

# GDL Steven Benedict

<https://silosolo.com/864387>

## Summary

Mr. Steven, a guest on the show, shares his background of growing up in foster care and the challenges he faced with neglect, abandonment, and abuse. He credits his supportive adoptive parents for giving him a second chance at life and exposing him to various opportunities. Mr. Steven's mindset of seeing his past as a blessing took time to develop, with many obstacles along the way. Running has become a meditation and outlet for him, allowing him to find clarity and release tension. He emphasizes the importance of emotional language, which he believes is a universal experience that connects people.

## Silo sample questions

- What was Mr. Steven's background and foster care experience?
- How did being adopted impact Mr. Steven's life?
- How did Mr. Steven develop his mindset of seeing his past as a blessing?
- What role does running play in Mr. Steven's life?
- What does Mr. Steven emphasize about emotional language?

## Topics

Mr. Steven's background and foster care experience

The impact of being adopted and having supportive parents

Mr. Steven's mindset and gratitude for his past

The role of running as a meditation and outlet

The significance of emotional language as a universal experience

## Key Takeaways

- The guest, Mr. Steven, is an athlete, motivational speaker, and author.
- He grew up in foster care and experienced neglect, abandonment, and abuse.
- He was eventually adopted by loving parents who provided a second chance at life.
- Mr. Steven's mindset of seeing his past as a blessing and finding gratitude took time to develop.
- Running has become a meditation and outlet for him.

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