FOR YOUR TEAM · 7.3 MINUTES

THE MONDAY HUDDLE

Play the audio clip (**Scorpio-Lamonte-Mosley-Closed-Monday-huddle.mp3**) at your team meeting: Justin asks Scorpio how hope and conviction get built, and he walks through hope as a muscle, commitment before discipline, the fifty 5Ks he never planned, and what he does on the days he doesn't feel it. Then talk through these three questions.

1. "If you commit long enough, you become disciplined." What's one thing you could commit to once a week, starting this week?

2. Scorpio says that at some point the activity started pulling him forward. Is there a number in your week that could do that for you?

3. On the days he doesn't feel it, he scales it back instead of skipping it. What's the scaled-back version of your work day?

From Closed with Justin Jacobs, Season 4, Episode 5.