

The 7-Day Positive *Thinking Challenge.*

For the next seven days we're not allowed to dwell on a negative thought for more than two minutes. If we do, we start over. Come do it with us. Not published yet.

[Download the printable prep](#) ↓

What this episode is

MASON + HAYDEN

This week Mason and Hayden take on a 7-day version of the Ten-Day Mental Challenge from Tony Robbins' 1991 book *Awaken the Giant Within*. The rule is simple and hard: no dwelling on negative thoughts or emotions. Slip for more than two minutes and you're back to Day 1 the next morning. We get into where the challenge comes from, the tools that make it doable (better questions, better words, and moving your body), a story of the week, a skit about getting caught mid-spiral, and what we've been reading and watching. Grab the tracker, play along, and tell us how you did. We report our results next week.

Run of show

ABOUT 31 MINUTES

Suggested flow. These planning times are not episode chapters.

Start	Segment	Length	What happens
0:00	Cold Open: The Mic Stand	0:30	Both hosts stand at their mics, deadpan, then a hard cut into the intro. Shoot 2-3 takes and keep the best one.
0:30	Intro	0:45	Mason and Hayden open. Mason on the LLC, the bots, and takeoff.bid 6.7. Hayden's karaoke-speech open follows Mason's intro, about 1:30 to 2:00. Then last week's goal and this week's challenge.
1:15	1. Accountability	4:00	Check last week's goal. Score 1 to 10 each. One follow-up question each.
5:15	2. Weekly Goal: the challenge	10:00	The book, the original 10-day rules, why 7 days, our rules, the toolkit, personal stakes, how listeners join.
15:15	3. Story of the Week	6:00	One real story each tied to negative spirals or turning a mood around.
21:15	4. Skit of the Week	3:00	The Reset Referee.
24:15	5. Content Diet	5:00	What we consumed this week. Featured: <i>Awaken the Giant Within</i> .
29:15	Outro and call to action	2:00	One commitment each, tracker, how to send results, teaser for next week's Accountability.

Cold Open: The Mic Stand (new standing format)

ABOUT 10 TO 30 SECONDS ·
EVERY EPISODE

Eric Andre-style: both hosts stand at their mics and stare into the camera. A deadpan 10 to 30 seconds, then a hard cut into the regular intro. This is the standing first beat of every episode from here on.

Format

Both hosts stand at their mics, staring into the camera for an uncomfortably long beat (3 to 5 seconds of silence). Deadpan. No music. One says something flat and absurd. The other reacts minimally, or not at all. Then a hard cut into the theme or the normal intro. Keep it under 30 seconds. Shoot 2-3 takes and keep the best one.

Rules

- Never break character.
- Never explain the joke.
- Silence is the punchline.
- It doesn't need to relate to the episode.

This week's script

SFX Both standing at mics. Long silence.

Mason (flat) I've been positive for six days.

SFX Pause.

Hayden It's day one.

SFX Mason stares into the camera. 4 seconds.

Mason Welcome to EarlPod.

SFX Hard cut to intro.

Alternate

Mason (flat) This episode is sponsored by my LLC.

Hayden You are the LLC.

Mason ...Welcome to EarlPod.

Hayden

SFX Both standing at mics. Long silence.

Hayden Language model? You mean my hot 10th grade English teacher? Boom.

SFX Hard cut to intro.

Future cold open ideas

One host is already mid-sentence when the camera starts

A mic stand that's way too tall

Reading an awkward fake listener email in total silence

Intro

ABOUT 45 SECONDS · MASON + HAYDEN

Mason Welcome back to EarlPod. I'm Mason.

Hayden I'm Hayden.

Mason Big week. I'm officially an LLC. I'm the owner, the CEO and HR, so if I have a complaint about myself, I file it with myself.

Hayden And?

Mason HR is ignoring me.

Mason But honestly, I've evolved. Darwin had it wrong. It's not fish, monkey, man. It's fish, monkey, man, LLC.

Hayden That's not how evolution works.

Mason I'm halfway to uploading my consciousness. Step one, become a legal entity. Step two, the cloud. So technically you're not talking to a person right

now. And nothing I say tonight is my fault. Limited liability.

Mason I also have 50 AI bots working for me now, and I spent a whole day giving them matching pixel-art headshots. None of them get paid. The dinner bot has a fork. Morale is incredible.

