

Anne McClain's

Tips for Living in Close Quarters



1
00:00:03,510 --> 00:00:02,470
hey everyone anne mclean here i'm a nasa

2
00:00:05,030 --> 00:00:03,520
astronaut and i lived on the

3
00:00:07,110 --> 00:00:05,040
international space station for about

4
00:00:08,470 --> 00:00:07,120
six and a half months last year and i

5
00:00:09,990 --> 00:00:08,480
know a lot of people find themselves in

6
00:00:11,669 --> 00:00:10,000
confinement right now or living in

7
00:00:13,749 --> 00:00:11,679
quarantine under

8
00:00:14,950 --> 00:00:13,759
conditions that maybe are not the most

9
00:00:17,750 --> 00:00:14,960
favorable

10
00:00:19,510 --> 00:00:17,760
so well we recognize that uh that the

11
00:00:21,349 --> 00:00:19,520
situation right now in the world is very

12
00:00:23,029 --> 00:00:21,359
different than what we have uh up in

13
00:00:24,230 --> 00:00:23,039

space i do think that there are some

14

00:00:26,230 --> 00:00:24,240

parallels

15

00:00:28,230 --> 00:00:26,240

uh some lessons that we learned over the

16

00:00:31,109 --> 00:00:28,240

last 20 years living on space station

17

00:00:32,150 --> 00:00:31,119

that maybe can apply to your scenario

18

00:00:35,270 --> 00:00:32,160

and i think

19

00:00:37,270 --> 00:00:35,280

the big thing that i realized was

20

00:00:39,350 --> 00:00:37,280

that it's a big mental adjustment uh

21

00:00:40,869 --> 00:00:39,360

when you're living and working in space

22

00:00:43,270 --> 00:00:40,879

people think of space exploration as

23

00:00:45,670 --> 00:00:43,280

solely a technical feat but but really

24

00:00:47,830 --> 00:00:45,680

there's a huge non-technical aspect that

25

00:00:50,069 --> 00:00:47,840

is critical in our success

26
00:00:51,590 --> 00:00:50,079
and that's pretty simply how well we can

27
00:00:53,510 --> 00:00:51,600
get along with others

28
00:00:55,670 --> 00:00:53,520
if you have a crew that goes to space

29
00:00:56,869 --> 00:00:55,680
and a month into it are not speaking to

30
00:00:58,549 --> 00:00:56,879
each other that's just not going to be

31
00:00:59,510 --> 00:00:58,559
an effective team

32
00:01:00,790 --> 00:00:59,520
so

33
00:01:02,310 --> 00:01:00,800
about uh

34
00:01:05,270 --> 00:01:02,320
one of the astronauts that flew a few

35
00:01:07,190 --> 00:01:05,280
years before me peggy whitson

36
00:01:08,950 --> 00:01:07,200
she worked with dr alhaul and one of the

37
00:01:11,030 --> 00:01:08,960
psychologists at nasa and they developed

38
00:01:14,630 --> 00:01:11,040

what we call now expeditionary crew

39

00:01:16,390 --> 00:01:14,640

skills and these are basically five main

40

00:01:18,149 --> 00:01:16,400

skills that they identified were

41

00:01:19,830 --> 00:01:18,159

important and critical to these

42

00:01:23,030 --> 00:01:19,840

successful teams

43

00:01:25,190 --> 00:01:23,040

and those five skills are communication

44

00:01:26,630 --> 00:01:25,200

leadership and followership

45

00:01:27,830 --> 00:01:26,640

self-care

46

00:01:30,149 --> 00:01:27,840

team care

47

00:01:32,069 --> 00:01:30,159

and group living

48

00:01:34,630 --> 00:01:32,079

so the first one communication

49

00:01:36,789 --> 00:01:34,640

that's basically how to express oneself

50

00:01:38,870 --> 00:01:36,799

so that you're clearly understood it's

51
00:01:40,469 --> 00:01:38,880
also how to be an active listener and

52
00:01:43,270 --> 00:01:40,479
ask questions so that you know that you

53
00:01:45,190 --> 00:01:43,280
understand what's being said to you and

54
00:01:46,710 --> 00:01:45,200
it's actually amazing how many problems

55
00:01:48,630 --> 00:01:46,720
are generated just because of

56
00:01:49,830 --> 00:01:48,640
miscommunication

57
00:01:52,630 --> 00:01:49,840
and so

58
00:01:54,870 --> 00:01:52,640
we talk about these this aspect and

59
