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00:00:00,000 --> 00:00:03,820

This episode is brought to you by Thorne and I have some incredible news for any of you

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00:00:03,820 --> 00:00:07,960

that are in the military, first responder or medical professions.

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00:00:07,960 --> 00:00:15,860

In an effort to give back, Thorne is now offering you an ongoing 35% off each and every one

4

00:00:15,860 --> 00:00:19,780

of your purchases of their incredible nutritional solutions.

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00:00:19,780 --> 00:00:27,280

Now Thorne is the official supplement of CrossFit, the UFC, the Mayo Clinic, the Human Performance

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00:00:27,280 --> 00:00:31,480

Project and multiple special operations organizations.

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00:00:31,480 --> 00:00:36,420

I myself have used them for several years and that is why I brought them on as a sponsor.

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00:00:36,420 --> 00:00:42,080

Some of my favorite products they have are their Multivitamin Elite, their Whey Protein,

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00:00:42,080 --> 00:00:45,840

the Super EPA and then most recently, Cynaquil.

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00:00:45,840 --> 00:00:50,120

As a firefighter, a stuntman and a martial artist, I've had my share of brain trauma

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00:00:50,120 --> 00:00:55,520

and sleep deprivation and Cynaquil is their latest brain health supplement.

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00:00:55,520 --> 00:01:02,640

Now to qualify for the 35% off, go to Thorn.com, T-H-O-R-N-E.com.

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00:01:02,640 --> 00:01:05,460

Click on sign in and then create a new account.

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00:01:05,460 --> 00:01:09,800

You will see the opportunity to register as a first responder or member of military.

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00:01:09,800 --> 00:01:14,680

When you click on that, it will take you through verification with GovX.

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00:01:14,680 --> 00:01:18,980

You'll simply choose a profession, provide one piece of documentation and then you are

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00:01:18,980 --> 00:01:20,920

verified for life.

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00:01:20,920 --> 00:01:26,600

From that point onwards, you will continue to receive 35% off through Thorn.

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00:01:26,600 --> 00:01:33,120

Now for those of you who don't qualify, there is still the 10% off using the code BTS10,

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00:01:33,120 --> 00:01:36,100

Behind the Shield 10 for a one-time purchase.

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00:01:36,100 --> 00:01:41,780

Now to learn more about Thorn, go to episode 323 of the Behind the Shield podcast with

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00:01:41,780 --> 00:01:45,560

Joel Titoro and Wes Barnett.

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00:01:45,560 --> 00:01:50,000

This episode is sponsored by 511, a company that I've used for well over a decade and

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00:01:50,000 --> 00:01:52,640

continue to use to this day.

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00:01:52,640 --> 00:01:57,200

And 511 is offering you guys, the audience of the Behind the Shield podcast, a discount

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00:01:57,200 --> 00:02:00,000

on every purchase you make with them.

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00:02:00,000 --> 00:02:03,640

Before we get to that code, I want to highlight a couple of products that again, I personally

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00:02:03,640 --> 00:02:05,360

use today.

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00:02:05,360 --> 00:02:11,600

One of the most impressive products they just released is their Rush Backpack 2.0.

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00:02:11,600 --> 00:02:14,640

Now for many of you, whether you're going to the fire station, the police station, whether

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00:02:14,640 --> 00:02:19,000

you're traveling with your family, whether you're taking training courses, we have to

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00:02:19,000 --> 00:02:21,560

fly, we have to drive, we have to take trains.

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00:02:21,560 --> 00:02:26,920

And I have to say, I own multiple backpacks, many of 511's different ones, but as far as

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00:02:26,920 --> 00:02:30,040

a daypack, this one was the most impressive.

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00:02:30,040 --> 00:02:31,960

There are so many different compartments.

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00:02:31,960 --> 00:02:34,580

The way it sits on your back is incredibly comfortable.

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00:02:34,580 --> 00:02:39,020

If you are a concealed carry person, there's also a spot for a weapon.

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00:02:39,020 --> 00:02:42,840

So they've thought of multiple, multiple things that a man or woman would have to do on a

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00:02:42,840 --> 00:02:44,420

daily basis.

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00:02:44,420 --> 00:02:48,200

That is in addition to all of the products that I talk about a lot.

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00:02:48,200 --> 00:02:53,960

Their uniforms fit for men or fit for women in the first responder professions.

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00:02:53,960 --> 00:02:57,720

The footwear that they offer, whether it's the Norris sneaker or the Atlas system that

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00:02:57,720 --> 00:03:02,600

is designed for foot health and therefore knees and back and hips and shoulders and

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00:03:02,600 --> 00:03:03,680

neck.

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00:03:03,680 --> 00:03:06,120

As a civilian, I live in a lot of their clothes as well.

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00:03:06,120 --> 00:03:09,120

Their jeans stretch, you can actually squat down in them.

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00:03:09,120 --> 00:03:13,240

We live in Florida here, so I wear a lot of their shorts, which again, very, very lightweight

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00:03:13,240 --> 00:03:14,240

material.

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00:03:14,240 --> 00:03:16,840

You can get it wet and it will dry almost immediately.

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00:03:16,840 --> 00:03:20,560

And then moving to the fitness and tactical space, I used to have just a regular weight

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00:03:20,560 --> 00:03:21,560

vest.

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00:03:21,560 --> 00:03:26,080

Recently, I switched to a 511 vest and actually bought ballistic plates as well.

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00:03:26,080 --> 00:03:29,500

My thinking was simply, if I'm going to have a vest, why not have one that protects me

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00:03:29,500 --> 00:03:30,500

as well?

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00:03:30,500 --> 00:03:34,120

And that tack vest is trusted by law enforcement all around the country.

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00:03:34,120 --> 00:03:36,780

So I mentioned they were going to offer you a discount code.

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00:03:36,780 --> 00:03:44,120

So if you go to 511tactical.com and enter the code SHIELD15, S-H-I-E-L-D-1-5, you will

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00:03:44,120 --> 00:03:49,440

get 15% off not just that one purchase, but every time you visit their store.

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00:03:49,440 --> 00:03:54,000

If you want to learn more about 511, their mission, their products, then listen to episode

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00:03:54,000 --> 00:04:02,280

338 of the Behind the Shield podcast with the CEO and founder, Francisco Morales.

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00:04:02,280 --> 00:04:03,480

Welcome to the Behind the Shield podcast.

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00:04:03,480 --> 00:04:07,200

As always, my name is James Gearing and this week it is my absolute honor to welcome on

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00:04:07,200 --> 00:04:15,280

the show, psychotherapist, former firefighter and human performance coach, Vin Infante.

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00:04:15,280 --> 00:04:20,200

Now in this conversation, we discuss a host of topics from his early life, his journey

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00:04:20,200 --> 00:04:26,080

into the world of counseling, his path into the fire service, his decision to be part

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00:04:26,080 --> 00:04:32,620

of the mental health solution outside our profession, forging high performance, coaching

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00:04:32,620 --> 00:04:34,240

and so much more.

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00:04:34,240 --> 00:04:39,080

And before we get to this amazing conversation, as I say every week, please just take a moment,

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00:04:39,080 --> 00:04:43,960

go to whichever app you listen to this on, subscribe to the show, leave feedback and

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00:04:43,960 --> 00:04:45,880

leave a rating.

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00:04:45,880 --> 00:04:51,200

Every single five star rating truly does elevate this podcast, therefore making it easier for

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00:04:51,200 --> 00:04:53,040

other people to find.

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00:04:53,040 --> 00:04:58,600

And this is a free library of well over 900 episodes now.

