

Colin O'Brady: Cultivate a Possible Mindset and Break Your Limiting Beliefs | E43

<https://silosolo.com/108808>

Summary

In this video, Colin O'Grady discusses the importance of preparation, specifically extreme preparation, in achieving success. He believes that being the most prepared person in the room is crucial and shares his experience of spending over 50 days in solitude at Buddhist retreats as part of his mental training. Colin also talks about his year in a food science lab creating custom nutrition formulas for his expeditions. He emphasizes the need to prepare for the unknown and be adaptable in order to succeed.

Silo sample questions

- What is the importance of preparation in success?
- How does Colin O'Grady emphasize the importance of preparation?
- What was Colin O'Grady's experience of spending over 50 days in solitude at Buddhist retreats?
- What did Colin O'Grady do to prepare for his expeditions?
- What should also be included in preparation?

Topics

Preparation

Extreme preparation

Mental and physical preparation

Solitude at Buddhist retreats

Custom food and nutrition for expeditions

Adaptability and thinking on your feet

Key Takeaways

- Preparation, especially extreme preparation, is a key factor in success
- Extreme preparation involves going above and beyond what is considered ordinary
- Colin O'Grady emphasizes the importance of preparation in all aspects of life
- In his expeditions, preparing for the unknown is crucial
- Colin O'Grady shares his experience of spending over 50 days in solitude at Buddhist retreats

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