

**A FATHER AND SON'S JOURNEY TO
SHUT UP, HANG ON, AND BUILD
A LIFE WORTH LIVING.**

SHUTUP HANGON

**A PRACTICAL GUIDE TO OVERCOMING ADVERSITY,
FINDING PURPOSE, AND BUILDING MOMENTUM.**

CORWYN STROUT & NOAH STROUT

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ABOUT

You may not have chosen where you began, but you can choose how you finish.

Setbacks will happen. What you do with them matters. This book is your battle plan and your how-to guide for moving past pain, fueling up for what's ahead, and dreaming bigger than you thought possible.

This book is split into three parts:

SHUTUP: Owning and creating your mindset. Killing the noise in your head while learning to shut up the lies, the fear, the self-sabotage.

The Intermission: the middle chapter, where you will hear directly from Noah as he tells his story about the SHUTUP HANGON origin story.

HANGON: The movement of faith. Doing the hard work, building resilience, and moving forward when motivation fails. It's all about what I call Disciplined Momentum. I'll stack the principles so you can take steps and leaps as you find your footing to start or continue your fight.

You don't need perfect. What you need is some grit, some encouragement, mustard seed sized faith, and a battle plan that works when life hits hard.

Your journey begins now. This book is that plan. Let's go!

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THE MIND GAME

#1

“DO NOT BE CONFORMED TO THIS WORLD, BUT BE TRANSFORMED
BY THE RENEWAL OF YOUR MIND...” – Romans 12:2

Lose the The Mind Game, lose it all.

Darth Vader lost the mind game, and as a result, he lost everything. He lost his soul, mind, family, and a beautiful future.

If you've watched Star Wars, you know the story of Darth Vader, once a gifted young Jedi Knight named Anakin Skywalker, who surrendered to fear, pride, and obsession. In *Revenge of the Sith*, we watch Anakin lose the mental battle. By *A New Hope*, he's no longer fully human. Now Vader, part machine, part man, and all torment. He's cold. Ruthless. A symbol of what happens when the mind collapses and compromises take over.

But there's a flicker of hope—a quiet interest in Luke, a spark of humanity buried beneath the mask. That spark becomes a fire. In *Return of the Jedi*, Vader makes his final choice: he turns on the evil Palpatine (Darth Sidious) and saves his son, dying in the process. One final act of love. One final shot at redemption. That one moment of compassion is what makes him whole again.

Just like Anakin, you too can turn into Darth Vader if you don't win the mind game. And you most assuredly will *not* reach your destiny if you don't win the battle in your head and silence the fear, the doubt, the lies. You see, it starts small. A whisper. Then it gets louder. And before you know it? It's running your entire life.

There's an old story about two dogs fighting in your mind; one is good, and one is bad. One represents love, joy, peace, and breakthrough. The other represents all things negative and self-sabotaging. Both are fighting for mental domination. Only one can win. What you feed grows, what you starve dies.

Win the battle within, or lose yourself without ever knowing it. Just like Anakin losing the mind game leading to his demise, didn't occur due to a single event. This demise in all our lives is a slow chipping away. It's small compromises and agreements with the negative. It's feeding the wrong wolf.

This inner dialogue, the constant stream of thoughts that runs through our minds, holds extraordinary power. It shapes our reality and dictates our actions. It's the voice we hear in our heads, the commentator of our lives, the one that whispers doubts or hope, that can keep us stuck or propel us forward with unwavering determination.

Imagine a symphony orchestra, each instrument playing its part, creating a harmonious whole. Our inner dialogue is like the conductor, guiding the instruments, dictating the tempo, and the direction of the music. If the conductor is filled with uncertainty and doubt, the music will be hesitant and disjointed. But if the conductor is confident and passionate, the music will be vibrant and inspiring. The same principle applies to our lives. If our inner dialogue is filled with negativity, self-criticism, and fear, we will be drawn to actions that reflect those negative emotions. We might hesitate to take risks, avoid challenges, and sabotage our own progress.

Trust me, self-sabotage is real! I've personally seen my fears limit my potential and watched others do the same, both at work and in personal life. I'm guessing you've seen this too, in others and yourself, those areas where you're just stuck and can't break free to the next level.

But the good news is that we have the power to change our mental conductor, to rewrite the script of our inner dialogue, and craft a new, positive agreement. Just as a skilled musician can learn to play different

melodies and harmonies, we can learn to cultivate a powerful thought life by taking hold of every good thought and not accepting the negative garbage! You wouldn't walk around with a stinky bag of rotting garbage, so why are you doing that with your thought life?

So, welcome to the Chapter 1 kick in the keister, served up with a side dish of compassionate motivation.