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00:04:58,600 --> 00:05:04,160

So all I ask in return is that you help share these incredible men and women stories to

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00:05:04,160 --> 00:05:09,800

I can get them to every single person on planet earth who needs to hear them.

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00:05:09,800 --> 00:05:14,200

So with that being said, I introduce to you Vin Infante.

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00:05:14,200 --> 00:05:34,520

Enjoy.

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00:05:34,520 --> 00:05:39,860

Well then I want to start by saying welcome to the Behind the Shield podcast today.

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00:05:39,860 --> 00:05:42,080

Thanks for having me, James.

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00:05:42,080 --> 00:05:45,080

So where on planet earth we finding you this afternoon?

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00:05:45,080 --> 00:05:46,080

New York City.

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00:05:46,080 --> 00:05:47,080

Beautiful.

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00:05:47,080 --> 00:05:50,720

Well, I want to start the very beginning of your story.

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00:05:50,720 --> 00:05:54,440

So tell me where you were born and tell me a little about your family dynamic, what your

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00:05:54,440 --> 00:05:57,760

parents did, how many siblings?

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00:05:57,760 --> 00:06:01,640

Born in New York, still here, never left.

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00:06:01,640 --> 00:06:09,480

We grew up in a house of two parents, my brother, he's seven years older, and we had a dog,

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00:06:09,480 --> 00:06:10,480



a childhood dog.

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00:06:10,480 --> 00:06:12,360

Like I feel like a lot of people have childhood pets.

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00:06:12,360 --> 00:06:14,480

So we had a little dog.

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00:06:14,480 --> 00:06:17,240

And my dad is a therapist.

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00:06:17,240 --> 00:06:21,360

My mom is a well, she was a teacher.

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00:06:21,360 --> 00:06:25,000

And I guess my dad is still a therapist, even though he's technically retired because he

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00:06:25,000 --> 00:06:26,540

had two other jobs.

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00:06:26,540 --> 00:06:31,720

So my dad worked three jobs virtually his whole life, where he was a director at a hospital.

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00:06:31,720 --> 00:06:38,920

He was a school social worker, but more appropriately, he was like a dean and a guidance counselor.

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00:06:38,920 --> 00:06:42,560

And then he had his private practice for psychotherapy that he started.

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00:06:42,560 --> 00:06:46,040

So it's been an interesting journey with them.

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00:06:46,040 --> 00:06:52,400

With your dad, with such a kind of long background in the mental health conversation, and then

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00:06:52,400 --> 00:06:57,040

you into why interweave it with the school system as well.

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00:06:57,040 --> 00:07:02,040

What has been his observations of how this conversation has evolved?

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00:07:02,040 --> 00:07:08,140

And have you also had any conversations with him about safety in schools and mental health?

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00:07:08,140 --> 00:07:11,240

So my dad, he retired.

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00:07:11,240 --> 00:07:13,840

I don't even know how long ago it was at this point.

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00:07:13,840 --> 00:07:16,660

Honestly, he my dad is in his 70s.

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00:07:16,660 --> 00:07:20,480

So he's been retired from the Board of Ed for actually quite a bit.

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00:07:20,480 --> 00:07:24,920

Like I don't even remember when he retired from the Board of Ed.

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00:07:24,920 --> 00:07:31,080

And the the conversation from my understanding back when he was there wasn't as big of a

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00:07:31,080 --> 00:07:32,520

conversation.

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00:07:32,520 --> 00:07:37,160

You know, my let's just say my dad's been retired for I don't know if this is true,

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00:07:37,160 --> 00:07:39,480

but let's just say he's been retired for 10 years.

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00:07:39,480 --> 00:07:44,360

10 years ago, I mean, it was still not a huge conversation.

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00:07:44,360 --> 00:07:49,800

10 years I was in my 20s and mental health was still this thing that was kind of stigmatized.

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00:07:49,800 --> 00:07:54,720

So I don't really know as far as what his conversations were.

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00:07:54,720 --> 00:07:59,280

But I know that even for myself, I at one point worked in the school system, roughly

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00:07:59,280 --> 00:08:01,120

almost 10 years ago.

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00:08:01,120 --> 00:08:03,800

I was a school social worker for a little bit.

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00:08:03,800 --> 00:08:09,100

And it's interesting, because I think it depends on where you're at.

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00:08:09,100 --> 00:08:15,760

The dynamics in schools and mental health actually very heavily determined are determined

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00:08:15,760 --> 00:08:18,720

by the demographics that you're serving.

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00:08:18,720 --> 00:08:23,520

So for instance, we were in a lower income, lower population area.

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00:08:23,520 --> 00:08:27,800

And a lot of the kids would need additional services and additional supports, like maybe

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00:08:27,800 --> 00:08:31,500

they'd be behind in reading or they'd be behind in math or whatever the case is.

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00:08:31,500 --> 00:08:36,340

And we would do these things called like an ICP, which is basically a plan to help your

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00:08:36,340 --> 00:08:39,760

child go up and get to where they're supposed to be.

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00:08:39,760 --> 00:08:43,320

And a lot of the times you call these parents and be like, hey, I need you to come in so

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00:08:43,320 --> 00:08:47,880

that you could sign this plan so that your kid could get additional services.

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00:08:47,880 --> 00:08:49,360

And they would be annoyed.

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00:08:49,360 --> 00:08:50,680

They'd be like, I got to come in.

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00:08:50,680 --> 00:08:51,960

Can't you just email it to me?

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00:08:51,960 --> 00:08:53,160

It's like, no, we need to talk to you.

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00:08:53,160 --> 00:08:54,160

We need to have a meeting.

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00:08:54,160 --> 00:08:57,520

We need you to sign it, be here physically.

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00:08:57,520 --> 00:08:59,040

I don't really want to come in today.

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00:08:59,040 --> 00:09:00,040

I just woke up.

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00:09:00,040 --> 00:09:02,360

The time she was like 11 in the morning.

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00:09:02,360 --> 00:09:03,840

Then it's like, well, when are you free?

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00:09:03,840 --> 00:09:07,300

It's like, well, I don't have a job, but I just like, do I have to come in?

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00:09:07,300 --> 00:09:13,180

And so it was really interesting because working in these lower demographics or economic areas,

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00:09:13,180 --> 00:09:16,960

these demographics were showing that a lot of these parents didn't really take too much

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00:09:16,960 --> 00:09:19,440

concern on trying to help their kids better themselves.

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00:09:19,440 --> 00:09:23,840

Meanwhile, there was another school I worked in that was in a higher income area and the

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00:09:23,840 --> 00:09:27,320

kids that needed support, you call the parent, you're like, hey, your kid needs the services.

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00:09:27,320 --> 00:09:28,520

They'll be like, all right, when can we do it?

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00:09:28,520 --> 00:09:29,520

I'll come in tomorrow.

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00:09:29,520 --> 00:09:33,080

And they're annoying the hell out of you every day after that of like, how's my kid?

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00:09:33,080 --> 00:09:34,080

What's the services?

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00:09:34,080 --> 00:09:35,160

How's he getting involved?

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00:09:35,160 --> 00:09:36,520

And so it's really interesting.

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00:09:36,520 --> 00:09:40,200

I think part of the conversation that needs to be had around mental health and support,

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00:09:40,200 --> 00:09:44,700

even in schools is not just about what is the school or the support that's being provided

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00:09:44,700 --> 00:09:49,240

to the kid, but more so about the family dynamic, which is why it's actually pretty good that

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00:09:49,240 --> 00:09:52,080

you even bring up these questions.

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00:09:52,080 --> 00:09:54,440

So you've got two human beings.

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00:09:54,440 --> 00:09:57,200

One is from a more affluent area.

