

Hey everybody and welcome to the show! In this day we're starting a brand new podcast series focus on building resilience. We'll be talking about why resilience is important, how to become resilient, and talking to about most impressive and resilient people on earth. If you want to live a more interesting life like challenge yourself to do the impossible, you're in the right place. Let's get started!

Hey everybody! Thanks for listening. This podcast is brand new so what we'll be studying over the next 8 week- this topic is resilience. Today, I kinda wanted to take the time to dive in to why. The big reason why this is important. The reason why we should even bother talking about this. The world is kinda getting more fast paced. I feel that every single blog you see is something that says, "Here's 5 quick reasons to do XYZ" or "10 life hacks help you do X better." People are always looking for simpler or easier, faster ways to do things. And I don't actually think that's going to change anytime soon. I think people are pretty naturally hard wired in to pursuing something that's faster, easier or just more comfortable. But one thing that I've realized is that while it's good in a lot of different areas, I think sometimes the most important thing you can do are difficult, hard, impossible things. And I don't think you're going find the answer from life hacking your way to it. I don't think that's going to cut it and so what I kinda wanted to do is to really take 8 episodes, this is an experiment but I wanted to take 8 episodes to kind of go through and talk about doing these hard, difficult things. And what are the traits that allow people to do this things that you know are several steps beyond what normal people would endure, what normal people would be capable of putting up with. What makes these people persevere? What makes them resilient? And how did they build that mental toughness, that gritiness that frankly a lot of people don't possess? A lot of people would fold up or roll over as soon as things get hard. So how do you become somebody who's willing to put up with pain, with discomfort, with difficulty and not give up? You know a lot of people say "your growth happens at the edge of your comfort zone" or "do something every day that scares you." And you put these quotes and throw them at instagram and it's gonna be really inspiring and Imma get some like on it and hashtag the crap out of it. But most people on a daily basis don't follow that advice. They love to pin it on pinterest, they love to out on instagram but when it come to really doing it in real life, it's really hard and not a lot of people do it. You know I think there's a reason it's popular. It's popular because I think people innately know that when they do something that's really hard, that's difficult and they succeed and they finish it, they realize that it's worth it. But at the same time most people don't want to actually go through the pain of dealing with that. They don't actually have to be in pain, they don't have to actually be outside their comfort zone because it's not that much fun in the moment. It's not as good as sitting on their couch and eating popcorn or watching a movie. It's actually hard. It's actually difficult and a lot of times you feel like quitting. And so this has been something that's kind of been revolving around my work since I started the blog, since I've been doing podcast and videos and everything like that. And haven't seen anyone really dive in to this in a real way. And I really wanted to take the time to just talk about how you get used to doing hard, difficult things. And how by not being afraid to do hard things you can actually accomplish a lot, lot more than most people who are just willing to settle what s comfortable or what's simple or what's possible. So through this series, we're gonna be interviewing and talking to a lot of different people. We're gonna be talking to Kyle Maynard who was one of the first people to ever crawl up Mt. Kilimanjaro, literally crawl up the surface of the mountain. We're gonna be talking to Paul Tharp who's a former master commander over on Coronado island here in San Diego about how to build navy seals. About taking somebody to some average kids and turning him into somebody they can go through buds, they can go through all the navy seal training and come up the other side 10 times more mentally tough than they were beforehand. We're gonna be talking to people like Rebecca Rush who is known as