The Tongue-Mind Connection

"LIFE AND DEATH ARE IN THE POWER OF THE TONGUE."

– Proverbs 18:21

The connection between our speech and our thoughts is profound. What we say, both to ourselves and to others, has the power to create or destroy, to heal or to harm. When we speak negatively, those words reinforce negative thought patterns. When we speak positive, life-giving words, we strengthen positive neural pathways. Period.

Back to Darth Vader. Anakin Skywalker could have silenced his fears. He could have taken authority over the negative, fear-filled voices that chiseled away at his belief and his hope—his ability to believe that his future would not be filled with catastrophe and loss. Alas, he did not. He believes that his nightmare about his wife (Padme) dying was some prophetic vision of what would come to pass. In believing in this dream, he gives it power, setting into motion a self-fulfilling prophecy. His belief in and agreement with the nightmare set the ball rolling to his demise.

When we receive, believe, and accept fear in all its manifestations, we literally come into agreement and give power to fear over our lives. We are creating a contract, signing our names on that thought document, and giving it the power to impact our lives by fueling our thoughts. This is because our thoughts turn into action.

The reality is no one can escape this: *thoughts precede action*.

Read that again.

We can also write a life-giving agreement. This happens when we activate our faith, believe that good things will come my way, and that God has my back. That, my friends, is the kind of mind-contract you want to make each day. Every positive or negative word you accept shapes your daily actions. So I created a contract for you. Sign this contract with yourself and God.

I WILL LIVE A LIFE OF FAITH AND HOPE. I WILL FOCUS MY MIND ON WHAT GOD SAYS ABOUT ME. I WILL DISCIPLINE MYSELF TO THINK GOOD THINGS. I WILL DENY FEAR ACCESS TO MY THOUGHT LIFE. I WILL DAILY LIVE FULL OF FAITH BY REJECTING FEAR AND THE LIES IT SAYS ABOUT MY CIRCUMSTANCES OR MY FUTURE.

SIGNATURE _____ **DATE** _____

Our words will frame our thinking and our ability to visualize, and vice versa. Here's an important point to consider: our inner dialogue doesn't just affect our emotions; it shapes our actions because it IS what we believe. It is our belief system. It is our worldview. Maybe you think the world is going to hell in a hand basket, or maybe you're an optimist believing humanity can overcome its issues. Regardless of what you believe, constantly thinking about it determines your future!

“THE MAN WHO SAYS HE CAN, AND THE MAN WHO SAYS HE CAN NOT. ARE BOTH CORRECT.” – Confucius

The "Can't Sir" Principle

When I was at the Cleveland Institute of Art studying Industrial Design, I had an instructor who was very inspiring. He'd repeat this mantra to his students: 'There's a can't sir in society.' Every time a student struggled with an assignment, and my instructor got the slightest hint that we were giving up, he would say this mantra. It has stuck with me ever since.

What this instructor was saying, through a play on words of "cancer", is that the biggest cancer in society is what's plaguing our minds, keeping us from achieving our dreams!

The "Can't Sir" plagues everyone regardless of socioeconomic status. Next time you think or say I can't do anything, say this instead: *"I haven't learned this yet, I haven't figured it out yet"*. Begin to view your "cant's" as learning opportunities in disguise.

Finding Your Big WHY

Let's go deeper. Here's a profound truth:

When you believe in a lie, you give it power!

This is why I use the term agreement or contract so forcefully. You are coming into agreement when you believe a lie. You give it power and the ability to hold you back, shaping your life by controlling your decisions. So, here's a simple example. If someone calls you a loser, you will probably get mad at them. This is because you are rejecting their lie. You get angry because you know you are not a loser. However, if you tell yourself you are a loser, you may begin to believe and then act like one. You stop raising your hand in class. You shrink back at work. You stop smiling and talking to others. You forget who you are and believe you are someone you are not. Remember this: *when you believe the lie you give it power.*

Let me hit a home run and get you home:

You may be totally stuck or just a little stuck. You may be stuck in just one area. You may be stuck in the depths of addiction, struggling to overcome substance abuse. You may be stuck, addicted to negative thoughts, or disabled and stuck in bed, but you are not a loser!

So get mad at the negative thoughts that are calling you names or the subtle ones stealing your joy! You know better. You shouldn't let anyone call you a loser, so stop calling yourself one.

Action Moment: Find Your Why

Discover your true "why"—the powerful reason that drives you forward. When you understand why you're working so hard, overcoming obstacles becomes not just possible but purposeful.

Let this question sit with you as you move through this book. Everything we do in life has a *why* attached to it. When our *why* has a divine origin, we become unstoppable.

Here's the truth: staying stuck in the same place, repeating the same patterns, won't get you to your next level. Your "why" is the fuel that powers you through the hard work ahead. It's what helps you chase that audacious dream, push through pain to build unshakable mental strength, and trust God all the more.