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00:09:57,200 --> 00:10:03,960

If you deconstruct the actual reasons, why do you think that we have these issues more

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00:10:03,960 --> 00:10:07,000

so in some of the lower income houses?

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00:10:07,000 --> 00:10:10,960

Well, it's tough, right?

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00:10:10,960 --> 00:10:12,280

There's a lot of interesting things.

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00:10:12,280 --> 00:10:16,400

So because of the fact that my background is in social work and that's how I became

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00:10:16,400 --> 00:10:21,740

a therapist, I've worked in a lot of different settings and primarily most of the settings

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00:10:21,740 --> 00:10:27,480

I've worked in have been a lot of the lower income impoverished areas.

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00:10:27,480 --> 00:10:30,480

And there's a lot of consistency that I would say.

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00:10:30,480 --> 00:10:34,160

And to be frank, a lot of the times people don't want to hear my opinion.

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00:10:34,160 --> 00:10:39,480

So this is going to be a fun conversation because look at me, I'm a white guy, all this

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00:10:39,480 --> 00:10:40,800

other good stuff.

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00:10:40,800 --> 00:10:43,760

And people are like, well, you don't understand any of it or you don't get it.

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00:10:43,760 --> 00:10:47,540

It's like, I probably get it more than most people because I've worked in those settings

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00:10:47,540 --> 00:10:50,960

for nine years.

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00:10:50,960 --> 00:10:53,080

So there's a lot of consistency.

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00:10:53,080 --> 00:10:59,360

One major factor is that there is not a very good family dynamic.

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00:10:59,360 --> 00:11:03,520

For instance, in the school system that I was in, a lot of the children, none of them

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00:11:03,520 --> 00:11:07,440

had the same last name as their parents.

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00:11:07,440 --> 00:11:10,200

And I shouldn't say none of them, most of them did not have the same last name as their

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00:11:10,200 --> 00:11:11,360

parents.



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00:11:11,360 --> 00:11:16,240

And if there was a male figure in the picture, he typically was not the father, or there

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00:11:16,240 --> 00:11:20,080

just wasn't really a consistent male figure around.

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00:11:20,080 --> 00:11:24,520

It wasn't like a good uncle, a good cousin, a father.

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00:11:24,520 --> 00:11:28,120

And we see that there's the family dynamics, not a very broken one.

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00:11:28,120 --> 00:11:31,520

Another thing is there's a different level of standards.

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00:11:31,520 --> 00:11:35,880

Like you have this one woman who's unemployed, waking up at 11am annoyed that she has to

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00:11:35,880 --> 00:11:39,600

come into school to sign a document for her kid.

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00:11:39,600 --> 00:11:43,400

You have the other one where this woman is probably working a full time job and still

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00:11:43,400 --> 00:11:46,640

calling us every day to make sure her kid is getting what they need.

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00:11:46,640 --> 00:11:49,440

So I see a little difference in level of standards.

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00:11:49,440 --> 00:11:52,040

There was this one interesting thing that I also saw.

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00:11:52,040 --> 00:11:58,840

So I worked at this one school, it was a diploma plus school, where the youngest children,

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00:11:58,840 --> 00:12:03,840

the youngest people in there were 18 and they were freshmen in high school.

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00:12:03,840 --> 00:12:09,040

And it was interesting because as I was working with these kids, some of them had parole officers.

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00:12:09,040 --> 00:12:12,360

Now the second chance school is a school for people who either dropped out, failed out,

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00:12:12,360 --> 00:12:13,740

got kicked out.

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00:12:13,740 --> 00:12:16,800

And now they're going to try and come back and get their education so they can get their

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00:12:16,800 --> 00:12:20,240

GED or college diploma, high school diploma, whatever the case.

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00:12:20,240 --> 00:12:23,600

So one thing that I saw was this one kid I was working with.

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00:12:23,600 --> 00:12:27,040

I'd be like, dude, you got to study, like take your books home.

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00:12:27,040 --> 00:12:32,000

And he didn't want to take his books home because he was afraid that he would get jumped.

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00:12:32,000 --> 00:12:35,120

He was afraid that people would make fun of him.

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00:12:35,120 --> 00:12:39,360

He was afraid that he might just get jumped because he's studying and people would think

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00:12:39,360 --> 00:12:40,960

he's a loser.

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00:12:40,960 --> 00:12:44,680

And it's really interesting because then when I was in the more affluent areas, there's

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00:12:44,680 --> 00:12:49,760

like praise for getting these great grades and for doing well in school and for support

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00:12:49,760 --> 00:12:54,040

when in the other area, it's you're a loser and you need to be beat up and you need to

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00:12:54,040 --> 00:12:55,040

be jumped.

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00:12:55,040 --> 00:12:58,340

And, you know, who do you think you are trying to learn?

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00:12:58,340 --> 00:13:01,120

So it's not just like one thing.

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00:13:01,120 --> 00:13:04,320

It's so many things and even the experiences too.

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00:13:04,320 --> 00:13:07,760

And mind you, I'm not even talking about paid experiences.

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00:13:07,760 --> 00:13:16,040

The guys and girls in these diploma plus schools, 18, 20, 22, like that's how old they were,

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00:13:16,040 --> 00:13:18,880

have never been even on like these free trips.

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00:13:18,880 --> 00:13:22,920

Like when I was younger, we did a free school and I was in a public school, by the way,

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00:13:22,920 --> 00:13:27,680

but we did a free school trip to the Museum of Natural History in New York, which is a

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00:13:27,680 --> 00:13:30,160

again it's free to get in.

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00:13:30,160 --> 00:13:35,360

And so I've seen that, but these kids in their 18s and 20s have never experienced going to

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00:13:35,360 --> 00:13:36,740

a museum before.

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00:13:36,740 --> 00:13:42,920

Like it was amazing seeing a 21 year old being wowed as if he was three because we took him

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00:13:42,920 --> 00:13:44,200

to the museum for the first time.

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00:13:44,200 --> 00:13:49,400

I started, I started a young men's group in the high school that I was in and that diploma

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00:13:49,400 --> 00:13:54,400

plus school and the things we were doing with them were things that they never experienced

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00:13:54,400 --> 00:13:58,100

and they weren't complex things like they had a pizza party.

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00:13:58,100 --> 00:14:01,080

We friggin went to a free museum.

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00:14:01,080 --> 00:14:05,280

Like it's amazing because it just seems like they have such little effort poured into their

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00:14:05,280 --> 00:14:10,560

lives to show them what's out there, what's available, like what life has to offer.

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00:14:10,560 --> 00:14:16,400

And that was probably one of the sadder things to see a grown man who's like 22 run around

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00:14:16,400 --> 00:14:20,360

like he's three because he never experienced that before.

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00:14:20,360 --> 00:14:24,520

So there's so many, there's so many things, James.

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00:14:24,520 --> 00:14:26,660

It's interesting because people pick one.

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00:14:26,660 --> 00:14:31,000

Like if you think about the school shootings, it's the guns, you know, and it's just like,

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00:14:31,000 --> 00:14:34,380

no, it's, it's a pie chart that creates these issues.

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00:14:34,380 --> 00:14:39,080

And so when people are judgmental towards broken homes, I'm actually writing a book

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00:14:39,080 --> 00:14:42,360

at the moment and it's going to talk about this, that multi-generational trauma.

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00:14:42,360 --> 00:14:44,120

Well, why is dad not there?

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00:14:44,120 --> 00:14:45,160

What happened to dad?

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00:14:45,160 --> 00:14:50,280

Dad was once, or mom, they were once a giggling little preschooler that all they cared about

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00:14:50,280 --> 00:14:54,260

was, you know, playing with balls and picking flowers and chasing butterflies.

