

The Gift Of Conversation & Transformative Lessons From Guests

Tim Doyle

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From embracing fear and turning tragedy into triumph to redefining identity, harnessing creativity, unlocking the mindbody connection, and much more, this episode highlights a profound lesson I took from each guest I've had on the show. Dive in to hear wisdom that can transform the way you see yourself and the world around you.

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What's up outworkers. From embracing fear and turning tragedy into triumph, to redefining identity, harnessing creativity, unlocking the mindbody connection, and much more, this episode highlights a profound lesson I took from each guest I've had on the show. Dive in to hear wisdom that can transform the way you see yourself and the world around you.

Welcome to episode 42 of the out worker, the gift of conversation and what you can learn from all these guests that have been on the show. I've had some truly incredible conversations with some truly incredible people. And before we get into those things, there's a gift that you want to give me. I would love it if you could give this a five star rating on any streaming platform you're on, like and subscribe if you're on YouTube.

It truly would be appreciated and would be an incredible Christmas gift to give myself. Starting this podcast has been such an education. As I always say, the relationship with oneself is the most important to develop, but the easiest to neglect. And I feel like starting this podcast and having these conversations and asking people really interesting questions about themselves.

has allowed me to further develop the relationship with myself. And I really believe that the relationship with yourself can be improved by hearing others talk about the relationship with themselves and their experiences. And that's my main goal on my mindset behind creating all of these episodes and behind the questions that I ask.

My main vision is, is this a good question to ask to learn about this person so that it can help a listener potentially develop the relationship with themselves?

And I found this quote at the start of my podcast, and it has grown in such value week after week. A single conversation across the table with a wise man is better than 10 years mere study of books. Henry Wadsworth Longfellow. And I couldn't agree more. Each person that I've talked to, I've learned so much and have had some deep realizations and insights about my own life that I would have never found by simply reading a book. When you have that transfer of energy

You really do feel some incredible feelings about yourself and you learn some very interesting things about yourself.

So like I said.

conversations can help a lot more than simply reading books. And I want to give you the insights from each guest that I've taken away and put them all within this one episode. So we're going to break us down guest by guest. The one thing I've taken away from each person. And this is something that I started.

at the very beginning of creating the outworker.

After each conversation, after I was able to digest the conversation and process everything, I would reflect myself and think, what is the thing that I took away most? And now I'm gonna share all of those with each guest.

So starting at the top, we're gonna go in chronological order of who I've had on the show. So starting with my first guest, Lou Coralla.

quitting and giving up can sometimes mean staying on the path you're currently on.

Life isn't always about.

becoming more continuing to strive for more or continue down the same path. There will be times in life where you need to remove what doesn't serve you.

and we see quitting and giving up.

within society as something that is negative or makes you look weak. But quitting is a massive strength.

I always like to say that.

If you need to take a step back to move in the right direction, then why is that taking a step back? That is taking a massive step forward in the right direction in your life.

Rob Tortorella, your greatest gifts can stem from your greatest tragedies.

Rob was in a car accident shortly after his college graduation.

and was paralyzed from the waist down and has been in a wheelchair ever since then.

And that was a terrible tragedy.

but he's gone on to do such incredible work.

and has built an incredible foundation.

and the work that he has gone on to do.

He would not have gone down this path without a terrible tragedy that has happened in his life.

when you look at things in the short term, right when they happen.

especially something so challenging like Rob something that alters your life forever

It is completely normal and easy to think why is this happening to me? Why was this my route in life that I was given? But as time goes on...

the tragedy that you were given in life sometimes.

underneath the surface of that you will see that it can be a true gift.

Ace Karany. The more we define our identity, the more we limit our potential.

Ace has a clothing brand named Undefined.

and it goes against the...

and it's the antithesis of defining yourself. The more you think you know who you are, the more you stay in a fixed position, or the more you just stay on one path.

Allow yourself to be fluid. Allow yourself to evolve. Who I was.

two months ago is very different than who I am today. And you need to allow yourself the freedom to be undefined and not know who you are. And I think this gets into

Another necessary point to make where.

