

# Regular Guy Friday \*Rewind\* ep. 120: Why Responding vs. Reacting is the Ultimate Ascension Lesson & How to Lean into The Power of Possibility

<https://silosolo.com/184235>

## Summary

The speaker used to work at Macy's and still shops there, mentioning baby clothes and gear. This episode is a Friday show with fun and laughs, discussing topics such as F boys, meditation, yoga, being less reactive, living in possibility, athletes, and picking up people's energy. There is a bonus wrap-up at the end of the episode. The speaker also talks about trending topics and an update on couch guy. They mention moving out of the basement and going on a trip. However, they also talk about falling down the basement stairs and injuring their elbow. Lastly, they mention their mother's birthday and a friend's child who tried to kill themselves.

## Silo sample questions

- Where did the speaker used to work?
- What did the speaker mention about Macy's?
- What is the purpose of the Friday show?
- What are some of the topics discussed in the episode?
- What is mentioned about the speaker's living situation?

## Topics

Macy's

Friday show

Baby clothes and gear

F boys

Meditation

Yoga

Being less reactive

Possibility

Athletes

Picking up people's energy

Trending topics

Update on couch guy

Moving out of the basement

Trip

Injury

Mother's birthday

Friend's child's suicide attempt

## Key Takeaways

- The speaker used to work at Macy's
- The speaker still shops at Macy's
- The speaker mentions baby clothes and baby gear from Macy's
- This is a Friday show with fun and laughs
- The episode mentions F boys, meditation, yoga, being less reactive, living in possibility, athletes, picking up people's energy

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