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00:14:54,260 --> 00:14:59,880

And then the environment that they grew up in started kind of encapsulating them.

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00:14:59,880 --> 00:15:05,080

So we have to look at what are we doing that's continuing perpetuating this issue.

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00:15:05,080 --> 00:15:08,320

And one of the things I talk about a lot in here is the prohibition of drugs.

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00:15:08,320 --> 00:15:12,840

If drugs were not illegal and addicts went to medical facilities and got mental health

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00:15:12,840 --> 00:15:17,320

counseling and addiction counseling and job creation, there wouldn't be people slinging

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00:15:17,320 --> 00:15:18,560

the dope on the streets anymore.

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00:15:18,560 --> 00:15:19,560

There wouldn't be gangs.

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00:15:19,560 --> 00:15:23,440

Therefore, a lot of these negative role models wouldn't exist around our children.

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00:15:23,440 --> 00:15:27,480

There would always be bad people that have found their way in a life of crime, but you

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00:15:27,480 --> 00:15:30,040

would massively minimize it.

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00:15:30,040 --> 00:15:36,040

And then conversely, what's interesting is if you look at the way that a lot of our poorer

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00:15:36,040 --> 00:15:40,960

areas, the school thing is funded, they're held to this standardized test.

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00:15:40,960 --> 00:15:46,400

And so they end up getting less support and less, you know, financial investment.

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00:15:46,400 --> 00:15:50,200

And if you look at someone like Finland, I've had a Finnish educator on the show, it's the

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00:15:50,200 --> 00:15:54,080

opposite where there are, you know, communities that are struggling.

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00:15:54,080 --> 00:15:59,560

They invest more resources into those communities so that they can try and break that cycle

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00:15:59,560 --> 00:16:02,560

because it might be that, you know, this happens a lot in the U.S.

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00:16:02,560 --> 00:16:07,200

You know, a lot of the child abuse is reported by our teachers, not the parents, you know.

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00:16:07,200 --> 00:16:14,760

So sometimes the teachers and the school counselors are, you know, that kind of beacon of light

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00:16:14,760 --> 00:16:19,160

for some of these kids that are in very desperate homes.

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00:16:19,160 --> 00:16:20,200

I can't agree more.

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00:16:20,200 --> 00:16:27,200

You know, even though I know we could segue this actually pretty funny, funny enough,

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00:16:27,200 --> 00:16:32,360

because when I was younger, I got bullied a lot and I was pretty much ostracized.

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00:16:32,360 --> 00:16:36,480

And as a kid that gets bullied, you never really feel comfortable talking to your parents

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00:16:36,480 --> 00:16:40,560

about it, especially because if you do, your parents typically make it worse because they

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00:16:40,560 --> 00:16:45,200

want to help and they'll call the school and they'll make us think and then nothing happens

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00:16:45,200 --> 00:16:46,760

because like nobody saw it.

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00:16:46,760 --> 00:16:50,600

And now you wind up just getting beat up worse or whatever the case is.

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00:16:50,600 --> 00:16:54,760



So after my parents had tried to help me before, my mom tried to help me before, I was like,

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00:16:54,760 --> 00:16:59,560

you know, it's probably just not tell anyone.

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00:16:59,560 --> 00:17:02,800

And so I used to hide out in the guidance counselor's office and I would go and I would

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00:17:02,800 --> 00:17:07,680

try and eat lunch there and be by myself and avoid all of the stuff that I had to deal

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00:17:07,680 --> 00:17:08,680

with.

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00:17:08,680 --> 00:17:12,280

However, there would be times where I just I couldn't get into the guidance counselor's

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00:17:12,280 --> 00:17:14,160

office or they had something going on.

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00:17:14,160 --> 00:17:17,480

And so they locked the doors and they were gone and I was dreading like, I don't want

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00:17:17,480 --> 00:17:21,200

to sit in the lunch room like this, the worst place for me.

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00:17:21,200 --> 00:17:25,280

And there was this one teacher and this was middle school that I'm talking about and his

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00:17:25,280 --> 00:17:33,840

name is Mr. Cottrell and he was the I forgot what his class was, but he was doing robotics

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00:17:33,840 --> 00:17:35,640

and that was like his extracurricular thing.

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00:17:35,640 --> 00:17:37,600

So they had the after school program for robotics.

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00:17:37,600 --> 00:17:40,720

We could like learn, I don't know, whatever that is.

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00:17:40,720 --> 00:17:46,760

And he would always have like the robotics kids could come to his class during lunch

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00:17:46,760 --> 00:17:50,920

and they can do more robotic stuff instead of waiting till after school.

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00:17:50,920 --> 00:17:57,200

Now obviously, Mr. Cottrell, the guy that does robotics, bit of a nerd himself, right?

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00:17:57,200 --> 00:18:02,920

So he I think one day how it happened was he just kind of noticed I was walking around

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00:18:02,920 --> 00:18:07,520

the halls with my lunch because I was locked out of the guidance counselor's office.

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00:18:07,520 --> 00:18:13,240

It was closed and I was trying to avoid getting caught in the halls because they'd send me

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00:18:13,240 --> 00:18:14,800

back to the lunch room.

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00:18:14,800 --> 00:18:17,960

And so I was just kind of walking around with this tray, but trying to like hide in the

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00:18:17,960 --> 00:18:18,960

stairwells and stuff.

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00:18:18,960 --> 00:18:19,960

And he's like, what are you doing?

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00:18:19,960 --> 00:18:23,800

I was like, well, I was going to go to the guidance counselor office, but it's closed.

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00:18:23,800 --> 00:18:25,720

And I was like, I really don't want to be in the lunch room.

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00:18:25,720 --> 00:18:27,440

Like I don't, I don't like being in there.

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00:18:27,440 --> 00:18:31,200

And he goes, well, you could join, you could join us.

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00:18:31,200 --> 00:18:33,360

You can hang out with us in the robotics room if you want.

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00:18:33,360 --> 00:18:35,600

I was like, yeah, it's like, yeah, come on in.

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00:18:35,600 --> 00:18:37,000

It's like robotics open everyone.

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00:18:37,000 --> 00:18:39,080

I was like, I don't, I don't know anything about robotics.

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00:18:39,080 --> 00:18:40,280

I'm not in your robotics club.

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00:18:40,280 --> 00:18:41,280

He's like, that doesn't matter.

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00:18:41,280 --> 00:18:42,280

Come on in.

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00:18:42,280 --> 00:18:45,080

And so I wound up finding another place.

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00:18:45,080 --> 00:18:48,960

Like if I couldn't go to the guidance counselor, I would go to Mr. Cotrell's room and I would

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00:18:48,960 --> 00:18:49,960

hang out.

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00:18:49,960 --> 00:18:54,360

And even though I knew nothing about robotics, I just sit there and watch and eat my lunch.

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00:18:54,360 --> 00:19:02,440

And you know, that's, that's something that shouldn't be overlooked because even when

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00:19:02,440 --> 00:19:06,280

I would have problems in school, like I told the dean that this kid threw me down the stairs

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00:19:06,280 --> 00:19:09,040

and then I got blamed for it.

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00:19:09,040 --> 00:19:14,480

And the principal then, you know, labeled me as the problem and the nurses don't listen

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00:19:14,480 --> 00:19:17,660

to me when I say I'm not feeling good because I'm always not feeling good.

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00:19:17,660 --> 00:19:21,800

But I don't know at 13 years old, that's because I'm having anxiety attacks every day and my

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00:19:21,800 --> 00:19:26,520

body's making me sick because I'm so fricking nervous.

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00:19:26,520 --> 00:19:30,720

And so it's interesting because out of all of these people, it was always like that one

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00:19:30,720 --> 00:19:36,160

guy that would just, hey man, I come hang out here.