the "Queen of Pain" and just how she goes about enduring some of these. She seeks them out, these endurance activities, these painful activities and how you not only can get through them and survive them but you can actually thrive on them and actually get stronger each and every time. I'm also going to be sharing the couple stories that are lesser known people and a few really just kind of cool stories that are popped up from people who decided that they're gonna do one small, difficult thing. And they're just gonna continue and keep adding and not give up. And I'm gonna be sharing some of their stories with you and it's really, really inspiring when you start looking what some of these people have accomplished and what they accomplish it with. Hopefully it will give you a new perspective on becoming resilient, becoming comfortable and being able to do more by doing difficult things. And before we get started in all these, I kinda want to put out a disclaimer that I do not think that you should only do incredibly difficult joy list, non-fun activities. However, do think of this as a sort of spectrum: on one side of the spectrum, you have people that advocate "just do whatever is great," "do whatever you want," "just have fun all the time" "follow your passion" and that's my own pet peeve of word, we'll get of that another time. But there's that aspect and that has been very, very loud in the last few years I think. You look at the google trend in follow your passion, it's spiked up since the mid-90s and it's out the top of, you know, anybody can say. But what I think is, I'm not against it, I just don't think you do stuff you hate, but I think there's a spectrum and I think the other side of the spectrum is: look at these big challenging, daunting activities, look at these big impossible challenges out there. So I'm curious in exploring when you decide to really push towards the other side of the spectrum. The challenging side of the spectrum where it's not necessarily a short term happiness spike in the chart if you will but it's sort of a long term slow-burn gain and what happens if you kinda push close to that side. Let's see how you guys like my analogy coz, it kinda come off top my head and I don't always know how great they are. So once I do have this follow your passion, do you love, Steve Jobs like perspective and that's pretty quick. When you do something you love, it's really fun in the immediate term it's sort of like a cotton candy- it's great, it tastes delicious, but it's a little bit fluffy and there's a whole lot of air in it and it's not a lot of substance. It's okay if you have it once in a while when you're at a baseball game or you're at a carnival or a fair but if your diet is consist of that you're probably living in an 8-year old stream. It's fantastic, it's delicious but it's not really giving you much nutrition, it's not really giving you much substance to work with. On the other side of the spectrum, things that are a little bit more medium, I will just use mid analogy. Sorry vegan it's not really that, sorry. Not vegan, not gonna apologize. But you sort of like the steak, the steak and potato's aspect of okay, well cotton candy's really great when you're 8 years old and maybe up to 10 to 12. A you gonna grow out to that phase, how do you build the diet that's more substantial, how are you gonna build a diet that not gonna only taste good but is also going to fill you and do more things with your life. And d that's how are we gonna look at both information topics that you bring in but also sort of like kind of challenges that you fill your life. Always go after these simple easy fun little tasks that are kinda look like cotton candy. They are kinda fluffy and they taste really good and it's really just sugar puffed up with air. If you go over those challenges, what type of person does that turn you into and if you do that in real life you'll probably turn out a type 2 diabetic. But if you decide to take a longer term approach and if you really dive in to these more challenging, more complex, more interesting, big challenges, what type of person does that turn you into and that's what I'm curious about. That's what I really wanted to explore here and I think we've got a really good line-up to kinda help to dive in to that. And so again, I'm not saying that you only have to do long terms steaks and potato types of challenges but the goal is to kinda move that conversation a little bit more in that direction and we're kinda push people back to the idea of what does it look like if you sit down and

actually challenge yourself in a real, meaningful way that has stakes. But before we go far that, I wanna actually sit and define what these impossible challenges look like because depending on who you are and what you're interested in and your own skill levels these are all gonna look different for every single person like it's never gonna look the same for anyone. When I first started my blog, the first difficult challenging thing I had on my list was indoor triathlon, for me that was scary, that was impossible because I had no idea if I could actually do it or not. I remember actually getting into the pool, indoor that's lifetime fitness and being terrified about whether or not I could actually do the race. It's about 10 minutes swim, 30 minute bike and a 20 minute run and I was not sure if I could do it and so to me 5 years ago that was something that had some substance to it. It might have been unjustly worried about it but it was something that's challenging to me. It was something that was scary and it definitely pushed me to do something different. It definitely push me past my limits. Now the person I am today that's not very much of anything and I kinda laugh at who I was and how scared I was of doing the race. But the fact remains that to me at that point in time if I would have never taken that step, I would have never gone to who I am. And so that's why today I wanted to take the time to define what it is and kinda help you find that on your own for you personally about what on possible challenge looks like and how that might differ for individual people. And I've got 4 main criteria written down and I might have a few more depending on if I feel like adding anything here but there are 4 main criteria that I have and they are all variations of the same thing but they are all good questions that you can serve as matrix for whether or not this thing is big enough to really challenge you, to really push you past your limits and kinda take you to the next level of whatever it is you wanna be. And the first criteria is something that scares you and this is a pretty quick one like, I remember specifically like I said the first race that I ever did. I was so terrified of it and as I kinda took the next step for each additional race I did, I got a little bit more scared and even now, even setting up this podcast series that I haven't done anything like this before. I'm a little bit more worried. What if it fails what if it's not received as well as I wanted. The answer is unknown so it's a little bit scary. So if you're doing something that scares you, that's a pretty good sign that you're on the right path, that you're on the path of something challenging, something that's worthwhile, something that's probably worth doing. Even if you don't succeed that's worth doing because that steps is going to take you to the next level.

