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**ART OF COACHING PODCAST™ EPISODE 242**  
**ANNIE DUKE: QUIT! THE POWER OF KNOWING WHEN TO WALK AWAY**

Think of a time you were forced to quit. What opportunities did it reveal that wouldn't have been available if you hadn't quit?

What is your favorite axiom? Try to think of a situation when it would not hold true or appropriate.

Think of a situation in your life where you let the sunk cost fallacy make your decision to keep going with what you started. Was that the "right" decision?



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Think of a belief or idea that you currently hold. What values would you have to change or what would have to change in the world for you to change that belief or idea?

Create "kill criteria" for a current project you're working on. What would have to happen in the world in one week (or any sample timeline) for you to quit?

Annie says "Don't make a decision while you're in it - make it in advance." Are there any future decisions you should be creating kill criteria for right now?



## Art of Coaching Podcast™

### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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