

THOUGHT

Make a spreadsheet of data for a problem you're facing or a decision you need to make. Gather all the data you can. What does it tell you?



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

Phone a friend who likes to think deeply about things and ask them for their opinion on a current difficulty or question you are facing.



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

Find a documentary you haven't watched before and turn it on. Sit with a notebook and jot notes about what you're learning.



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

What is coming for you in the next days, weeks, or months? Look at your calendar and think through what will happen.



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

Sit with one of the bigger philosophical questions of our time. Don't expect an outcome, just let yourself think deeply about it.



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

When you are overwhelmed, walk away from the computer, the situation, the person, and return later. Take the time in the moment.



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

Take a deep dive into a new topic. Find all the resources you can and lose yourself in the pleasure of the new information.



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

Create space in your day for thinking. Don't wait for later, Macy. However you think the best, take fifteen to twenty minutes (longer if you have the time).



QUITCAST
FOR MENTORS with Sherry Ziser

THOUGHT

Make yourself a "thoughtful spot" somewhere in your house. Create a space that facilitates you being quiet and conscious with yourself.



QUITCAST
FOR MENTORS with Sherry Ziser

ENERGY PENNIES

- SHUFFLE.
- DEAL.
- CREATE.

THE
BETTER-FASTER
ACADEMY
WITH BECCA SYME



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SPiRiT

Listen to music without doing something else at the same time. Just lay there and soak in the music.



QUITCAST
FOR WRITERS

SPiRiT

Read a David Whyte poem. Or Maya Angelou. Or Joy Harjo. Read every word aloud.



QUITCAST
FOR WRITERS

SPiRiT

Sing. Not to sound beautiful. To make your breath alive.



QUITCAST
FOR WRITERS

SPiRiT

Sit in a quiet room, with nothing on and no screens around you, and feel the peace of the quiet.



QUITCAST
FOR WRITERS

SPiRiT

Hug an animal (a willing animal) if you have one in your home. Or go to a shelter and offer to pet or walk the animals there.



QUITCAST
FOR WRITERS

SPiRiT

Go to a vibrant and beautiful public place with a crowd of people and sit in the midst of that crowd.



QUITCAST
FOR WRITERS

SPiRiT

Go to a botanical garden or butterfly sanctuary or somewhere that's teeming with life. Spend an hour there, just existing.



QUITCAST
FOR WRITERS

SPiRiT

Write out all the positive emotions you're feeling. Start with happy, then grateful, then hopeful, then secure.



QUITCAST
FOR WRITERS

SPiRiT

Tell someone how much you love them and specifically what you love about them.



QUITCAST
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SPIRIT

Pray.
Or meditate.
Or both.



QUITCAST
FOR WRITERS with Jason Giam

SPIRIT

Go for a nature walk and
let yourself soak in all the
aliveness around you.



QUITCAST
FOR WRITERS with Jason Giam

SPIRIT

Call the person you feel
the safest with and ask
them if they can video
chat or meet for lunch.
This week.



QUITCAST
FOR WRITERS with Jason Giam

REST

Limit your screen time
today and spend more
time looking at physical
objects and real
people.



QUITCAST
FOR WRITERS with Jason Giam

REST

Play a video game. Of
any kind, for any length
of time.



QUITCAST
FOR WRITERS with Jason Giam

REST

Take a day fully off
social media.
Fully, my friend.



QUITCAST
FOR WRITERS with Jason Giam

REST

Lie on the ground and
stare at the ceiling.
Extra points if this is
outside, staring at the
clouds or the sky.



QUITCAST
FOR WRITERS with Jason Giam

REST

Read a book, Jason.
Go on.



QUITCAST
FOR WRITERS with Jason Giam

REST

Wake up late
tomorrow morning.
Later than you want to.
Later than is
comfortable.



QUITCAST
FOR WRITERS with Jason Giam

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REST

Go to bed early tonight, Jen. Shut down your tech at least an hour before bedtime.



QUITCAST
FOR WRITERS with Shana Green

REST

Close your eyes and practice box breathing. Breathe in for four. Hold for four. Breathe out for four. Hold for four.



QUITCAST
FOR WRITERS with Shana Green

REST

Gather all the pillows in your house into one spot and sit in them. Make yourself comfortable and stay for five minutes.



QUITCAST
FOR WRITERS with Shana Green

REST

The thing you volunteered for, but you want to get out of it? Cancel right now. Tell them Becca made you.



QUITCAST
FOR WRITERS with Shana Green

JOY

Clean and/or organize one room in your house or apartment.



QUITCAST
FOR WRITERS with Shana Green

JOY

Drive or walk “the pretty way” to work or the store or the coffee shop. Notice the pretty.



