



REFLECTIONS



The CRUSH Cycles HOMEWORK FOR EPISODE SIX

In Episode 6 of Dauntless, we heard how Tommy and Polly Hilleke are raising their four sons to be incredible athletes- but also, incredible people. They are constantly pushing the limit, and achieving amazing things. Yet, they never become complacent. Instead, they constantly keep setting new, bigger goals.

This is vital to obtaining peak performance, and is a major aspect of the CRUSH Method. Let's break it down.

The CRUSH Cycles

In CRUSH, the H stands for Habit- which means that the process of setting goals- and then achieving them- is so ingrained in you that it becomes a habit...a way of life. You are constantly up-leveling with each new target. In this way, it becomes a CRUSH Cycle.

Now, not all goals are created equal. Some- of course- are much more difficult than others, or take more time to achieve. And that's fine. That's great even. But in the meantime, how do you build that habit of leveling up? In other words, let's say you're working on a goal that might take you over a year to complete. As you're grinding away on that one target, how do you maintain a learning agility that will allow you to keep stepping up?

Simple: set mini-goals for yourself along the way. You see, it's imperative that you give yourself small milestones that you can celebrate throughout your journey (and celebrating each success is super important!).

Let's look at an example of this. We heard in episode 6 how Tommy and Polly Hilleke's son, Dax, decided that he wanted to learn how to do a backflip. Now, this kid absolutely crushes it at skiing, always placing high on the leaderboards. It stands to reason that his BIG goal is to take home the first place trophy at his next competition. So while he's working on that, he also set a mini-goal of learning how to backflip. Spoiler alert: he knocked that goal outta the park and now executes backflips like a champ.

Another example: we also heard how Tommy and Polly's other son, Bodie, decided that he wanted to learn how to juggle. This 10 year old just set a WORLD RECORD as the youngest person ever to paddle the Grand Canyon. Mind-blowing, right? And yet, now he's determined to juggle.

Why is this important? Because these boys are perfectly demonstrating the CRUSH Cycles. Instead of growing complacent, they're constantly setting new goals- and sometimes, they're rather insignificant. BUT, they are certainly fun.

So, this week, your mission is to identify three mini-goals that you can work on while you're pursuing a larger goal. This will help to get you into the **habit** of always leveling up in your life.

You may recall that in Episode 1's homework, you were challenged to identify a goal, as well as corresponding mini-goals. This homework is different; do not come up with goals that are related to your main goal. Instead, dream up ones that are totally different, even completely unrelated.

Here's some ideas to get your juices flowing:

- Learn how to play an instrument
- Conquer a fitness bootcamp
- Learn the latest, hottest dance move
- Become proficient in a new language

Now, write your new, mini-goals down:

1. _____
2. _____
3. _____

But wait, that's not all!

Now you need to put dates next to those babies and commit. So go ahead and whip out that cell phone and add your goals to your calendar. And now-get started. What are you waiting for?