We feel like we need to know everything. We need to know who we are, but it is a true strength to allow yourself that freedom to feel lost, to continue to be curious and search for new parts of yourself and allow for that internal exploration to take place.

Akshay Nanavati, emotions like fear, stress, anxiety and depression are not bad. It is our reaction to feeling these emotions that harm us. Quick side note right now. Akshay is currently as we speak in Antarctica, trying to become the first person ever to ski solo, completely alone.

Coast to coast of Antarctica. Talk about a way to spend the holidays. I it was 111 days straight where he needed to

cross-country ski across Antarctica or walk across Antarctica 14 miles, 111 days straight, completely alone. Truly remarkable. And I have all the confidence in him that he is going to accomplish something like that. And I can't wait to have him back on the show so that he can share all the wisdom that has come from that. Because I remember when I had him on the show,

He said, I don't know who I'm going to be afterwards. And tying that back into Ace Karany, he's allowing himself to be undefined. But getting back to what I said about Akshay, what I took away, how these emotions are not bad. It's our reaction to feeling these emotions that harm us.

Fear is not bad. We have a fear of fear.

Feeling fear, stress, anxiety, and depression at times within our life, that can be normal and human. It is our reaction to feeling those things that stresses us out. I definitely felt that within my own life when I was younger. There would be times within college.

especially my sophomore year of college where I would feel stressed or anxious or make mistakes. And it wasn't those actual feelings. It was my conscious reaction of me thinking, I'm a person that feels anxiety. That's what's making me feel bad. It wasn't the anxiety itself, but it was me thinking I'm a person and who's dealing with those things. That is what would mess me up.

So when you allow yourself to simply feel these emotions rather than reacting.

to the fact that you're feeling these emotions. You realize that negative emotions really don't have a hold over us.

Joss Chuba, a creative release is a strong antidote to chronic consumption. We live in a society that

is just overridden with consumption. Whether it's our phones.

whether it's the food we eat and the amount of food that we eat.

The media that we're taking in.
the relationships that we have, we are just in a constant state of consuming and taking in.

and the best way that you can counteract that.

is by doing the opposite by releasing something from your body in some creative way. And I think we romanticize creativity too much. I feel like a common line that hear people say, and I was definitely used to be somebody like this as well. I'm not creative. I don't have any creativity. We romanticize creativity as being this beautiful thing that has to look like a piece of art or a movie. Yes, that is one component to creativity. I would call that artistic creativity. The way that I simply see creativity though is just creating something, creating something that is in your mind or that you built in some way. And that can be as simple as

creating a garden in your neighborhood, writing a note to yourself.

a coloring book.

Coloring in a Coloring Book.

That is all creativity, using your voice in a podcast. That is all creativity because creativity is releasing something from your body and your mind.

So when you feel like you were just at a constant state of consumption.

and it doesn't feel good.

do the opposite of that.

when you're constantly taking in.

Take something out of your body.

release something from your body.

Dr. Ira Rauschbaum. The next breakthrough for understanding chronic pain and mind-body disorders is neuroimaging to see where anger symptoms are in the brain. Dr. Ira Rauschbaum has had a profound impact on my life. He's the doctor that I met with when he diagnosed me with TMS when I was dealing with.

really bad chronic back pain and throughout my entire lower body. Couldn't walk, bend over, sneeze or cough.

Anyone who's new, who's listening, I have an entire series on this entire experience called Back on Top, where I go through my entire experience of how I healed from two herniated discs.

And this is something that's really fascinating to me because...

When we think of imaging within the medical space, whether it's MRIs, x-rays, CAT scans, it's strictly physical. We are simply just looking at the body and seeing a one-dimensional component of who we are as a person. What do the bones, organs, muscles look like within our body? What's

What's the?

What type of state are they in?

But this is fascinating to think that we could have some type of imaging of our brain that shows a more three dimensional understanding of who we are as a person, seeing where our emotions and seeing specifically where our anger is stored within our

brain and having that concrete knowledge. Because knowledge is everything. Having a conscious awareness of that mind body connection is powerful.

And I know that when this type of technology exists, where we have medical imaging that shows those EQ symptoms, so to speak.