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00:19:36,160 --> 00:19:40,080

You know, and I think we need more teachers or people like that that are around, especially

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00:19:40,080 --> 00:19:41,080

in the school system.

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00:19:41,080 --> 00:19:43,920

See, I'm so glad you told that story.

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00:19:43,920 --> 00:19:46,840

Firstly, because I'm sure there's a lot of people that can relate either adults or maybe

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00:19:46,840 --> 00:19:48,560

they're seeing it in their own children at the moment.

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00:19:48,560 --> 00:19:50,560

Why do they always seem like they don't want to go to school?

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00:19:50,560 --> 00:19:51,960

Why they always seem like they're sick?

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00:19:51,960 --> 00:19:54,640

Well, maybe it's an emotional issue.

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00:19:54,640 --> 00:20:00,020

But also, again, the finger pointing, the blaming, the, ah, these, these broken homes,

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00:20:00,020 --> 00:20:01,480

there is a solution.

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00:20:01,480 --> 00:20:04,840

And I see it over and over and over again with all these, you know, people that have

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00:20:04,840 --> 00:20:09,520

come on the show, there's always a mentor and Mr. Cottrell or, you know, the guidance

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00:20:09,520 --> 00:20:15,400

counselor, whoever it is, there are people that stepped up that allowed a child at that

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00:20:15,400 --> 00:20:17,400

point to, to come make a turn.

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00:20:17,400 --> 00:20:20,880

And there's numbers of people I know that have been in the military or fire that easily

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00:20:20,880 --> 00:20:25,960

through their story could have ended up in gangs, singing dope in prison or dead.

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00:20:25,960 --> 00:20:27,320

That's exactly where their rope is taken.

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00:20:27,320 --> 00:20:30,840

And some of their friends that they used to run with, that's where they are now behind

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00:20:30,840 --> 00:20:32,320

bars are in the ground.

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00:20:32,320 --> 00:20:38,440

So what we can all do firstly is, you know, try and, and, and be there for your family.

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00:20:38,440 --> 00:20:42,360

But again, I understand the dynamic and some people just can't, you know, they're a too

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00:20:42,360 --> 00:20:46,320

far gone addiction or maybe they're in prison at the moment or whatever it is, or, you know,

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00:20:46,320 --> 00:20:51,120

the person they have the child with is such a complete, you know, psychopath that they've,

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00:20:51,120 --> 00:20:53,920

you know, blocked them legally, whatever it is.

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00:20:53,920 --> 00:20:59,000

But we have the ability to do, to be a, a mentor in our own community as well.

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00:20:59,000 --> 00:21:03,440

And it can be, you know, talking to the kids outside the fire station or, you know, being

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00:21:03,440 --> 00:21:08,800

that person who opens their door in a school or, you know, coaching a little league, whatever

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00:21:08,800 --> 00:21:15,240

it is that again, takes the finger pointing away from you and it turns it towards you.

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00:21:15,240 --> 00:21:21,480

And if every single person actually just tried and help one person, just mentor one person,

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00:21:21,480 --> 00:21:26,280

whatever that looks like, there would be a massive, massive shift, but the, the, that's

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00:21:26,280 --> 00:21:30,360

only going to happen when you stop blaming everyone else and actually start taking ownership

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00:21:30,360 --> 00:21:34,560

and becoming part of the solution yourself.

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00:21:34,560 --> 00:21:38,460

There is an interesting dynamic in today's society where I believe too many people are

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00:21:38,460 --> 00:21:44,640

victims and not enough people are willing to take ownership accountability or responsibility.

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00:21:44,640 --> 00:21:48,840

And I find that time and time again, I see it in my clients, but it's a different level

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00:21:48,840 --> 00:21:53,200

with my clients because my typical client is an entrepreneur or high performing individual

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00:21:53,200 --> 00:21:55,040

executive, things like that.

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00:21:55,040 --> 00:21:58,440

So when they're not willing to take ownership, it's really a fraction of their life that

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00:21:58,440 --> 00:22:02,160

they might not be willing to take ownership because to get to those levels, you have to

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00:22:02,160 --> 00:22:03,680

be able to own some part of it.

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00:22:03,680 --> 00:22:04,680



Right.

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00:22:04,680 --> 00:22:09,800

But then you have other people that are just, well, it's, it's their fault that I feel this

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00:22:09,800 --> 00:22:14,960

way or it's, you know, the school system or it's, you know, society as a whole, or it's

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00:22:14,960 --> 00:22:19,680

the politics or it's the war, it's this, or it's that, or, and none of that at the end

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00:22:19,680 --> 00:22:25,480

of the day really matters to some degree, because if you want to change your life, you

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00:22:25,480 --> 00:22:27,360

have to change yourself.

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00:22:27,360 --> 00:22:31,520

There have been so many times we're working with people throughout my history and in mental

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00:22:31,520 --> 00:22:36,360

health, which is now coming up on 14 years, there have been so many times where it comes

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00:22:36,360 --> 00:22:39,200

down to, I get that that has happened.

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00:22:39,200 --> 00:22:44,200

I get that that sucks, but what are you prepared to do about it?

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00:22:44,200 --> 00:22:47,200

And a lot of people don't want to answer that question.

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00:22:47,200 --> 00:22:51,760

And they try to just go back to, well, I need them to own what they did.

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00:22:51,760 --> 00:22:52,760

Why?

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00:22:52,760 --> 00:22:54,680

What, like, what does that do for you?

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00:22:54,680 --> 00:22:56,120

Will it give me peace?

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00:22:56,120 --> 00:23:00,920

No, you think it will, but it won't because realistically, the only reason you want that

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00:23:00,920 --> 00:23:03,960

from them is because you need something within you.

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00:23:03,960 --> 00:23:08,120

And you think if you get something from an external source, you can translate it and

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00:23:08,120 --> 00:23:12,800

bring it inside, but it'll just move the needle very little because now you're going to look

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00:23:12,800 --> 00:23:16,040

for something else to, oh, well, I'll be ready to change after now.

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00:23:16,040 --> 00:23:20,080

I get this thing from this person or this thing from this or, you know, if I have a

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00:23:20,080 --> 00:23:25,920

better job or my girl stops doing X, Y and Z or my kid stops acting this way or people

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00:23:25,920 --> 00:23:30,680

will always come up with reasons outside of themselves as to what needs to change for

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00:23:30,680 --> 00:23:32,720

them to change.

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00:23:32,720 --> 00:23:38,560

And it's that concept that keeps us stuck in victimhood because you can't change a problem

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00:23:38,560 --> 00:23:40,400

that isn't yours.

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00:23:40,400 --> 00:23:44,860

You can't do anything to actually change anything in this world.

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00:23:44,860 --> 00:23:46,560

You can only focus on you.

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00:23:46,560 --> 00:23:49,600

You have an opportunity to influence.

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00:23:49,600 --> 00:23:55,240

That's your power of internal mastery being pushed outwards is the opportunity to influence,

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00:23:55,240 --> 00:24:01,360

but you can never directly control change or do anything of the sort to anything external.

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00:24:01,360 --> 00:24:04,760

But if you notice that when you focus more on the internal world and you focus more on

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00:24:04,760 --> 00:24:10,200

what is the deeper thing that you can improve upon, all of a sudden your life starts shifting

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00:24:10,200 --> 00:24:13,520

because the world's going to respond to you different because you are different.

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00:24:13,520 --> 00:24:15,320

Absolutely.

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00:24:15,320 --> 00:24:18,600

I just shared a video and it was Morgan Freeman being interviewed.