00:01:56,870 --> 00:01:54,880
some of the behaviors that contribute to

60
00:01:58,469 --> 00:01:56,880
good communication so things like

61
00:02:00,230 --> 00:01:58,479
active listening and lasting class

62
00:02:02,789 --> 00:02:00,240
asking questions like i just said using

63
00:02:05,030 --> 00:02:02,799

concise terminology maybe waiting to

64

00:02:07,270 --> 00:02:05,040

Speak until your emotions have subsided

65

00:02:09,669 --> 00:02:07,280

and you can speak more factually instead

66

00:02:12,229 --> 00:02:09,679

of emotionally

67

00:02:14,390 --> 00:02:12,239

the next uh skill is leadership and

68

00:02:16,710 --> 00:02:14,400

followership that's basically how the

69

00:02:18,070 --> 00:02:16,720

team hierarchy adapts to changing

70

00:02:20,470 --> 00:02:18,080

situation

71

00:02:22,150 --> 00:02:20,480

and uh you know for me i kind of talk

72

00:02:24,150 --> 00:02:22,160

about leadership and subordinate

73

00:02:25,830 --> 00:02:24,160

leadership because really

74

00:02:27,350 --> 00:02:25,840

everybody is a leader

75

00:02:29,510 --> 00:02:27,360

no matter what level that you're at you

76

00:02:31,830 --> 00:02:29,520

know even your kids can be leaders and

77

00:02:33,910 --> 00:02:31,840

um and so you know the leader is the one

78

00:02:36,869 --> 00:02:33,920

that officially sets the goals of the

79

00:02:38,630 --> 00:02:36,879

team and perhaps leads by example

80

00:02:41,270 --> 00:02:38,640

strengthens relationships and kind of

81

00:02:43,589 --> 00:02:41,280

has that responsibility and the follower

82

00:02:45,670 --> 00:02:43,599

or the subordinate leader

83

00:02:47,270 --> 00:02:45,680

sets their own goals and their behaviors

84

00:02:48,229 --> 00:02:47,280

in order to support the vision of the

85

00:02:50,070 --> 00:02:48,239

leader

86

00:02:52,070 --> 00:02:50,080

and so you can apply those roles uh kind

87

00:02:53,509 --> 00:02:52,080

of in whatever group that you're in uh

88

00:02:54,710 --> 00:02:53,519

maybe you don't have an appointed leader

89

00:02:56,550 --> 00:02:54,720

but maybe have somebody that's kind of

90

00:02:58,309 --> 00:02:56,560

more of a natural leader

91

00:03:00,229 --> 00:02:58,319

and you know some of the skills some of

92

00:03:02,790 --> 00:03:00,239

the behaviors uh for this leadership

93

00:03:04,710 --> 00:03:02,800

followership uh is that you can

94

00:03:08,550 --> 00:03:04,720

effectively occupy both leader and

95

00:03:09,990 --> 00:03:08,560

follower roles so maybe someone is uh

96

00:03:13,350 --> 00:03:10,000

um

97

00:03:15,509 --> 00:03:13,360

you know a leader in one aspect uh in

98

00:03:17,430 --> 00:03:15,519

one task that you're doing and then very

99

00:03:19,270 --> 00:03:17,440

later on in that day somebody else takes

100

00:03:20,869 --> 00:03:19,280

the leadership role and so you know the

101
00:03:21,990 --> 00:03:20,879
ability to kind of suppress that ego and

102
00:03:23,670 --> 00:03:22,000
say okay i'm going to lead from the

103
00:03:25,509 --> 00:03:23,680
front on this one and on this one i'm

104
00:03:27,670 --> 00:03:25,519
going to defer to somebody that

105
00:03:30,390 --> 00:03:27,680
that may be the expert in that the next

106
00:03:32,789 --> 00:03:30,400
skill that is important for

107
00:03:34,470 --> 00:03:32,799
expeditionary crew skills is self-care

108
00:03:35,670 --> 00:03:34,480
and this is so important because if you

109
00:03:38,309 --> 00:03:35,680
don't take care of yourself if you're

110
00:03:40,470 --> 00:03:38,319
not healthy then you can't perform for

111
00:03:42,390 --> 00:03:40,480
the team you can't be a good team member

112
00:03:44,229 --> 00:03:42,400
and further you may actually have to

113
00:03:45,990 --> 00:03:44,239

pull skills from the rest of your team

114

00:03:47,190 --> 00:03:46,000