That will be a massive step forward in people appreciating the mind body connection and how it plays into their physical, mental, emotional and spiritual health.

John Beatty, the highest level you can reach in something you're passionate about is knowing how to live without it, knowing that you don't need it. When he said this, when I was talking with him, it resonated with me on such a deep level and tying things back into my back injury and being in so much pain. I couldn't work out for 150 days straight.

and working out is one of my favorite things to do and that was a really tough experience. My favorite place to go during my day, the best couple of hours that I liked during my day, it was taken away from me very quickly. But it was such a blessing in disguise because I learned that I could live without the gym. I learned how to find stimulation in other areas of my life. Whether it was writing, whether it was reading, things that were more creative and intellectual rather than simply just physical and working out, I became a much more evolved person.

So when you have something that you're so passionate about, it's great to be passionate about that thing. Passion is a necessity for life in my opinion.

but also knowing on a deep level that you can still live a very passionate and purposeful life without that thing.

can be really beneficial.

Matt Long. Ordinary people can overcome extraordinary challenges. And that's exactly what Matt Long is. Matt Long is a New York City firefighter, ordinary guy who is given a 1 % chance to live because he quite literally got cut in half when he was on his bicycle in New York City and got run over by a bus.

and he survived the odds.

You don't need to be extraordinary to do extraordinary things. And in fact, I would say you become extraordinary when you understand that no such thing exists.

you become extraordinary when you know that it takes an ordinary person to do great things.

Brian Borge.

Creating your own path provides more questions than answers, but a fulfillment like no other.

Brian's the co-founder of the brand GFDA. Very successful brand.

And from an outsider's perspective, looking in, everything looks nice and tidy on the surface.

Looks like Brian's had a nice path forward with all of his work.

But when you dig deeper, when you look underneath the surface.

you see the constant questioning that he had.

the days and the months where it felt like this is going to be the end of the work that I'm doing because I'm not going to be able to get past these obstacles.

It's much more challenging when you're living and working within a system that has been built out for you and you kind of just need to exist within that hierarchy or within that system. But Brian created his own thing. He created his own system.

And when he had questions, he had to look to himself to find those answers rather than looking to others.

And that can be very stressful.

but there's a fulfillment like no other in that.

Zach Kravitz. Personal evolution is just as important as personal development.

Zach is a person who has had...

such an evolved course throughout his life. He went from being a college volleyball player to being a personal trainer to wanting to be a fitness YouTube influencer to becoming more interested in filmmaking and just becoming a filmmaking YouTuber.

to then being a filmmaker and videographer for a lot of big brands and big musicians like G-Eazy to then becoming

coach to help other filmmakers and videographers build up their business to now just becoming a much more broader brand development coach for a lot of different creator run brands and larger brands. Just such an evolved person and such evolved diverse work.

And this ties things back into Ace Karani with being undefined. Zach Kravitz is undefined. We feel like we always need to be on this fixed straight path.

And this also ties things back to Luke Kerala about how sometimes you need to quit the path that you're on. Or sometimes that path isn't always gonna just look straight or it's gonna look like it adds up.

Allow yourself that freedom to evolve as a person.

Graham Bettschart, do work that encourages people not to listen to you, but to themselves. Graham also has a great line that has stuck with me and I feel like I truly try to embody every single day now and try to tell myself, follow your body intelligence, listen to your body intelligence. We all have our own.

unique body intelligence. And I would say I'm the same way with this podcast and different videos that I put out. I'm just one person speaking what feels most honest and authentic and true to myself. I'm not saying that you have to listen to me. It's just one person's experiences and one person's opinions. You have to do that for yourself as well.

Joe Bernalde, you must live your struggles. It's only once you overcome them

It's only once you overcome them that you can look back and appreciate the benefit of what you endured. When life sucks,

When you are going through challenges, when life is hard, just allow it to be those things.

Embrace the suck, embrace the pain, allow yourself to feel those things, allow yourself to feel the fears, the stresses, the anxieties.

