

Win In The Dark: Some think you shine under the bright lights, the bright lights only reveal your work in the dark (Medcalf, Joshua)

“Everyone wants their moment in the spotlight. But you don’t shine under the bright lights. The bright lights only reveal your work in the dark.

They don’t realize that talent is only the starting line. They don’t realize talent is overrated. They don’t realize talent is never enough. They don’t realize talent is more of a curse than a blessing unless you develop the mindset, grit, and work ethic of a grinder.

“Being a perfectionist is just another way of saying you’re afraid. Afraid of being exposed. Afraid of not being good enough. Afraid of letting people down. Afraid of letting others see you fail. Afraid of letting yourself be fully seen.

Expecting perfection smothers your progress by persuading you to play it safe so you can see immediate success.

But when you do that, you miss out on the crucial mistakes that allow you to continue growing.”

Here’s the reality: perfectionism kills our progress by robbing us of the ugly, necessary reps, the ones we label as ‘failures,’ and ultimately holds us back from unlocking our greatest potential. Sometimes it even robs people of the ability to just start.

‘Getting the bus rolling’ means enduring immediate discomfort for the sake of your long-term ambitions.”

Stop running from the obstacle. Run toward the opportunity.

Stop running from relentless training. Run toward the chance to grow.

Stop running from the fear of judgment. Run toward the value of being different.”

You’ve both pinpointed what I like to call the Twin Thieves: Fear of Failure and Fear of Judgment.

The best teams that I've coached didn't win because they hated the opponent across from them. They won because they loved the person next to them.

Society will tell you that fulfillment comes from avoiding pain and sacrifice. But the truth is that your highest levels of grit, toughness, growth, and fulfillment are forged through the fires of the most painful struggles, hardships, and sacrifices.

"Conviction helps you see that you don't need to be transported from the pain. The pain can transform you.

His grandpa continued. "Your anchors are the principles that guide your decisions. The bigger your dreams are, the stronger those anchors must be. They are what allow you to make the tough decisions to be intentional in your words and your actions instead of merely reacting to all the elements of life. The moment you reacted to Jeff's taunts, your anchors snapped, and you were OBE'd."

Highline walking will present you with many more moments to decide what is more important to you...your ego or your dreams.

They have a belief we live by: You don't rise to the occasion. You sink to the level of your training.

"Everything worth doing well, any dream worth having, comes with its fair share of crap sandwiches. You can't avoid them all. Pursuing your passion means deciding which flavor of crap sandwich you are most willing to put up with. It's a lie to believe that you will love what you are doing one hundred percent of the time. You aren't broken because you don't always enjoy doing the dirty, hard work that goes along with your dream."

The best question to ask is, What hardship, struggle, and pain am I willing to tolerate for the chance to chase my dreams?

Anybody can train when they are experiencing rapid growth and constant validation that they are on the right path. But only a few persist when they realize their dreams come with a lot of sh*t sandwiches.

Don't run from it. Exhale through it. Don't deal with it. Be with it. Don't fight it. Love it."

Nowadays, it seems like all people want is to go viral online, like the only reason they're in the gym is to get footage for their highlight reels.

It takes elite focus to commit to the daily, dirty hard work in the dark where there are no views, no likes, and no applause."

You might have to work two, or three, or even ten times as hard as someone else in order to develop the same skills, or get to the same place someone else gets, or to have what someone else has.

Train quietly. Let your work ethic, character and track record under the bright lights speak for themselves."

Most folks quit when they don't see the immediate payoffs in the short game. Often, though, the payoff is coming. It's just too far in the future for you to see."

But all this training has very little to do with highline walking. It has much more to do with who you become in the process. The courage and character you forge in the dark. Short-game losses often are required for long-game wins. Every day we are sold the lie of short-term pleasure, but this often only leads to long-term pain.

Your confidence is turning to arrogance. And arrogance blinds you from growing.

The people most at risk for unnecessary downfalls are those who are too arrogant to acknowledge their weaknesses and think they have nothing left to learn.

Self-awareness is powerful. Extreme self-awareness is a superpower.

Warren Buffett has a net financial worth of over seventy-five billion dollars. And he still spends five to six hours each day reading. He lives by a simple business principle around learning: Go to bed smarter than when you woke up.

Once you acknowledge you are not alone or broken for having dungeon moments, you can free yourself to feel all your feelings—not just the ones the world tells you are acceptable.”

The truth I try to always remind myself is, this too shall pass.

I learned that all you can do is give your best. And your best might not be the same from one day to the next. Some days you may only have 30% in your tank, but you gotta learn how to give 100% of that 30%.¹⁴ You must train to give it your all, no matter how much that might be on a given day.

Rather, it’s the belief that when life punches us in the face, we have the choice and the power to reframe our perspective that the situation is in our best interests and an opportunity to learn and grow.”

Love the cold. Love all the hard stuff, and watch the obstacles that seemed insurmountable transform into a fun obstacle course when you embrace them as an opportunity to learn and grow.”

“Win in the Dark.

“We don’t wait for applause. We quietly and relentlessly train in the dark, with complete trust that our moment in the bright lights will come.”

We overvalue riches, rewards, achievements, and retirement. We undervalue pain, failure, purposeful work, the process, and the journey.

You never “arrive.”

The lie is believing that we can slay some demons in the dark and then be done with the dark forever.

It’s always there, and there are always more battles to be fought in the dark.