or pull resources from the rest of your

115

00:03:49,589 --> 00:03:47,200

team

116

00:03:50,869 --> 00:03:49,599

for them to take care of you so knowing

117

00:03:53,110 --> 00:03:50,879

when you need to stop and take care of

118

00:03:55,030 --> 00:03:53,120

yourself is very important

119

00:03:57,830 --> 00:03:55,040

and so this is how healthy you are on a

120

00:03:59,670 --> 00:03:57,840

psychological and physical level and you

121

00:04:00,869 --> 00:03:59,680

really have to pay attention to that you

122

00:04:03,110 --> 00:04:00,879

know sometimes when we get in these

123

00:04:05,110 --> 00:04:03,120

awkward situations our first instincts

124

00:04:07,750 --> 00:04:05,120

aren't the right instincts when we have

125

00:04:09,190 --> 00:04:07,760

stress in our normal lives uh maybe we

126
00:04:11,190 --> 00:04:09,200
can um

127
00:04:13,270 --> 00:04:11,200
you know skip the gym one day or maybe

128
00:04:14,710 --> 00:04:13,280
we go out and

129
00:04:16,710 --> 00:04:14,720
you know we just decided to watch tv and

130
00:04:17,830 --> 00:04:16,720
ignore life for a little bit well we're

131
00:04:19,670 --> 00:04:17,840
all going to be in this current

132
00:04:21,909 --> 00:04:19,680
situation and then confinement a little

133
00:04:24,629 --> 00:04:21,919
bit too long to just uh kind of sit and

134
00:04:25,909 --> 00:04:24,639
watch tv or or consume social media so

135
00:04:27,990 --> 00:04:25,919
we're going to have to be active about

136
00:04:30,469 --> 00:04:28,000
how we self-care

137
00:04:31,670 --> 00:04:30,479
and so this is you know trying to manage

138
00:04:33,430 --> 00:04:31,680

your own emotions some of the behaviors

139

00:04:35,189 --> 00:04:33,440

that can help you with this is try to be

140

00:04:37,670 --> 00:04:35,199

calm in the face of stress recognize

141

00:04:39,990 --> 00:04:37,680

that stress is uh when expectations

142

00:04:41,990 --> 00:04:40,000

don't meet reality and we can't change

143

00:04:43,590 --> 00:04:42,000

the current reality and so it's probably

144

00:04:45,350 --> 00:04:43,600

a good idea that we try to manage some

145

00:04:47,030 --> 00:04:45,360

of our expectations

146

00:04:50,070 --> 00:04:47,040

um you want to maintain your social

147

00:04:51,909 --> 00:04:50,080

relationships uh don't cut yourself off

148

00:04:53,110 --> 00:04:51,919

you know and and if you start to get

149

00:04:55,670 --> 00:04:53,120

into a negative

150

00:04:57,110 --> 00:04:55,680

thought pattern then um

151
00:04:58,629 --> 00:04:57,120
you know recognize that and try to get

152
00:05:00,390 --> 00:04:58,639
out of that and sometimes it's just

153
00:05:02,310 --> 00:05:00,400
taking care of yourself physically you

154
00:05:05,350 --> 00:05:02,320
know take the time to go to the gym eat

155
00:05:07,670 --> 00:05:05,360
right uh take time away from the group

156
00:05:09,510 --> 00:05:07,680
for some some solitude if you need to

157
00:05:11,670 --> 00:05:09,520
read a book

158
00:05:13,510 --> 00:05:11,680
and the next aspect is team care and

159
00:05:15,990 --> 00:05:13,520
team care is how healthy the team is on

160
00:05:17,749 --> 00:05:16,000
a physical psychological level and this

161
00:05:20,790 --> 00:05:17,759
can be influenced a lot

162
00:05:22,230 --> 00:05:20,800
by external and internal stressors so

163
00:05:24,950 --> 00:05:22,240

some of the good

164

00:05:26,550 --> 00:05:24,960

behaviors to help with team care is to

165

00:05:27,909 --> 00:05:26,560

demonstrate patients with others we're

166

00:05:30,070 --> 00:05:27,919

all human we're all going through this

167

00:05:31,270 --> 00:05:30,080

we all have emotions uh whether we're on

168

00:05:33,270 --> 00:05:31,280

the space station whether we're on the

169

00:05:35,270 --> 00:05:33,280