Because in the moment, it's not all gonna make sense. In the moment, you're not always gonna try to, in the moment, you're not always gonna be able to see the deeper understanding and meanings and wisdom behind it. It's not until you get fully past it that you're able to look back and see how powerful those experiences were. And that might be, a few days afterwards or that might be a few years down the line. You can't put a timeline on that process.

for how you've benefited from what you've endured in the past.

So if life sucks for you right now, allow yourself to feel that suck. You can't.

continue to work through it.

Continue to work through it and you can get to a point where you're able to look back on the challenges and tough times in your life with a sense of pride and confidence and belief within yourself.

Gunnar Garfors, traveling makes you appreciate that you are not the center of the universe. Gunnar has traveled to every single country in the world. Not just once, but twice.

I definitely don't have an appreciation for this enough from the standpoint of traveling. I definitely think I'm aware enough to know and humble enough to know that I'm not the center of the universe, but I definitely don't think I've traveled enough or experienced enough diverse cultures to really appreciate.

how big the world really is. I definitely appreciated it when I studied abroad.

But I definitely would.

love to travel more, now that I'm an older adult rather than simply just being a junior in college.

James Francis, you dilute the power of your story if you don't take the proper time to internally process that story before sharing it with the world.

With my back on top series, I didn't release that until...

and a half to three years after that entire experience.

wrapped up to a certain extent.

I knew even when I was going through everything from the very beginning, I remember I told myself it was going to be a hell of a story. But I knew that I needed to allow myself.

to evolve as a person and allow for that entire experience to work within me rather.

before sharing it with the world. And I knew that if I shared that story while simultaneously also trying to process everything for myself.

that experience of sharing it would not have been as powerful or as effective.

Because what I like to always say is we all have a story that the world can benefit from hearing.

But there's no timeline for that. It doesn't have to be now that you share that story. It could be 10 years from now. You need to allow yourself the time for you to fully grasp and appreciate and understand all the intricacies of your life and your story before you share it with everyone else. Nate Boyer, your identity is grounded in what you want to do next.

not in what you've done in the past. Tides in really nicely about what I've talked about with other guests like Zach Kravitz and Ace Karany. Nate was...

in the army. He was a cadet. Then he played football at the University of Texas and then in the NFL with the Seahawks.

And then once he was retired from the military and a retired football player, he had this artistic creative side to himself that he really wanted to pursue. And now he's become a filmmaker and now he's become a filmmaker and has done some incredible work where he ties everything in together with art and the military and sports.

And I think it's such a strong mindset to have where don't be defined by what you've done in the past or what you're currently doing right now. Be defined by what do I want to do next? Who do I want to become? And allow yourself to

Feel the evolution of who you are as a person. And just because you played sports doesn't mean you can't be an artist as well.

Amy Downs, if you have a problem in your life that must be dealt with, put your ego aside and do whatever it takes to solve that problem.

Amy Downs is the living embodiment of the quote, sometimes when you think you're buried, you've actually been planted. Amy was in the building that exploded in the 1995 Oklahoma City Bunk in the 1995.

Oklahoma City bombing and she was buried alive for six hours before she was rescued.

and after that entire experience and giving this second chance at life.

she realized that she really had not been living up until that point. She wasn't living up to her potential and what she could truly do in life. And one of those things that

And one of those problems that she had within her life is that she was obese. She was severely overweight.

and she would try losing weight and she would struggle or she would cheat and she finally got to the point where she put her ego aside and she got a fat loss surgery to help her in the process. And I know you can probably say, that's cheating. that's not allowed. But she's simply a person that had the conscious awareness of I have a problem and I need help with this because I can't do it on my own. And I'm going to do what it takes to solve this problem. And on top of that, she's in incredible shape now.

and completed an entire Iron Man. So for her to say that she cheated just really isn't the case because doing an Iron Man, not many people can say that they've done that.

Chris Rinaldi, boundaries are what create your ideal environment.

the environment that you're in right now.

Maybe it's good the way it is, which is awesome, or maybe it's bad.

And when you're in a bad environment.

Or honestly, just any environment. Not even good or bad, just any environment.

You can segment that environment by putting up boundaries and showing people where you stand within your life.

And I'm a big believer that you are your own environment. You as a person, that is your environment. Don't conform to what other people are doing. You don't conform to your environment. Be true and authentic to yourself. And wherever you go as a person.

bring that internal environment with you as well.

