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**ART OF COACHING PODCAST™ EPISODE 355:**  
**MIND GAMES - HOW THE CONTENT YOU CONSUME IS CONTROLLING YOU**

What kind of media content, social or otherwise, do you consume the most? Is there a common message, agenda, or throughline that keeps appearing? How might this influence how you see the world and yourself?

Why does that recurring theme resonate with you so deeply? Take an honest look at your personality, tendencies, and biases. What beliefs or insecurities could be driving your attention toward that type of content?

Identify 2-3 sources of content you could consume regularly that challenge your self-image or beliefs in a constructive way. Is there someone in your life who could push your perspective in a healthy, growth-oriented way?



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**What personal checks and balances can you put in place to see things for what they really are and hold yourself accountable? How can you prevent falling into the trap of seeing only what reinforces your existing worldview?**

**Think of a time when you were tempted to quit or take the easy way out when something meaningful got hard. How can you manage the natural human tendency toward pleasure-seeking and pain-avoidance when facing challenges?**

**When life feels overwhelming, who or what keeps you grounded? Are there people, values, or practices in your life that remind you to keep showing up? How can you lean into them when you need strength the most?**



## Art of Coaching Podcast™

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### 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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