Your "because" is your Reason to Believe. Find it, hold on to it, never let it go. This short exercise helps you discover yours.

Take a moment right now and complete these statements:

"I want a breakthrough because _____."

"My Reason to Believe is _____."

Here's mine: I want a breakthrough because I am building multi-generational wealth. I am the one changing my family's lineage from poverty to abundance, in finances, health, relationships, and soul through God. My reason to believe is rooted in Christ. Because Jesus overcame death, I can live a powerfully victorious and wealthy life. Wealthy in heart, mind, body, and bank account, impacting generations to come, leaving a Kingdom Legacy!

Action Time: Mastering Your Inner Dialogue

Identify Your Doubts and Negative Thoughts

The first step is to become aware of the voice of doubt. Identify what negative thoughts and beliefs are holding you back. Pay attention to the internal dialogue that arises when you are faced with a challenge.

Pause and take a few minutes to write down what thoughts you are fighting against. Write it here or in a journal, someplace you can quickly reference. You may begin to see a pattern with the lies: the types, occurrences, seasons, and situations they tend to manifest. Once you uncover the patterns, you can strip them of their power. See them more clearly for what they truly are...lies.

Why? Because writing them starts to remove the power from them, so you can see how they are utterly disgusting lies. This also helps identify the specific lies, fear, and doubt that illuminate the wounds, trauma, or unhealed areas in our life that need healing.

My son Noah wrestled with self-doubt for years, facing one of the most devastating realizations a young athlete can encounter: his dream of playing in the NBA was ended due to a chronic knee condition. This kid lived and breathed basketball, it was everything to him.

Watching him confront the death of his childhood dream was agonizing, not just for Noah, but for his mother and me as parents. The pain was profound. He had to learn to trust that somehow, through his suffering and healing journey, a new dream would emerge. This wasn't a quick or easy process. The truth is, it never is when we're forced to let go of one vision of our future to make space for something different—and ultimately better—that aligns with who we're truly meant to become.

When he finally accepted as a teenager that the basketball path was closed, something remarkable happened: he discovered he could dream again. A new vision and destiny began to take shape, one that respected both his journey and his true self as God intended him to be. The ability to dream again is a gift that comes from the courageous act of letting go. This transformation would not have been possible without first mastering his inner dialogue. Period.

Some of you need to hear right now: *Don't let your past unanswered prayers or dreams that died determine your today, tomorrow, or your future. Dream again! Your time is now. God sees your broken heart, your disappointments, and your mustard seed of faith. He's close to you.*

Replace Negative Self-Talk with Positive Affirmations

One of the most powerful weapons for rewiring your inner dialogue is the practice of affirmations. These aren't fluffy feel-good statements. They are strategic mind transformations designed to reprogram your subconscious and your conscious thoughts. When you consistently affirm positive truths about yourself, you literally begin seeing yourself through a different lens, as God sees you. You start believing in your abilities, your worthiness, and your potential.

Pause and start to write some positive affirmations. For some of you, this might be a tough exercise. Saying something positive about yourself may not come naturally. Let your list grow as you continue to read this book, but you must begin the list now. Write what you can and leave room to add more. Don't forget to read them daily or post them on your bathroom mirror. It's a great place to read them every day.

Preach to Yourself

Have you ever seen a pastor on fire, passionately preaching with unshakable conviction? Maybe you've watched movie scenes where someone speaks with such power it gives you chills. That's the level of positive intensity you need when speaking to yourself.

Get **FIRE** UP about your breakthrough. Get passionate about living victoriously. If you're a Christian, read, declare, and meditate on scriptures that affirm your identity. If you're not, find truths that resonate with your core and speak them with conviction. Even better, maybe Google “encouraging scriptures” and give it a go. You have nothing to lose by reading a few. My bet—you'd find out how encouraging the Bible can be.

Fake it till you make it if you must. Yes, fake it! You don't always feel powerful, confident, or capable—that's exactly when you need to affirm yourself most. When you feel weakest is when your affirmations become most powerful. Heres a key: when you are weakest thats exactly the moment you need to remember what God says about you and towards you.

There will be days you don't feel like declaring anything positive about yourself. Those are the most critical days to start affirming. When your feelings lie to you, your affirmations tell you the truth.

The battle for your breakthrough happens between your ears. SHUTUP to the negative voice and HANGON to the truth you're speaking over yourself. Your future is listening to every word you say about yourself today. So make those words count.

Sometimes our ability to embrace the positive about ourselves is blocked. We are complex beings and the things holding us back can be equally complex. However, I have found that asking a poignant questions can begin to unravel the complex.