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00:24:18,600 --> 00:24:21,160

A lot of people seem to know who the guy interviewing was.

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00:24:21,160 --> 00:24:25,960

I didn't, but he, the interviewer made some comment.

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00:24:25,960 --> 00:24:27,360

Well, not everyone can do that.

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00:24:27,360 --> 00:24:28,360

And that's how the clip starts.

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00:24:28,360 --> 00:24:32,320

So obviously he was saying, you know, everyone has the power to, to lift themselves out of

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00:24:32,320 --> 00:24:33,560

a situation.

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00:24:33,560 --> 00:24:36,040

And he goes, I forget what Morgan frames us.

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00:24:36,040 --> 00:24:37,040

That's bullshit.

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00:24:37,040 --> 00:24:41,800

And he goes on to talking about that and he goes, you know, the bus, the bus runs every

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00:24:41,800 --> 00:24:43,480

day is the phrase you use.

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00:24:43,480 --> 00:24:48,680

And so even if you're in the shittiest place, there is a, there is a bus leaving where you

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00:24:48,680 --> 00:24:49,680

live.

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00:24:49,680 --> 00:24:53,240

Now, of course there's more complications than simply that, but ultimately I think what

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00:24:53,240 --> 00:24:58,080

he was saying is until you make the decision, until you actually change your belief system

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00:24:58,080 --> 00:25:02,000

to I can get out of this, then you're going to stay in that cage.

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00:25:02,000 --> 00:25:06,160

And I agree with you, even in the kind of first responder of mental, uh, military mental

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00:25:06,160 --> 00:25:14,560

health space, there's almost an element of, of, of victim hood in the sense that the conversation

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00:25:14,560 --> 00:25:15,560

has stopped.

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00:25:15,560 --> 00:25:17,480

And I'm just talking to an SAS soldier about this.

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00:25:17,480 --> 00:25:20,940

It's kind of ground to a halt at stigma.

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00:25:20,940 --> 00:25:24,840

And so, you know, basically if you stop at stigma, then all you've got is like, Oh, mental

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00:25:24,840 --> 00:25:26,840

health is so sad.

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00:25:26,840 --> 00:25:31,600

What needs to happen in my opinion is there's that post-traumatic growth story.

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00:25:31,600 --> 00:25:33,080

Now that is a story of hope.

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00:25:33,080 --> 00:25:38,720

That is a story that when you overcome whatever it is that is troubling you and it's a real

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00:25:38,720 --> 00:25:44,120

thing, it's the pee under the mattress, then there's a better version of yourself.

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00:25:44,120 --> 00:25:46,200

I think address trauma becomes a superpower.

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00:25:46,200 --> 00:25:47,240

I really do.

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00:25:47,240 --> 00:25:52,200

So that's what I'm not seeing in so many conversations in, in, you know, the last two presidents,

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00:25:52,200 --> 00:25:56,160

where has there been any conversation about hope and you know, you can be anything you

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00:25:56,160 --> 00:25:57,160

want to be.

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00:25:57,160 --> 00:26:00,540

And you know, we're going to come together, any source of community and encouragement

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00:26:00,540 --> 00:26:03,920

and empowerment, we don't hear that from the president.

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00:26:03,920 --> 00:26:08,440

We don't hear it a lot of times from the people in sports or music or all the quote unquote

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00:26:08,440 --> 00:26:09,720

role models.

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00:26:09,720 --> 00:26:12,420

It's divisive, it's narcissistic.

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00:26:12,420 --> 00:26:16,880

And so I think this is what we need to infuse to inspire that little boy or girl that grew

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00:26:16,880 --> 00:26:23,680

up in that trailer in Florida or gang-ridden apartment complex in Queens or wherever it

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00:26:23,680 --> 00:26:27,680

was that you, you can change this.

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00:26:27,680 --> 00:26:31,680

You can get out, but the first thing you need to do is understand that is the cycle and

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00:26:31,680 --> 00:26:36,320

you have the power not only to break it, but grow from it and be a beacon of light for

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00:26:36,320 --> 00:26:38,320

others.

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00:26:38,320 --> 00:26:42,140

You know, that's probably one of the biggest things that I've noticed as a massive change

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00:26:42,140 --> 00:26:44,440

in society.

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00:26:44,440 --> 00:26:51,240

We used to be a society that valued doing the right thing.

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00:26:51,240 --> 00:26:55,280

We used to have great messages put into everything.

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00:26:55,280 --> 00:26:59,280

If you remember Mr. Rogers, I don't know if you ever grew up on him or you saw him, but

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00:26:59,280 --> 00:27:05,480

for the listeners who might not have experienced him, Mr. Rogers one time, his television show

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00:27:05,480 --> 00:27:06,480

was going to get canceled.

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00:27:06,480 --> 00:27:13,320

He was a children's show host and he had a very wholesome children's show and he was

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00:27:13,320 --> 00:27:14,480

going to get canceled.

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00:27:14,480 --> 00:27:18,680

He had to appear before a hearing and it wasn't like anything bad he did.

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00:27:18,680 --> 00:27:20,400



It was just, he was trying to save his show.

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00:27:20,400 --> 00:27:23,440

He wanted the, I think it was the state or whoever was going to cut his funding at the

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00:27:23,440 --> 00:27:28,680

time and he appeared before the hearing and the way he showed up and talked about why

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00:27:28,680 --> 00:27:34,640

his show was so important was because he cared so deeply about being able to support and

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00:27:34,640 --> 00:27:37,640

teach children the right ways to grow up.

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00:27:37,640 --> 00:27:42,880

He believed that through his program, his show, he was imparting general good and knowledge

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00:27:42,880 --> 00:27:43,880

and wisdom.

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00:27:43,880 --> 00:27:47,960

Then we had shows like Bob Ross, who was this guy with this giant Afro and he would always

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00:27:47,960 --> 00:27:52,400

talk about painting a happy little tree and not telling anyone about it and just being

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00:27:52,400 --> 00:27:55,560

a really kind soul.

449

00:27:55,560 --> 00:28:01,040

We had so many of these people, at least for me as a kid that inspired me to be a good

450

00:28:01,040 --> 00:28:02,040

person.

451

00:28:02,040 --> 00:28:05,900

Now, when you look at the kids shows, they're stupid.

452

00:28:05,900 --> 00:28:07,480

It's about being dumb.

453

00:28:07,480 --> 00:28:08,680

There's no good messages.

454

00:28:08,680 --> 00:28:10,120

There's no hopeful messages.

455

00:28:10,120 --> 00:28:14,920

There's nothing about inspiring to aspire to be something amazing and then be a good

456

00:28:14,920 --> 00:28:15,920

part of society.

457

00:28:15,920 --> 00:28:19,600

Now, it's like stupid shows where you could rip somebody's head off and then it pops back

458

00:28:19,600 --> 00:28:22,200

out of their neck and they're like, oh, that was crazy.

459

00:28:22,200 --> 00:28:27,240

And these are the things that kids are watching now.

460

00:28:27,240 --> 00:28:30,100

In my opinion, it's not just the presidents.

461

00:28:30,100 --> 00:28:32,400

It's not just a few of the leaders.

462

00:28:32,400 --> 00:28:38,800

It's actually society shifting as a whole where it's moving away from messages, wholesomeness,

463

00:28:38,800 --> 00:28:44,800

values, and just towards stupidity, opinions, and realistically, what's going to get the

464

00:28:44,800 --> 00:28:47,760

most views on news, social media?

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00:28:47,760 --> 00:28:51,880

Because Mr. Rogers today, I don't think he'd do good.

466

00:28:51,880 --> 00:28:55,040

I think he was phenomenal, but he wouldn't do good because why?