Bekapizzi. Short-term pain costs way less than long-term regret.

Becca ran the world marathon challenge twice and became the first American woman to do that. And what that is, it's seven marathons on seven different continents in seven days. And I can't remember if it was the first time she did this or the second time, but

I forget if it was her quad or her groin. I think it was her groin, but she completely tore her groin on the second to last marathon. And she could have quit. She could have said, I can't do this.

but she somehow finished the race with a torn groin.

just truly remarkable. And she knew that the pain she was feeling in those moments for that final day would be a lot worse than the pain that would stick with her for the entire life and the questions that you would ask yourself about it. Why weren't you able to finish that?

And I'm a big believer there's going to be pain when... And I'm a big believer that there's going to be pain within your life no matter what.

So you gotta choose the pain that's worth fighting for.

when it comes to the way that you live your life.

You can choose the pain and the discomfort of being true to who you are and going after what you truly want. Or you can feel that slow, dull, burning pain within you living a life that just doesn't feel true to who you are. And you feel like

there's a facade to you, or there's a duality to you. There's this true version that lives within yourself, but there's this person on the surface who is living within the world.

Steph Jagger. The older you get, the more your internal and actual voice hopefully become one.

Steph Jagger the older you get the more your internal voice and actual voice Hopefully become one. I Think that's really fascinating and I think that's something that I've definitely developed but I'm definitely not close to being there yet and I think that's just a lifelong journey for all of us, but I think this podcast has definitely helped me within that journey and that process of using my internal voice to speak.

And that's truly powerful where you're speaking your truth and you're speaking what is most authentic and honest to you. Because when you release that energy, your voice is your energy.

your voice is a release of energy and when you're putting that true internal energy out into the world that is the type of energy that you will attract back from other people.

Austin Hatch You can have something terrible happen to you and use it as a justification for why your path will continue to be negative. Or you can have something terrible happen to you and turn it into a force for good.

Austin Hatch survived two plane crashes.

A lot of his family members died. On the first plane crash, his mom and two younger siblings died. And then on the second one, his father and his stepmom died.

I could not imagine that type of tragedy or that type of pain.

Also went on to play college basketball at the University of Michigan.

Austin went on to play college basketball at the University of Michigan.

And it was interesting.

living with intentionality and being your true and honest and authentic self and getting back to this component of making sure your internal and actual voice become one. Austin was working at the corporate office for Domino's and he just knew this isn't the path for me. And he's become a motivational and public speaker and has put his voice on display and his story on display, talking to companies all over the country, motivating and.

motivating and inspiring hundreds of thousands of people all over the country with his story and his experiences and the knowledge that he's gained. So he's taken this terrible thing that has happened in his life, similar to Rob Tortorella, and he's turned it into a gift for himself.

Ian Manuel, it is not about what you are going through, but how you choose to go through it that matters.

In manual. It is not about what you are going through, but how you choose to go through it that matters.

Simply put, Ian Manuel is the most incredible person that I've ever spoken to in my entire life.

When I was having that conversation with him, I didn't realize it in the moment because I was just so locked in on what he was saying.

But as soon as the conversation ended and I stepped out of that world of talking with him, I realized that I was drenched in sweat because it was just such a...

Powerful and interesting conversation and such a inspiring person Ian was Put in prison at 13 years old He had committed a crime so it's not like he was wrongfully imprisoned he committed a crime but his sentencing

was

but his sentencing did not align with what he did.

And on top of that, he was put into solitary confinement, starting at 13 years old. which also should not have been done.

and he was in solitary confinement for 18 straight years.

and he credits.

writing poetry to the reason why he stayed sane and stayed inspired that he would get out of jail one day. And now he's a free man.

and just truly remarkable. He took this.

terrible situation. And to a large degree, he put himself in this situation. But then there were factors that played against him that he didn't have control over.

But he took that what he was going through.

And he defined the way or the how behind that situation.

Truly remarkable.

Jim the Rookie Morris. Make fun of life. I love it. It's so simple, but so true.

