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“Built to Endure. Trained to Thrive.”

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## Mindset Reset Exercise: “Own the Clock”

**Podcast Episode:** [Time is Never on My Side](#)

**Blog Entry:** [Time is Never on Our Side](#)

### **Part 1 - Reality Check**

\*Think of a typical day this past week when you felt overwhelmed by time—when your to-do list felt endless, and the clock seemed like your enemy.

Ask yourself and take note:

Write down the top 3 things that drained your time and energy that day.

Were those things urgent, important... or just noise?

1 -	2 -	3 -

**Note:** There's a HUGE difference between what 'MUST' be done, what 'SHOULD' be done and what 'CAN' be done! Cliff Notes: We create our own hamster wheel; and many times, what we fill our days with are not 'MUSTS'. This is one huge way to reclaim some of that precious commodity of time!

## Part 2 - The Shift – “From Race Clock to Race Plan”

Reframe time not as a tyrant—but as terrain.

**Imagine this:** You're on the bike leg of an Ironman. The hills ahead look brutal. You don't control the elevation—but you do control your cadence, your breathing, and your plan.

 Now rewrite those 3 items from Step 1 through a new lens:

- 1.
- 2.
- 3.

*What can you control in each?*

*How could you shift your mindset or approach next time?*

Example:

“Too many meetings back-to-back.”

“Block 10 minutes between meetings next week to reset. That's my transition zone.”

## Part 3 - Say Thanks

Close with a moment of gratitude. Think of one area you've discovered as a reclamation of some of your personal 'time'. Then say:

*“Thanks. I needed that opportunity to see where I can find some time for me.”*

Whether it's a 10 minutes to read a book, journal to yourself, or go for a run—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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