QUITCAST
FOR WRITERS with Shana Green

JOY

Name five things you are grateful for. Say them out loud, Miz Mollee, and enunciate.



QUITCAST
FOR WRITERS with Shana Green

JOY

Go to YouTube and find a cat, dog, baby, or other heartwarming video that will bring you joy.



QUITCAST
FOR WRITERS with Shana Green

JOY

Eat something crunchy.



QUITCAST
FOR WRITERS with Shana Green

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JOY

Watch the sunrise or the sunset or a rain storm.



QUITCAST
FOR NERDS with Shmoo Zone

JOY

Reach out to your favorite person in the world today. Tell them what you appreciate about them. (You can say Becca made you if spontaneous compliments make you uncomfortable.)



QUITCAST
FOR NERDS with Shmoo Zone

JOY

Plan your next vacation. Look at the places you'll visit and where you'll stay. Maybe even what you'll eat.



QUITCAST
FOR NERDS with Shmoo Zone

JOY

Plan your next vacation. Look at the places you'll visit and where you'll stay. Maybe even what you'll eat.



QUITCAST
FOR NERDS with Shmoo Zone

JOY

Watch four or more episodes of your favorite TV show or watch movies all day long (especially alone).



QUITCAST
FOR NERDS with Shmoo Zone

JOY

Watch an episode of your favorite TV show or throw in your favorite movie.



QUITCAST
FOR NERDS with Shmoo Zone

JOY

Get out into nature and put your toes into the grass. Stay there for five minutes, just feeling life around you.



QUITCAST
FOR NERDS with Shmoo Zone

COURAGE

Don't reach for the phone when you wake up in the morning.



QUITCAST
FOR NERDS with Shmoo Zone

COURAGE

That scary project you've been thinking about but not working on... it's time to face that project. It's not going away until you finish it.



QUITCAST
FOR NERDS with Shmoo Zone

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COURAGE

The person you met that you've been wanting to be closer to... reach out to them with a question or an ask for help.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

Do something that makes you feel competent. Preferably the most competent you feel, but I'll take "very" competent.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

Reply to the email you've been not-replying-to. Rip the band-aid off, Ryan. It won't help to wait.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

The change you've been thinking of making... start today. Not tomorrow. Try starting today and see what happens.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

Ask for what you want. Yes, there's a possibility you won't get it. But you absolutely won't if you don't ask.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

Make that reservation you've been wanting to make, Claire. Or that plane ticket... get it booked.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

Say no, Aidy. You can blame Becca if you want, but say no.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

There's a financial task you've been putting off doing. Take the first step today.



QUITCAST
FOR WRITERS with 20mins 2pm

COURAGE

Text that person you've been thinking about. I'll wait here...



QUITCAST
FOR WRITERS with 20mins 2pm

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COURAGE

There's an appointment you've been putting off, Kat. Go get your phone and make the appointment now.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Do your laundry, Kevin.
Or switch the laundry, Kevin. Or fold the laundry, Kevin... you pick.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Eat a vegetable or a piece of fruit. (Try a new one if you're bored.)



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Hug someone.
Or hold hands. Or just sit in the same space.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Find some stairs and walk up and down the stairs as quickly as you are able.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Wake up early tomorrow morning and jump out of bed as quickly as you can.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

If you have a bicycle, pull it out and ride it. If you have sporting equipment, throw a ball around. Play.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Drink a glass of water, George.
Go on. Right now.



QUITCAST
FOR WRITERS with Sherry Zipp

ACTION

Do the YLTW stretch. Put your arms in a Y formation and hold. Then bend at the elbow to make L shapes and hold. Then arms straight out at the shoulders and hold. Then bring your elbows toward your ribcage for a W shape and hold.



QUITCAST
FOR WRITERS with Sherry Zipp

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ACTION

Walk to the end of the block and back.
My friend.
Don't think about it. Just get up and do it.



QUITCAST
FOR WRITERS with Sherry Jones

ACTION

Listen to a song that reminds you of a time in your past that you enjoyed.



QUITCAST
FOR WRITERS with Sherry Jones

THOUGHT

Go looking at the current best-seller lists for nonfiction on Apple, Kobo, or another retailer. Pick one and start today.



QUITCAST
FOR WRITERS with Sherry Jones

THOUGHT

Take out a journal or open a document and answer the question: What would I do with my life if my opinion was the only one that mattered?



QUITCAST
FOR WRITERS with Sherry Jones

THOUGHT

Dig out an old book you read that made you think deeply about a topic. Read your favorite parts and sit with them again.



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