When you have challenges coming to your life, when life's kind of kicking you down, just make fun of life, man. That's what he said. Make fun of life, man.

Not everything has to be so serious. Make fun of yourself, make fun of life.

and the things that feel like are controlling you, or the things that are stressing you out.

you'll realize that maybe those things aren't actually so bad.

Ellen Sacks, when you unwillingly lose yourself, it's the purest way to find your real self.

This holds true, I think for a lot of guests that I've spoken with and myself as well. When you unwillingly go through pain, suffering, challenges.

It allows you to be broken down.

and then you get to put the pieces back together and you're this much more refined, authentic, true to yourself version.

George Monford.

The work that helps you on a personal, internal level can turn into your life's work. George Mumford is known for being a renowned sports psychologist. For Michael Jordan, Kobe Bryant worked very closely with Phil Jackson's teams when he was the coach of the Chicago Bulls and the LA Lakers. He's worked with Chelsea FC, the soccer team, he's the sports psychologist for the Edmonton Oilers, has done incredible work, has worked with the most elite of the elite athletes in the entire world. But at his core, who George Mumford is before he became George Mumford the sports psychologist, grew up in Boston, Massachusetts.

at 14 years old.

started getting into drinking and drugs and became an alcoholic and an addict. And it was his recovery and rehab, but more so his healing process from those things and the internal work that he did on himself, which led him down this path with all the work that he's doing now.

He never had the thought or the idea or the goal for becoming a sports psychologist.

He was a financial planner.

And when he started doing this internal work on himself and he saw how much it benefited himself within his life, he knew.

This is the work that I'm supposed to be doing. I'm supposed to be helping people with these types of things rather than doing their financial planning.

And the way that he became the sports psychologist for Phil Jackson's teams is that Phil Jackson is known as being a wellness guru and way ahead of his time when

it comes to meditation and breath work and overall just wellness within sports. And he went to John Kabat-Zinn and said, I'm looking for a performance coach.

a mindset coach for my team. And John said, I know just the guy. And that's how George became the coach. didn't.

willingly seek out this position working with the best athletes. It's kind of just the path that he got taken down by being true to himself and doing this internal work. And it's incredible to see how that's flourished for him. But it's so cool to see what the foundation of that work has been.

Chip Scourin, don't let your disaster go to waste. Get a reward from it. Chip was convicted of insider trading, was living a...

life that was not true to him. He said himself he was focused on money, power.

high social status but internally he was completely depleted and he knew he wasn't being true to himself.

And he knew that he would not be willingly able to step away from that lifestyle.

And because he got convicted of insider trading, it unwillingly took him away from that life and it put him in jail where he truly started to heal and started to get back in touch with his most authentic self. And one of the most fascinating things that he told me was that his first night in prison was the best night of sleep that he had in years.

So he took this disaster that he put himself through.

and he came out the other side much more true to who he was and he got a reward from it and it's so fascinating I saw a photo of himself when he's in this really nice expensive suit he's on

He's in his big New York City high-rise office.

and he just looks so depleted. And then I saw a photo of him recently after everything that's happened. And he has this glow to himself almost. And you can just see the difference in who he is as a person on a deep energetic level.

Oliver de la Paz. Reading and writing poetry has a positive effect on your physical health.

I got to know Oliver because he was the professor.

for a class that I took my senior year of college at Holy Cross.

He taught the class Poetics of Pain, which had a profound impact on me because when I was going through all my chronic pain struggles with my herniated discs, I was in this class and it didn't just feel like a class, it was an enlightening experience. And one of the things that he told me when I was talking with him is that getting into the physical health component.

said that reading and writing poetry, there's research that's been done that it will lower your heart rate.

And we simply see poetry or I saw poetry as

This is simply artistic. This is creative. There's no

there's not a much bigger health impact within this type of work. But I have felt that on a deep level. And when I heard him say that, it was so fascinating, but I wasn't surprised.

Eric Weinmeier, submit to the flow of water that you.

Submit to the flow of water that life puts you in. We always wanna be in control. We always want.

We always want to feel like life is going exactly how we have it planned out within our mind. We always want life to be on our timeline.