Mason And the takeoff.bid app just hit version 6.7.

Hayden Six seven. (does the hands)

Mason Totally an accident. Every 12-year-old in America is now a customer.

Hayden's longer open: the karaoke speech

About 1:30 to 2:00. Right after Mason's intro. It's a sketch he's working on, not something that happened. Talk to Mason, don't read at him.

Hayden Welcome back to Earl Pod. I'm Hayden.

Hayden I turned 26 last week. Mason's line is that I make a room better just by walking in. I've been writing a sketch that argues with him.

Hayden I get up at karaoke. The KJ calls my name. The room leans in, phones up, ready for a chorus. I take the mic, and I don't sing. I give a speech.

Hayden I thank them for having me. Point one. Then a finger up, because there's a point two. Somebody in the back yells, play the song. I nod like I heard them, and I start point two.

Hayden The KJ tries to save the room. Book open. He fades a track in under me, quiet, like the chorus might remind me what a microphone is for. I talk louder. He kills the track. Now it's worse. Just me, a hot mic, and a room that ordered a song and got remarks.

Hayden A few people clap because I paused. I say, I'm not done. The clap dies. Wrong mic. A karaoke mic is for a chorus you half know. I'm holding it like a podium. Too close. Too sincere.

Hayden One of the birthday questions was what I want to be known for by 30. I'm workshopping: the guy who used the karaoke slot for public comment.

Hayden We'll do the sketch. First, this week. Seven days, no dwelling, two minutes to turn a thought around. If I can stand in a bar that wanted a chorus, I can handle a bad mood.

Hayden Hayden's one-line update

Mason Today we check last week's goal, then this week's goal: a 7-day positive thinking challenge from Tony Robbins' Awaken the Giant Within. Dwell on a negative thought and you start over.

Hayden Plus the story of the week, a skit called "The Reset Referee," and our content diet. Do the challenge with us. Let's go.

1. Accountability

CHECK LAST WEEK

Last week's goal for Mason

Last week's goal for Hayden

Did we hit it? Yes / partly / no

What got in the way?

What surprised you?

Score 1 to 10, and why that number

Carry it forward, change it, or drop it?

2. Weekly Goal

THE 7-DAY POSITIVE THINKING CHALLENGE

The book and the original challenge

Awaken the Giant Within came out in 1991. The Ten-Day Mental Challenge is chapter 13, the last chapter of the book's first part, Unleash Your Power. It comes right after the chapters on questions (8), vocabulary (9), metaphors (10) and emotions (11), so it works like a final exam for those tools.

The idea: for ten consecutive days, refuse to indulge in or dwell on unresourceful thoughts or emotions. You'll still have them. The rule is about not staying there. You get a short window to catch it and switch. If you dwell longer, you start over the next morning, even on Day 9.

It isn't about ignoring problems. Robbins' rule of thumb: spend no more than 10 percent of your time on the problem and at least 90 percent on the solution.

Fun tie-in for why seven: the book's own later section is called The Seven Days to Shape Your Life (chapters 19 to 25), one assignment per day.

What's it like to have ten consecutive days without disempowering thought, emotion, or focus?

Tony Robbins, describing the challenge on tonyrobbins.com

Why 7 days for this show

- It fits the show. We record weekly, so the challenge runs from this recording to the next and we report on air.
- Seven in a row is hard enough to matter and short enough that people actually start.
- It echoes the book's Seven Days to Shape Your Life section.
- If you nail seven, go for Robbins' full ten.

Our rules

Start each morning with questions. Answer at least three Morning Power Questions, two or three answers each. Stuck? Swap in "could": what could I be happy about?

No dwelling, all day. A negative thought, emotion, word or complaint will show up. Catch it and switch your focus. Don't beat yourself up for having it.

The two-minute rule. You get two minutes to turn it around using the toolkit below.

The restart rule. Dwell longer than two minutes and the next morning is Day 1 again, even if you were on Day 6.

Problems get solution questions. Face problems with the problem-solving questions instead of venting about them. This is not about ignoring problems.

End each night with questions and the tracker. Answer the Evening Power Questions, mark the day, and note whether you reset.

Report back next episode. Longest streak, number of resets, the hardest moment, the tool that worked best, and a 1 to 10 score.