467

00:28:55,040 --> 00:28:58,080

There's not enough interesting quote unquote stuff on there.

468

00:28:58,080 --> 00:28:59,460

He's not stupid.

469

00:28:59,460 --> 00:29:00,680

He's not funny.

470

00:29:00,680 --> 00:29:02,240

He's not sarcastic.

471

00:29:02,240 --> 00:29:03,240

He's kind.

472

00:29:03,240 --> 00:29:04,240

He's gentle.

473

00:29:04,240 --> 00:29:05,240

He's loving.

474

00:29:05,240 --> 00:29:06,760

He's teaching.

475

00:29:06,760 --> 00:29:13,600

And the world has moved away from that because now our brains are so messed up because we're

476

00:29:13,600 --> 00:29:18,280

programming ourselves to want the dopamine from all this crap we're seeing on social

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00:29:18,280 --> 00:29:20,880

media and news and everything else.

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00:29:20,880 --> 00:29:25,200

Additionally, if you understand about how the brain works, you know that the brain is

479

00:29:25,200 --> 00:29:27,360

programmed to look for things that are wrong.

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00:29:27,360 --> 00:29:32,160

That's why being positive is usually harder because of the fact that the brain is programmed

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00:29:32,160 --> 00:29:35,320

to look for things that could cause harm, danger, et cetera.

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00:29:35,320 --> 00:29:39,600

So negative news always gets more views than positive ones.

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00:29:39,600 --> 00:29:43,600

That's why a lot more of the headlines and the shows and the socials are bombarding us

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00:29:43,600 --> 00:29:48,960

with negativity because we're hooked on it and we perpetuate it because we don't turn

485

00:29:48,960 --> 00:29:49,960

it off.

486

00:29:49,960 --> 00:29:52,560

Me, I don't even have social media on my phone anymore.

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00:29:52,560 --> 00:29:54,480

I deleted all my apps.

488

00:29:54,480 --> 00:29:57,640

Like somebody told me the other day, they're like, hey, dude, like you should check out

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00:29:57,640 --> 00:29:58,640

my story on Instagram.

490

00:29:58,640 --> 00:30:03,040

Like I don't have I have it on my phone and I'm not in front of a computer right now.

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00:30:03,040 --> 00:30:05,080

So like can't do it.

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00:30:05,080 --> 00:30:08,560

But we don't have like that's very uncommon, right?

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00:30:08,560 --> 00:30:09,760

Most people are on their phone.

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00:30:09,760 --> 00:30:13,720

And if you check their screen time, it's probably like eight hours a day minimum.

495

00:30:13,720 --> 00:30:21,440

So I think a big part is also getting people to play a part in showing what we want.

496

00:30:21,440 --> 00:30:23,800

And we don't realize we have the numbers.

497

00:30:23,800 --> 00:30:28,360

There might be 50 executive heads, but there's eight billion people.

498

00:30:28,360 --> 00:30:33,620

Why are we consuming what 50 people say we should when we have the number?

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00:30:33,620 --> 00:30:38,760

And so I don't think people and this comes back to that story of victimhood, right?

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00:30:38,760 --> 00:30:41,760

I don't think people realize just how much power they have.

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00:30:41,760 --> 00:30:45,680

We have so much power, so much potential because that's what the human spirit is.

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00:30:45,680 --> 00:30:51,560

And we just give it away all day, every day from things that we believe are disempowering

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00:30:51,560 --> 00:30:52,560

us.

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00:30:52,560 --> 00:30:56,560

But the only thing that disempowers us is this is your mind.

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00:30:56,560 --> 00:30:57,560

I couldn't agree more.

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00:30:57,560 --> 00:30:59,840

And I think you can look at it in so many ways.

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00:30:59,840 --> 00:31:02,200

For example, let's go back to the president.

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00:31:02,200 --> 00:31:05,880

Just for a moment, we look at it like that's the pinnacle of a pyramid.

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00:31:05,880 --> 00:31:10,900

And we forget that we're the base with this massive, massive group of people at the bottom

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00:31:10,900 --> 00:31:12,400

and then flip it upside down.

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00:31:12,400 --> 00:31:14,260

That's how it actually is.

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00:31:14,260 --> 00:31:17,020

Billions of people on top, the few at the bottom.

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00:31:17,020 --> 00:31:18,640

And remember, you work for us.

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00:31:18,640 --> 00:31:24,720

But when you divide and you distract and you create anxiety amongst vast populations of

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00:31:24,720 --> 00:31:29,680

people, it's almost like you make them forget the power they actually have, the power to

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00:31:29,680 --> 00:31:33,280

follow their own dreams and the power to challenge things that are just simply wrong.

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00:31:33,280 --> 00:31:35,760

I just did a post speaking on social media.

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00:31:35,760 --> 00:31:38,640

I try and put positive things out there.

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00:31:38,640 --> 00:31:43,240

And it's amazing that when the ball rolls, a lot of the positive stuff does actually

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00:31:43,240 --> 00:31:44,240

get traction.

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00:31:44,240 --> 00:31:47,920

Not that we're doing it for views and likes or anything, but you see that there is a hunger

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00:31:47,920 --> 00:31:48,920

for that.

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00:31:48,920 --> 00:31:52,280

You just got to get people looking away from the clickbait.

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00:31:52,280 --> 00:32:01,040

But when it comes to the collective understanding, for example, the prohibition of drugs, the

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00:32:01,040 --> 00:32:05,480

addiction crisis, I mean, this has been going on for almost 100 years now.

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00:32:05,480 --> 00:32:11,480

The most epic failure with a hundred year longitudinal study that trying to arrest your

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00:32:11,480 --> 00:32:14,320  
way out of addiction doesn't work.

528  
00:32:14,320 --> 00:32:19,320  
Add guilt and shame to people who are struggling with guilt and shame does not work.

529  
00:32:19,320 --> 00:32:25,600  
We've empowered gangs and we've created homelessness and sex workers and all these other things.

530  
00:32:25,600 --> 00:32:29,960  
But imagine if everyone had an awakening and goes, this isn't working.

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00:32:29,960 --> 00:32:32,320  
We need this to stop right now.

532  
00:32:32,320 --> 00:32:33,600  
Let's decriminalize drugs.

533  
00:32:33,600 --> 00:32:36,520  
Let's stop putting addicts in prisons and put them in medical facilities.

534  
00:32:36,520 --> 00:32:42,240  
I mean, you'd revolutionize so many things and broken homes would start reconnecting

535  
00:32:42,240 --> 00:32:46,680  
again because these young men in particular wouldn't be dragged down the path of the criminal

536  
00:32:46,680 --> 00:32:49,320  
world.

537  
00:32:49,320 --> 00:32:56,320  
But when you're so focused on the Super Bowl and Trump and Biden or whatever is kind of

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00:32:56,320 --> 00:33:01,160

on your screen, your brain doesn't have the capacity to critically think with a calm mind.

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00:33:01,160 --> 00:33:04,760

I think this is the problem is that we all have to turn our damn devices off and I get

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00:33:04,760 --> 00:33:05,760

it.

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00:33:05,760 --> 00:33:07,760

They're addictive and I use it as a tool to promote the podcast.

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00:33:07,760 --> 00:33:12,600

So I'm not going to be a hypocrite, but you know, if it sucks you in and you can't even

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00:33:12,600 --> 00:33:17,160

think critically anymore and COVID was a perfect example, whatever people's beliefs, there

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00:33:17,160 --> 00:33:21,680

was a parting of the Red Sea and the middle where the seashells were was actually the

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00:33:21,680 --> 00:33:22,680

common sense.