But what happens when you aren't in control? When life isn't panning out like you planned it, when it's not on your timeline? Do you try to fight it? Do you try to regain control so that it is going how you see it within your visualizations?

You can do that, but you're just gonna make it even worse. And I know that from experience. Or you can just submit to the water that you're in.

and allow yourself to flow down that current that you're in life. Because what I found is that

You might not necessarily willingly push yourself down a certain direction in life.

but that doesn't mean that you're going down the wrong path. So allow yourself to just flow down that current.

Bill Schufeldt.

Fatherhood is not just about giving love but living within your own purposeful energy Bill Schufelt is the co-founder and CEO of athletic brewing one of the fastest growing brands in the entire country.

the leader of the non-alcoholic beer space. Truly innovative. And I found this really interesting because...

He used to work for a hedge fund. And he said that within that career path, he knew he would always be a loving father and a loving person. But he knew he wouldn't be able to give his child that passion and purposeful energy.

But now that he is doing passionate and purposeful work, he can give that energy to his child. And I found that really fascinating. Where there's this two tiers where you always want to give, you always want to give your kids love. But if you can show your kids what passion and purpose also look like, what an incredible thing to pass on.

Nick Sweeney, life is one long breathing exercise.

Your breath is so powerful when you have a conscious awareness behind your breathing and how it can...

on one end make you stress out, but on the other end...

if you're in control of your breathing, it can completely relax you and take you into this focused state.

and we are breathing constantly.

So when you have that intentionality behind your breathing, you are able to perform at such a higher level.

Grace Weather. Live without context.

We always like to put our own narratives and spins onto things for why they can or cannot happen.

Strip that narrative away. Just start living. This is something.

that just within the last couple of months, I've really started to be intentional with.

because I think we all like to put our own context on the things when it comes to work or just anything in life. And what I mean by that, we will have this perception of, this is going to be really hard or, this is going to be very easy or I'm going to sacrifice a lot. Yes, all those things can be true, but something that I've taught, but something that I've told myself now is that

It's going to be what it's going to be.

Yes, maybe it'll be hard. Yes, maybe it'll be easy. Yes, maybe it'll all have to sacrifice, but maybe it won't be any of those things either. It's just going to be what it's going to be because when you take that perception off of things, when you take that context out, it allows you to just act within the moment and execute within the moment. Because some of that I've definitely struggled with is that You know, I would be like, this is gonna be really hard. This is gonna be a lot of hard work. So when you are looking at your work through those lenses of this is going to be really hard, you will manufacture that resistance and you will manufacture that work into being really hard when who knows, maybe it actually isn't. So live without context.

David Kaczynski - Life is not about what happens but by how you respond.

David Kaczynski is the definition of 'you can do everything right within your own life and still have everything go terribly wrong.'

Good, honest, smart, to himself man, who just happens to also be the brother of the Unabomber. Whose life then went on full display and was examined.

He was the one who turned his brother in. He had the choice. Do I turn my brother in at the risk of him potentially being killed because of the death penalty? Or do I not turn him in and more innocent people are killed because of him? What a conundrum.

He eventually does turn him in. And he has this incredible journey of how he reclaimed his life and his identity and getting back into poetry. Poetry and solitude and seeking out nature is how he reclaimed his life and allowed himself to heal and not be fully consumed by this storyline of simply being the Unabomber's brother.

Rezahab, be open to receiving your greatness. Another big one for me that I really resonate with.

I definitely struggle with allowing myself to be seen and be great at things or allowing myself to feel that greatness and believe in that greatness within.

public setting and I think I'm a very humble person but I think you can be humble to a fault where it starts to work against you and you downplay yourself to a certain

extent and you downplay your skills and what you can achieve. And Ray was the same way. Ray, one of the first marathons or ultra marathons that he raced, he won the entire race and he thought it was a mistake. He was like, nah, this is a mistake. Like this, this can't be true. Like did I cut a corner? I make a wrong turn? Like, I don't think I won this. Like, he wasn't receiving his greatness. He wasn't believing in his greatness.

allow yourself to be great. I think that's one of the biggest setbacks actually, or one of the biggest challenges when it becomes.

when it comes to succeeding is just allowing yourself the freedom to receive those things.