The toolkit

Tool	What it is	Try it
Pattern interrupt	Break the loop the moment you notice it	Say "reset" out loud, stand up, clap once, change rooms
Better questions	Your brain answers whatever you ask it (book chapter 8)	Swap "Why does this always happen to me?" for "What's great about this?"

Tool	What it is	Try it
Transformational vocabulary	The words you pick change how strong a feeling is (chapter 9)	"Furious" becomes "a little annoyed". "Overwhelmed" becomes "busy"
Physiology	Change your body to change your state (our Brain Follows the Body episode)	Walk, breathe deep, shoulders back, smile, sunlight
Focus	What you focus on is what you feel	Ask what you can control right now and do one small thing

Morning Power Questions

1. What am I happy about in my life now?
2. What am I excited about in my life now?
3. What am I proud of in my life now?
4. What am I grateful for in my life now?
5. What am I enjoying most in my life right now?
6. What am I committed to in my life right now?
7. Who do I love? Who loves me?

Problem-solving questions

1. What is great about this problem?
2. What is not perfect yet?
3. What am I willing to do to make it the way I want it?
4. What am I willing to no longer do in order to make it the way I want it?
5. How can I enjoy the process while I do what is necessary to make it the way I want it?

Evening Power Questions

1. What have I given today? In what ways have I been a giver today?
2. What did I learn today?
3. How has today added to the quality of my life, or how can I use today as an investment in my future?

Personal stakes

- The thought loop Mason most wants to break
 - The thought loop Hayden most wants to break
 - Where are we most likely to slip? (work stress, traffic, scrolling, late nights)
 - Suggested friendly wager: whoever resets more buys breakfast after next week's recording
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7-day tracker

MARK EACH NIGHT

Reset column: write yes or no each night. A yes means tomorrow is Day 1 again; keep the daily focus going anyway. If you start the day after recording, Day 7 lands the day before next week's episode.

DAY 1 Notice

Just catch it. When did I catch a negative thought, and how fast did I switch?

Reset? yes / no

DAY 2 Questions

Which morning question answer carried me through today?

Reset? yes / no

DAY 3 Words

What word did I swap, and did the feeling shrink?

Reset? yes / no

DAY 4 Body

What did I do with my body to change my state?

Reset? yes / no

DAY 5 Problems

What was great about today's problem?

Reset? yes / no

DAY 6 Give

What have I given today, and to whom?

Reset? yes / no

DAY 7 Lock it in

What will I keep doing after the challenge is over?

Reset? yes / no

How listeners join along

Start tomorrow morning. Day 1 is the morning after you hear this. Do the Morning Power Questions before your phone.

Use the tracker. Screenshot or print the tracker below and mark each night.

Be honest about resets. A reset isn't failing. It's the whole point. Count them.

Send us your results. Streak, resets, and your best tool, before next week's episode.

3. Story of the Week

ONE REAL STORY EACH

One real story each tied to negative spirals or turning a mood around.

Prompts

- A time this week a small thing snowballed into a bad day. What was the moment it could have turned?
- A time one question or one word changed how you felt.
- Someone who pulled you out of a spiral. What did they say or do?

Story ideas

- The deadline spiral: a work crunch where venting felt good for five minutes and cost the whole afternoon.
- Brothers growing up: one of you turned a bad situation into a joke and it flipped the whole day.
- The walk that fixed it: you were stuck, went outside, and came back with the answer.

4. Skit of the Week

THE RESET REFEREE

The Reset Referee (about 2 to 3 minutes). Hayden, six days into the challenge. Mason, the Reset Referee, with a whistle and a kitchen timer. Props: coffee, phone, whistle, timer.

SFX

Game show music. MASON walks in wearing a whistle.

Mason Welcome back to Day 6 of the Seven-Day Challenge. Hayden is six days clean. One more day and he's a legend.

Hayden (sipping coffee) I feel amazing. I'm grateful. I'm excited. I love everyone. I even love Mondays.

SFX Phone buzzes. HAYDEN reads it.

Hayden Oh no. They moved the meeting to 7 a.m. tomorrow. Who schedules a 7 a.m. meeting? You know what, this is typical. This always happens to me. Every single time...

SFX Whistle. MASON starts a giant kitchen timer.

