Giving In vs Giving Up

Finding momentum in the in-between

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the practice of instilling hope

Day 1: Noticing All-or-Nothing Thinking

Where in my life am I thinking in extremes instead of allowing room for adjustment?

- What situations do I label as success or failure with no middle ground?
- What thoughts show up when something does not go as planned?
- How does this type of thinking affect my energy or motivation?

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Day 2: Separating Effort From Identity

How do I connect my outcomes to my sense of worth or capability?

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- When something does not work, what story do I tell myself about what that means?
- How quickly do I move from a result to a judgment about myself?
- What might change if outcomes were information instead of verdicts?

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Day 3: Adjustment as Information

Where in my life am I treating adjustment as failure instead of information?

- What situation am I currently labeling as not working or unsuccessful?
- What might this experience be teaching me if I viewed it as feedback?
- How could curiosity change the way I respond here?

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Day 4: Modifying the Approach

What is one approach I could modify rather than abandon altogether?

- What part of this effort feels most draining or ineffective right now?
- What small change could I make instead of starting over completely?
- How would it feel to experiment instead of decide once and for all?

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Day 5: Understanding What Motivates Me

How do I personally stay motivated when things get difficult?

- What types of progress or feedback help me keep momentum?
- What tends to drain my motivation or cause me to disengage?
- How could I better align my approach with how I am wired?

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REFLECTION

How has my understanding of giving in versus giving up shifted this week?

- Where do I feel more permission to adjust without quitting?
- What new perspective do I have about progress and momentum?
- What mindset or practice do I want to carry forward from here?