Dr. Jill Bolte-Taylor. We perceive ourselves as being one person, but on a neurological level, our brains are made up of four unique characters.

Dr. Taylor's book, Whole Brain Living, highly, highly recommend. Dives deep into all this info about how our brain is made up of four characters. have...

Our left thinking brain, our left emotional brain, our right thinking brain and our right emotional brain and those all make up four characters and diving deep into one of our characters, character number four. Life is about becoming aligned with our character four. That is where our authenticity and highest self lives. And a good little practice that has helped me actually, especially after reading your book, When there are times when I'm anxious for negative self-talk or feel like I'm not on the right path.

I can be consciously aware of that now and just be like, okay, that's my character to talking to me. Or that's my character to trying to take over my entire identity. Because it's so easy for us to think, I'm an anxious person. I feel lost. I don't know where I'm going in life. And we embody that as fully who we are, where it's like, no, like that's just a quarter of your brain.

That's just one fourth of you that's talking to you. And now you're just embodying that for your full identity. And when you have that understanding on a neurological level of how our brain works with these four different characters, it allows you to see that you're made up in a much more diverse way. And it's a very cool feeling.

Janine Shepard, what life takes away from you allows for space for new gifts to come into your life. Janine was the most elite Australian woman athlete at her time was on the path to go to the Olympics for cross-country skiing terrible training accident and never Skied again was never an athlete again

but it allowed her to find other passions within her life. And there was a 60 minute segment on her and they asked her.

Do you struggle with thinking that you never won the gold medal? And she just says so.

passionately and lovely like I have my family.

And she says in her book that if she continued down that path of being the most elite athlete, she would not necessarily have had a family or wouldn't have let her down that path because she would have been such a...

because she would have just been so consumed with her athletic pursuits and the selfishness that honestly goes into all that work that she might not have been able to have the time or energy for her family. But because skiing and the Olympics were ripped away from her, it allowed her other gifts to come into her life.

And one of the biggest gifts that you can ever ask for is a family. And she was given them.

Matt Graham, if you're doing it right, will constantly, if you're doing it right, you will constantly be questioning what you're made of. The only time you are sure of yourself is when you're not trying. Huge one that I resonate with as well. And I think all people would. When you're constantly pushing forward under, when you're constantly pushing forward, in uncharted territory.

you should have more questions than answers. If you have more answers than questions, or if you're just not thinking in terms of questions or answers, I would say that you're staying stagnant, or you're staying within the same place.

And I would go even a step further in saying that you should feel lost to a certain extent.

There have been a lot of times where I've felt lost. But then I had a realization where I realized that being lost is power because it means that you will continue to ask yourself questions. And when you continue to ask yourself questions, you have an internal curiosity to yourself.

that never goes away and you become a lifelong student. But if you feel like you constantly have it all figured out.

then you won't be growing. And that's when you actually don't have it figured out at all.

All right. That was the last guest. Final point I'll also say is the out worker as a whole. Yes, this is my podcast. I'm the host of this. But none of this exists. Without all these guests, and all these incredible people that I've just talked about. I am just one small part of this.

that is working on this machine and making this machine run. There are so many different integral pieces of this entire thing that have fit into this entire podcast. And I'm so greatly appreciative of the opportunities that this podcast has given to me and all these incredible people that I've.

spoken with and all the incredible connections that I've made and can't wait to continue to build upon it in 2025 with more incredible guests and more incredible questions and continuing to allow people to continue.

and continuing to allow people to develop the relationship with themselves.

So with that, keep out working.

If you enjoyed this episode of how I went over each guest, highly recommend you listen to all the solo episodes as well. This is almost just like a Spark Notes version, obviously, of these ideas and these experiences from all these incredible people. All of these episodes are worth listening to in my experience.

All of these episodes are worth listening to in my opinion.

Like I said at the start, if you could leave us a rating, a like, subscribe, any type of support you can show, it's greatly appreciated for growing the show. And with that, keep outworking.

The Ted K Archive

Tim Doyle

The Gift Of Conversation & Transformative Lessons From Guests

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