Create Your "What Hurts the Most" List .

Action Moment: Pause reading and make a list. If you have a journal, let's write it or after each question.

Here's a simple question:

- Ask yourself what hurts the most and why?
- What have you continually or recently had to overcome? Is it chronic pain or a recent loss of work?
- Is there someone you need to forgive? It might be yourself.
- Maybe you're solid and all you need to do is make a list of the excuses that haunt you from starting that new endeavor.

Confronting Your Truth

Understanding what's holding you back is a powerful starting point. This isn't always about deeply toxic thinking. Sometimes it's as simple as admitting, "I make excuses instead of taking action."

Remember, this is a compassionate kick-in-your-tenders book. So get brutally honest with yourself and God. Your life truly depends on it, and I want you to step into your God-given destiny.

Here's the secret: Your breakthrough requires this radical honesty. It starts with owning your issues and committing to the disciplined steps needed for real change.

I emphasize this because transforming your thoughts requires first identifying what needs to change. You must fill your mind with positive to replace the negative, but you can't do that until you rip off the Band-Aid and face the uncomfortable truth. Your affirmations should directly target your weakest areas—this is bare-knuckle, no-holds-barred honesty time.

Don't know what positive affirmations you need? Maybe you didn't start and that's OK. So, let me share some of my personal favorites. We'll also craft more personalized affirmations later.

Until then, use this: **"I will SHUTUP and I will HANGON because I am worth it, my family and friends are worth it, and my future depends on me."** Heres another. Point to your chest as you say this. This connects your words to your soul.

YOU HAVE WHAT IT TAKES.

YOU ARE MORE THAN ENOUGH.

YOU ARE AWESOME.

YOU ARE GONNA MAKE IT.

BE STRONG AND COURAGEOUS! DO

NOT BE AFRAID OR DISCOURAGED

— *Joshua 1:19 NLT*

Remember, the journey to mastering your inner dialogue is not a one-time event, it's a daily discipline. It might be a daily fight for some of you, and it may come quickly for others. However, this will be a lifelong journey of awareness, practice, and growth.

Here's the good news: just as working out consistently makes you physically stronger, working out your mind daily will make you mentally stronger.

I've coached my sons with this:

"You are only ONE good decision away from getting back on track."

So start making one good decision after another and watch your life change, watch the wins stack, watch your victory get closer and closer. If you make a bad decision, remember you are just one good decision from getting back on track at any given time!

SUHO Affirmation Time

I will shutup the noise. I will silence the negative. I will not believe the lies that tell me all hope is gone. I will not believe the lies that I won't overcome or achieve _____

(Whatever you are facing or what you want to achieve - write it in here)

Since most of us are facing multiple challenges, write each of them as a way to capture them and be reminded. Write as many as you want on the blank following page or in a journal.

These also become a prayer list, a list to bring before the God of the Universe and in thankful petitions request help, wisdom, and understanding for your situation.

START LEARNING TO SILENCE THE NOISE & APPLY
DISCIPLINED MOMENTUM TO BUILD THE LIFE YOU
ALWAYS WANTED!

SHUTUP

THIS ISN'T ABOUT SILENCING YOUR VOICE.
IT'S ABOUT SILENCING THE NOISE.

SHUTUP SILENCES THE NOISE THAT HOLDS YOU BACK: THE FEAR, SHAME, AND DOUBT THAT DROWNS OUT TRUTH. IT'S NOT ABOUT QUIETING YOUR VOICE; IT'S ABOUT BUILDING A POWERFUL ONE. YOU WILL LEARN TO BUILD A MINDSET THAT WILL CARRY YOU INTO THE VICTORIOUS LIFE YOU ARE DESTINED TO LIVE.

HANGON

BUILD DISCIPLINED MOMENTUM TO REACH YOUR DESTINY.

HANGON REPRESENTS ENDURANCE IN ACTION. IT INVOLVES STEADY MOVEMENT EVEN WHEN PROGRESS FEELS INVISIBLE AND STANDING FIRM WHEN YOU WANT TO GIVE UP. IT EMBODIES GRITTY FAITH AND DISCIPLINED MOMENTUM ROOTED IN HOPE. YOU HOLD ON BECAUSE YOUR LIFE MATTERS, YOUR DESTINY IS WORTH THE FIGHT, AND GOD HAS PLANS FOR A BEAUTIFUL LIFE AHEAD.

SHUTUP HANGON IS FOR THE BRUISED, THE BROKEN, THE HOPEFUL, AND THE FIGHTERS. THIS BOOK HELPS YOU SILENCE THE NOISE, STAND FIRM IN PURPOSE, AND MOVE FORWARD WITH RESOLVE.



SHUTUP HANGON

Join the journey at
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