out loud.)**

## Part 2 - Write the Headline

Take out your phone or a sticky note and write the headline you want for today's story:

*"Today I choose \_\_\_\_\_."*

Make it simple. Make it powerful. This is your choice, not your circumstance.

Examples:

*"Today I choose patience."*

*"Today I choose to show up."*

*"Today I choose not to spiral."*

**Keep it somewhere visible. Let it drive you.**

## Part 3 - Say Thanks

Close with a moment of gratitude. Think of one tough moment that made you stronger. Then say:

*"Thanks. I needed that opportunity to grow stronger."*

Whether it's a missed opportunity, a hard conversation, or a long Monday—reclaim it with gratitude.

"Remember, your life isn't on autopilot. You've got the wheel. Every mile, every minute—  
you're making choices. Let them be bold ones. This is your life. Your destiny. Your choice.

Thanks for owning it."

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