The second criteria is that it has stakes. In other words, there something at stake with what you do. If you succeed there's something major pay offs that happen and if you fail you actually have something to lose. A lot of times people try to take challenges on but there's no real stakes if they fail and that's not really a big challenge. If you take a challenge and worst case scenario you end up exactly where you are, it's by definition not something outside of your comfort zone. You basically ended up where you are and so one of the qualities of these impossible challenges is that it's gonna have stakes like you either gonna succeed or you're gonna fail and that's gonna pay off one way of another and you're gonna have to realize that and it might be a little painful if it doesn't come for where it should.

Now this third part got a title with that, the big thing about impossible challenges is that you can actually fail them. There should be a little bit of gap between what you currently able to do and what you're aiming to do. If there's no gap, there's no room for growth. So, actually I have a diagram on the website that you can see about this but as much as I hate it, the plot is all about "growth begins at the end of your comfort zone." There's very real concept of that. If there's like this certain radius of a circle as your comfort zone and you want to get beyond it, you kind of set your sights beyond whatever it is you currently done and typically that means doing something you've never done before which means if you

haven't done it before, there's a good possibility of failure. If you set a goal, then you can't really fail. Then start a goal, you should be doing it already. But if you set a goal that's sufficiently difficult enough, there should be the very real possibility that you could fail and it won't go exactly what you want. And that's difficult and that place in the other things where it scares you and has stakes but that's also where you can grow by picking a goal where you can't fail at.

And the fourth piece here is the answer isn't obvious right away. If it was obvious already, you were able what to do and you just be able to implement it and knock it out and I don't really consider that an impossible challenge, it's more of like okay that's a very possible challenge. You obviously can realize and make it happen right now if you wanted to just have to freaky do it. I would classify that more of a laziness but for real difficult, impossible challenge you shouldn't necessarily know the path to success before you start. It should be one of those things where you kind of figured out as you go and the times that I've waited for some is gonna perfect and for the plans that kind of fallen off my hand, it never actually happens like that. The only time's I'm actually able to jump in and figure stuff out is when I've already started. You're kind of halfway down the road and you get part of the map as you keep going down the road. So, those of kind of questions that I asked myself when I start wanting to figure out some that's challenging for me, something that scares me, that has stakes. It allows me the opportunity for failure and the answer isn't always obvious. And when I hit those 4 criteria, I'm usually not super excited. Maybe I should not do that because that sounds like it might be difficult. But those situations, when you sit down and you take the time to kind of ask yourself those questions and look at challenges that have that criteria. How do you become a person? That not only says, "okay I see what the stakes are, I see all those criteria, and I'm still gonna jump in to this opportunity or this challenge one way or another. But how do you become a person that doesn't just don't reluctantly back into it but dives in head first. And what happens over time I think, as you do this more, more, more, it gets easier. It doesn't ever get easy, I would say it gets easier but you get better at it. And you get stronger and the stakes get bigger, the game gets bigger and the cost of failure actually grows quite a bit too. You get better at picking yourself back up and recovering from the times where you screw up. The better you get at trying somebody's impossible challenges, though the more you actually fail, but you'll also start realizing how to pick yourself up from failure quicker and be able to do it on a regular basis. So that's the goal of the series. We're gonna give you some real life examples of people who do some crazy, amazing, and impossible things. But we also wanna give you the tools to make you more resilient, to make you more unbreakable if you will to be able to do these things continually over and over and over. Get better at them and spend less time both mourning over whether or not you jump into it so you can spend more time in the arena if you will and less time kind of mauling about the outside of the gym and wondering if she get in the game or not. There's a great quote wrote by Theodore Roosevelt called "the man in the arena." It goes something like this. "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat." So the goal at the end of the series is to help you become somebody who's in the arena more. Be someone that is willing to take on those big impossible challenges. Even if your face is marred by dust, sweat, or blood. Hopefully not

blood but you know, if it comes to it, deal with it. I wanna be able to help you guys become those people that can not only continually take on these challenges but become more resilient in doing it. So don't become like the rest of the world or as Theodore Roosevelt puts it: those cold and timid souls who need no victory, nor defeat. So that's what's coming up next week. We've got a great interview with Kyle Maynard. I'm really excited on him. You guys are going to be blown away by his stories. That's is coming up next week and you gonna love it. Thanks for listening guys. I know it's a brand new one and I'm really excited to hear your thoughts and your feedback on it. And I will see you next week and until then, get on the arena. Your face does gets sweaty and bloody and don't be afraid to take on a big and impossible challenge this week.