earth we have good days we have bad days

170

00:05:37,510 --> 00:05:35,280

uh we feel stressed we feel frustration

171

00:05:38,629 --> 00:05:37,520

sometimes we feel anger and recognizing

172

00:05:39,990 --> 00:05:38,639

that um

173

00:05:41,189 --> 00:05:40,000

you know we want to be we want to be

174

00:05:42,469 --> 00:05:41,199

able to forgive ourselves when we feel

175

00:05:43,990 --> 00:05:42,479

those but we also want to forgive those

176

00:05:45,189 --> 00:05:44,000

around us and so

177

00:05:46,390 --> 00:05:45,199

let's just give each other a little bit

178

00:05:48,710 --> 00:05:46,400

of grace

179

00:05:51,270 --> 00:05:48,720

you want to monitor your team for signs

180

00:05:53,110 --> 00:05:51,280

of fatigue and stress and catch it early

181

00:05:55,029 --> 00:05:53,120

you know maybe take some of their their

182

00:05:56,550 --> 00:05:55,039

tasks or

183

00:05:57,749 --> 00:05:56,560

and and help them out with it say hey

184

00:05:59,189 --> 00:05:57,759

i'm going to go do this won't you go

185

00:06:00,710 --> 00:05:59,199

read your book once you go on a run want

186

00:06:02,150 --> 00:06:00,720

to go do something

187

00:06:03,909 --> 00:06:02,160

i'm volunteering for the unpleasant

188

00:06:05,590 --> 00:06:03,919

tasks there are certain tasks when we're

189

00:06:06,469 --> 00:06:05,600

a group living that nobody wants to do

190

00:06:09,430 --> 00:06:06,479

and

191

00:06:11,350 --> 00:06:09,440

psyche the whole group if you uh can

192

00:06:13,430 --> 00:06:11,360

volunteer for those

193

00:06:15,430 --> 00:06:13,440

and that's the next one is group living

194

00:06:17,749 --> 00:06:15,440

a lot of us find ourselves in a group

195

00:06:19,189 --> 00:06:17,759

living scenario and that's basically how

196

00:06:21,430 --> 00:06:19,199

well we cooperate with each other in

197

00:06:23,670 --> 00:06:21,440

order to integrate into the team

198

00:06:25,430 --> 00:06:23,680

in order to achieve a shared goal and

199

00:06:26,790 --> 00:06:25,440

hopefully based on what we talked about

200

00:06:28,390 --> 00:06:26,800

a minute ago

201
00:06:30,550 --> 00:06:28,400
we've set goals for even for this

202
00:06:32,950 --> 00:06:30,560
quarantine period we can we can set

203
00:06:34,469 --> 00:06:32,960
goals that the the team is striving for

204
00:06:36,390 --> 00:06:34,479
that each individual is striving for we

205
00:06:38,309 --> 00:06:36,400
can help each other reach those goals

206
00:06:40,629 --> 00:06:38,319
some other behaviors that can help with

207
00:06:42,309 --> 00:06:40,639
group living is to act cooperatively

208
00:06:44,790 --> 00:06:42,319
instead of competitively

209
00:06:46,870 --> 00:06:44,800
make use of available team resources

210
00:06:48,550 --> 00:06:46,880
respect other team members real roles

211
00:06:50,870 --> 00:06:48,560
and responsibilities and what they're

212
00:06:52,870 --> 00:06:50,880
faced with what are their stressors

213
00:06:55,029 --> 00:06:52,880

uh actively work to ensure a positive

214

00:06:57,029 --> 00:06:55,039

team attitude um you know sometimes if

215

00:06:59,830 --> 00:06:57,039

you if you're thinking negatively in

216

00:07:01,189 --> 00:06:59,840

your mind that then uh you know be very

217

00:07:02,790 --> 00:07:01,199

deliberate that what comes out of your

218

00:07:05,189 --> 00:07:02,800

mouth is positive and and that can

219

00:07:07,189 --> 00:07:05,199

actually you know pull ourselves out and

220

00:07:09,909 --> 00:07:07,199

out of the negativity

221

00:07:12,150 --> 00:07:09,919

so that sums up the the five main skills

222

00:07:14,150 --> 00:07:12,160

and i think really what i wanted to

223

00:07:15,830 --> 00:07:14,160

emphasize to everybody is that it's a

224

00:07:17,189 --> 00:07:15,840