Mason Dwelling detected. You have two minutes to turn it around or it's back to Day 1.

Hayden I'm not dwelling. I'm processing. Loudly.

Mason That's what dwellers say.

Hayden Fine. Fine. What's great about this problem?

Mason Great question. Keep going.

Hayden What's great about this problem is... I'll be up early. I'll see the sunrise. I'll be (through his teeth) so productive.

Mason Ninety seconds. Your words are positive but your face looks like a parking ticket.

Hayden Okay. Physiology. (stands, chest out, hands on hips) I am a man who wakes up early by choice.

Mason Is it your choice?

Hayden It is now.

Mason Sixty seconds. Try changing the word.

Hayden I'm not furious. I'm... mildly inconvenienced. I'm a little peeved. I'm... curious about the meeting.

Mason Curious! Ooh.

Hayden What could I be excited about right now? Breakfast. There will be breakfast at this meeting.

Mason Will there?

Hayden There will if I bring it. I'm bringing donuts. I'm a giver. What have I given today? DONUTS.

SFX Timer stops. Ding.

Mason One minute fifty-two. The streak survives. Day 6 stands.

Hayden (collapses into chair) Hardest two minutes of my life.

SFX MASON's phone buzzes. He reads it.

Mason Oh. They cancelled the meeting.

Hayden (long pause) ...But I already bought the donuts.

SFX Whistle.

Hayden I'm grateful for the donuts! I'm GRATEFUL for the donuts!

SFX End.

5. Content Diet

WHAT WE CONSUMED

Featured item: *Awaken the Giant Within* by Tony Robbins (1991). Point people to chapter 8 (Questions Are the Answer), chapter 9 (The Vocabulary of Ultimate Success) and chapter 13 (The Ten-Day Mental Challenge). Tony Robbins' site currently offers a free 35th anniversary edition at go.tonyrobbins.com/awaken-the-giant-within.

- What Mason read, watched, or listened to this week, and one takeaway
- What Hayden read, watched, or listened to this week, and one takeaway
- Junk food of the week: what did we consume that we wish we hadn't?
- Does our content diet help or hurt the challenge? What will we cut for seven days?

Things we want to talk about

ON THE TABLE

What does "dwelling" actually feel like for each of us? Where's the line between noticing and dwelling?

Is this toxic positivity? Robbins says it's not ignoring problems, it's 10 percent problem, 90 percent solution. Do we buy it?

Which of the seven morning questions is hardest to answer right now, and why?

Callback to The Brain Follows the Body: which works faster for you, changing the question or changing your body?

Where do we each expect to break first? Make a prediction on air.

Hayden, what's a complaint you say on autopilot every week?

If a listener only does one thing from this, what should it be?

What would change in our work if we spent 90 percent of the time on solutions?

Who in our lives already lives like this? What do they do differently?

Do it with us

CALL TO ACTION

Start tomorrow morning. Answer three morning questions before you check your phone, keep the two-minute rule all day, and mark the tracker each night. Then send us your longest streak, your resets and your best tool before next week's episode. We'll read some on air.

- Mason commits to: 7 days in a row on the tracker, reported next episode
- Hayden commits to: 7 days in a row on the tracker, reported next episode

Next week on Accountability: did we make seven days in a row? Longest streak, number of resets, the hardest moment, the tool that worked best, and a 1 to 10 score each. And who's buying breakfast.

Report back next week	Mason	Hayden
Longest streak (days)		
Number of resets		
Hardest moment		
Tool that worked best		
Score 1 to 10		
Keeping it? Going for 10?		

Sources

THE BOOK AND SUMMARIES

Awaken the Giant Within, table of contents Library of Congress

Awaken the Giant Within: The Ten-Day Mental Challenge Tony Robbins

[Tony Robbins: Changing Habits to Improve Your Life](#) Shortform

[Awaken the Giant Within summary](#) Shortform

[Awaken the Giant Within summary \(questions\)](#) 52 Books a Year

[Evening Power Questions](#) CTS Blog

[Awaken the Giant Within: Book Summary and Review](#) Readers Books Club

[The 10 Day Mental Challenge](#) Asian Efficiency

These are prep notes for an upcoming recording, not a finished episode and not medical advice. Bring your own stories when we sit down.

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