mental adjustment it's a mental

225

00:07:19,830 --> 00:07:17,199

adjustment when we live in space and

226

00:07:22,390 --> 00:07:19,840

it's a mental adjustment to be living in

227

00:07:24,550 --> 00:07:22,400

in whatever level of uh quarantine or

228

00:07:26,309 --> 00:07:24,560

self-isolation or social distancing that

229

00:07:28,469 --> 00:07:26,319

we're living in right now

230

00:07:29,510 --> 00:07:28,479

and the big thing is it's okay to not be

231

00:07:31,589 --> 00:07:29,520

okay

232

00:07:33,670 --> 00:07:31,599

um but it's what you choose to do about

233

00:07:34,870 --> 00:07:33,680

that that's important you know

234

00:07:36,950 --> 00:07:34,880

make sure that you're not taking your

235

00:07:38,870 --> 00:07:36,960

stress and putting it on everybody else

236

00:07:40,950 --> 00:07:38,880

by lashing out or sharing what's

237

00:07:42,230 --> 00:07:40,960

stressing you maybe just

238

00:07:44,710 --> 00:07:42,240

give yourself a little grace and

239

00:07:47,430 --> 00:07:44,720

recognize that you're stressed and then

240

00:07:49,189 --> 00:07:47,440

really deliberately try to act for the

241

00:07:50,869 --> 00:07:49,199

better of the group and that's your

242

00:07:52,390 --> 00:07:50,879

group that you happen to maybe be living

243

00:07:53,589 --> 00:07:52,400

with and that's also our greater

244

00:07:55,270 --> 00:07:53,599

community

245

00:07:57,029 --> 00:07:55,280

all of us right now are trying to behave

246

00:08:00,150 --> 00:07:57,039

in a way to help our greater community

247

00:08:01,909 --> 00:08:00,160

and um i think more than any time right

248

00:08:03,350 --> 00:08:01,919

now on earth and what we definitely saw

249

00:08:04,469 --> 00:08:03,360

from space is that we're all in this

250

00:08:06,550 --> 00:08:04,479

together

251
00:08:08,950 --> 00:08:06,560
and we need to be intentional we can be

252
00:08:10,790 --> 00:08:08,960
successful in uh in confinement if we're

253
00:08:12,469 --> 00:08:10,800
intentional about our actions if we take

254
00:08:14,550 --> 00:08:12,479
care of our teams

255
00:08:16,550 --> 00:08:14,560
and uh and we can do practical things to

256
00:08:19,110 --> 00:08:16,560
help our teams one of the practical

257
00:08:21,510 --> 00:08:19,120
things that we can do is to set goals

258
00:08:23,990 --> 00:08:21,520
and uh you know it might sound weird to

259
00:08:26,710 --> 00:08:24,000
set goals as a small group but each of

260
00:08:28,550 --> 00:08:26,720
us individually and as a group we work

261
00:08:30,150 --> 00:08:28,560
better when we're going to our goals so

262
00:08:31,589 --> 00:08:30,160
if we just mentally adjust to this new

263
00:08:32,790 --> 00:08:31,599

normal and say okay well you know what

264

00:08:34,310 --> 00:08:32,800

in the next three weeks i didn't

265

00:08:36,149 --> 00:08:34,320

anticipate to want to do this but this

266

00:08:38,310 --> 00:08:36,159

is what i want to do and we share that

267

00:08:39,509 --> 00:08:38,320

with a group and then as a group we set

268

00:08:42,870 --> 00:08:39,519

our goals and then we can hold each

269

00:08:44,470 --> 00:08:42,880

other accountable during this time

270

00:08:46,070 --> 00:08:44,480

another way is to bring the outside in

271

00:08:47,670 --> 00:08:46,080

upon space station holidays are one of

272

00:08:49,030 --> 00:08:47,680

my favorite things and

273

00:08:50,310 --> 00:08:49,040

you know certainly

274

00:08:52,070 --> 00:08:50,320

holidays were not the same as what we

275

00:08:53,590 --> 00:08:52,080

had on the ground but we made it work we

276

00:08:56,070 --> 00:08:53,600

found decorations

277

00:08:58,550 --> 00:08:56,080

we set music we took the time to bring

278

00:09:00,389 --> 00:08:58,560

the outside world into our space station

279

00:09:02,630 --> 00:09:00,399

and so maybe be really creative about

280

00:09:04,230 --> 00:09:02,640

how you can bring the outside in maybe

281

00:09:06,150 --> 00:09:04,240

somebody in your group has a favorite

282

00:09:07,509 --> 00:09:06,160

restaurant or a favorite activity that

283

00:09:09,590 --> 00:09:07,519

they just can't do well how can you

284

00:09:11,110 --> 00:09:09,600

recreate that for them in a confined

285

00:09:12,949 --> 00:09:11,120

environment

286

00:09:14,310 --> 00:09:12,959

i want everybody to really consider your

287

00:09:15,350 --> 00:09:14,320

effect on the group you know when you're

288

00:09:16,710 --> 00:09:15,360

able to

289

00:09:18,150 --> 00:09:16,720

like i said bring the outside in for

290

00:09:19,430 --> 00:09:18,160

somebody else you're really helping the

291

00:09:21,430 --> 00:09:19,440

group you're making it so much better

292

00:09:22,389 --> 00:09:21,440

for everybody else and likewise if we

293

00:09:23,670 --> 00:09:22,399

get stressed

294

00:09:25,350 --> 00:09:23,680

and we don't think about it we don't

295

00:09:27,509 --> 00:09:25,360

give ourselves grace and we lash out we

296

00:09:29,190 --> 00:09:27,519

can really affect the group morale

297

00:09:30,550 --> 00:09:29,200

and i want to leave you with something

298

00:09:32,310 --> 00:09:30,560

that christina cook

299

00:09:33,670 --> 00:09:32,320

said recently christina cook for those

300

00:09:36,550 --> 00:09:33,680

that don't know she just came back from

301
00:09:38,870 --> 00:09:36,560
spending 328 days on the space station

302
00:09:40,630 --> 00:09:38,880
and uh and is also lucky i'm lucky to

303
00:09:43,110 --> 00:09:40,640
have her as a friend of mine and

304
00:09:44,949 --> 00:09:43,120
something she said really stuck with me

305
00:09:46,870 --> 00:09:44,959
and she said that to get her through the

306
00:09:48,070 --> 00:09:46,880
days up on space station

307
00:09:49,509 --> 00:09:48,080
she

308
00:09:51,509 --> 00:09:49,519
would think about the things that

309
00:09:53,110 --> 00:09:51,519
someday she would miss yes she missed

310
00:09:54,470 --> 00:09:53,120
earth when she was up in space but she

311
00:09:56,550 --> 00:09:54,480
knew that at some point she would be

312
00:09:57,590 --> 00:09:56,560
looking back at that time

313
00:09:58,790 --> 00:09:57,600

and

314

00:10:00,310 --> 00:09:58,800

wishing that she could have certain

315

00:10:03,190 --> 00:10:00,320

things back so she tried to identify

316

00:10:04,790 --> 00:10:03,200

what those are and really enjoy those

317

00:10:06,949 --> 00:10:04,800

and so you know we're often so busy in

318

00:10:08,949 --> 00:10:06,959

our lives and uh whether we chose it or

319

00:10:10,710 --> 00:10:08,959

not we've all had to pause a little bit

320

00:10:12,630 --> 00:10:10,720

right now and but maybe there are

321

00:10:14,550 --> 00:10:12,640

aspects of this that we're gonna miss

322

00:10:16,389 --> 00:10:14,560

when it's over um

323

00:10:17,750 --> 00:10:16,399

you know just from a family standpoint

324

00:10:19,590 --> 00:10:17,760

you know maybe it's spending extra time

325

00:10:20,870 --> 00:10:19,600

with our kids or

326

00:10:23,190 --> 00:10:20,880

getting to participate in our kids

327

00:10:24,790 --> 00:10:23,200

education or spending more time with

328

00:10:26,630 --> 00:10:24,800

loved ones or finally cleaning out the

329

00:10:28,710 --> 00:10:26,640

garage whatever it is

330

00:10:30,150 --> 00:10:28,720

so whatever that is i hope that i hope

331

00:10:31,829 --> 00:10:30,160

that everybody can

332

00:10:33,990 --> 00:10:31,839

stay ahead of the mental game be very

333

00:10:36,790 --> 00:10:34,000

intentional on what you think about set

334

00:10:38,630 --> 00:10:36,800

your goals and uh just like we do up on