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00:33:22,680 --> 00:33:27,360

But everyone went left and right because they were so anxious, you know, and so they lost

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00:33:27,360 --> 00:33:28,440

the capacity to think.

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00:33:28,440 --> 00:33:30,360

So I agree with you a hundred percent.

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00:33:30,360 --> 00:33:33,560

I mean, we've got it so skewed.

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00:33:33,560 --> 00:33:39,920

You know, it's interesting too, because we forget we are the gatekeepers of our mind.

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00:33:39,920 --> 00:33:43,120

Nobody can make you see anything you don't want to see.

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00:33:43,120 --> 00:33:44,120

You have to be conscious.

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00:33:44,120 --> 00:33:47,560

I recommend a book for every new client that I have.

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00:33:47,560 --> 00:33:52,120

I do an onboarding assignment and at the bottom of the onboarding assignment is to read the

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00:33:52,120 --> 00:33:56,000

book as a man thinketh by James Allen.

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00:33:56,000 --> 00:33:58,800

And it's a little bit of an older book.

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00:33:58,800 --> 00:34:02,520

You know, I mean, as a man thinketh, right, it kind of says it in the title and you're

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00:34:02,520 --> 00:34:08,040

going to get some old school lettering and wording or they'll be like the the mail, like

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00:34:08,040 --> 00:34:09,040

you'll get it.

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00:34:09,040 --> 00:34:10,840

You'll get that in the conversation.

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00:34:10,840 --> 00:34:14,040

But I say that that's the foundation.

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00:34:14,040 --> 00:34:17,620

Like if you're a new client of mine, you have to read that book because that is the foundation

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00:34:17,620 --> 00:34:19,040

of mindset.

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00:34:19,040 --> 00:34:23,240

Everything he talks about in that book about planting the seeds for the crops that you

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00:34:23,240 --> 00:34:25,240

want to grow.

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00:34:25,240 --> 00:34:30,240

In today's world, we allow too many people to plant the seeds in our garden.

567

00:34:30,240 --> 00:34:32,060

Then we get plants we don't want.

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00:34:32,060 --> 00:34:34,780

And in addition to that, we're not tending to our garden.

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00:34:34,780 --> 00:34:36,520

And so it's full of weeds.

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00:34:36,520 --> 00:34:38,320

It's full of the wrong plants.

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00:34:38,320 --> 00:34:40,800

And we're wondering why is it that we have no food?

572

00:34:40,800 --> 00:34:45,260

Our garden looks like crap and we are struggling to sustain ourselves.

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00:34:45,260 --> 00:34:50,160

And this is all where it comes back to like mindset isn't everything, but it does impact

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00:34:50,160 --> 00:34:51,240

everything.

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00:34:51,240 --> 00:34:55,240

And so you have to understand how you are showing up.

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00:34:55,240 --> 00:34:59,800

A lot of what I talk about is about putting the power back into people's hands.

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00:34:59,800 --> 00:35:03,760

When when I'm trying to help somebody or I'm trying to teach somebody something, it's all

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00:35:03,760 --> 00:35:07,660

foundational and rooted in your personal development.

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00:35:07,660 --> 00:35:09,940

And we always we always hear about personal development, right?

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00:35:09,940 --> 00:35:11,040

There's a guru for this.

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00:35:11,040 --> 00:35:13,540

There's a self-help book for that, a story for this.

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00:35:13,540 --> 00:35:18,520

You know, there's a course, a training, a workshop, a webinar, a seminar, a workbook,

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00:35:18,520 --> 00:35:21,480

an e-book, a regular book.

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00:35:21,480 --> 00:35:22,640

Where do we go?

585

00:35:22,640 --> 00:35:26,640

Where does the noise actually stop?

586

00:35:26,640 --> 00:35:29,420

When do you figure it out?

587

00:35:29,420 --> 00:35:33,880

You don't ever really figure it out because there's always ways that you can grow.

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00:35:33,880 --> 00:35:40,200

However, I am a fan of telling people dedicate yourself to something like I've had clients,

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00:35:40,200 --> 00:35:44,000

for instance, that have come in, been with me for a few months and I know that they didn't

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00:35:44,000 --> 00:35:45,700

really put in the work.

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00:35:45,700 --> 00:35:47,560

And then they're like, hey, man, I'm great.

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00:35:47,560 --> 00:35:48,560

I'm good.

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00:35:48,560 --> 00:35:51,320

And then I see they have another coach and then they probably stick with that coach for

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00:35:51,320 --> 00:35:54,680

two months and then they go get another coach and then so on and so forth.

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00:35:54,680 --> 00:35:58,420

And it's this there's two types of people in personal development is what I've learned.

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00:35:58,420 --> 00:36:00,920

You have the personal development junkie.

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00:36:00,920 --> 00:36:06,640

There's the person that's basically shooting positive heroin into their into their veins

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00:36:06,640 --> 00:36:10,840

where they get a new coach and a new course and a new seminar and they just joined a new

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00:36:10,840 --> 00:36:14,360

program and they never actually utilize any of it.

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00:36:14,360 --> 00:36:15,360

They just go.

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00:36:15,360 --> 00:36:16,360

They said they did it.

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00:36:16,360 --> 00:36:17,360

They get excited.

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00:36:17,360 --> 00:36:19,440

They get excited to talk to people about how much they're investing in themselves and what

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00:36:19,440 --> 00:36:22,360

they're learning, what they're what they're doing.

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00:36:22,360 --> 00:36:25,520

But their their life never really moves forward.

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00:36:25,520 --> 00:36:27,320

That's the personal development junkie.

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00:36:27,320 --> 00:36:31,280

And then you get somebody that's really in personal development.

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00:36:31,280 --> 00:36:34,880

And they're the person that maybe gets with a coach and sticks with them for like a year

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00:36:34,880 --> 00:36:36,000

or two.

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00:36:36,000 --> 00:36:39,160

And they're the person that gets a program and like does the program.

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00:36:39,160 --> 00:36:43,000

And even after the program is over, continues to implement the things until they perfected

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00:36:43,000 --> 00:36:44,000

it.

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00:36:44,000 --> 00:36:48,400

And they're the person that reads one book because that book can actually sustain their

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00:36:48,400 --> 00:36:52,040

self growth for the next two years as long as they actually apply the things they've



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00:36:52,040 --> 00:36:53,240

learned.

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00:36:53,240 --> 00:36:58,000

And so you really have I mean, and that's kind of every part of life, but it's so freaking

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00:36:58,000 --> 00:37:02,760

clear in the personal development world because I've been here for so long that I just see

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00:37:02,760 --> 00:37:06,160

that there are so many people that don't actually utilize what they learn here.

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00:37:06,160 --> 00:37:10,920

And they're just here to tell people how amazing it is that they're investing in themselves.

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00:37:10,920 --> 00:37:16,880

And I think if you become the other person, where you actually just stick to something,

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00:37:16,880 --> 00:37:19,080

like here's a quick little story.

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00:37:19,080 --> 00:37:23,080

I had a client told me he wanted to read 52 books in the next year.

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00:37:23,080 --> 00:37:26,360

Like we were assessing what's your goals for the year because it was about that time.

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00:37:26,360 --> 00:37:28,840

And he goes, I want to read 52 books.

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00:37:28,840 --> 00:37:33,160

I'm like, so how big is your ego that you feel you need to read 52 books?

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00:37:33,160 --> 00:37:34,560

And he's like, what?

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00:37:34,560 --> 00:37:38,760

He's like, there's successful people out there that read 52 books all the time.

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00:37:38,760 --> 00:37:40,840

I'm like, I don't think so.

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00:37:40,840 --> 00:37:46,400

And I said very plainly, there's no way you're going to read a book a week unless they're

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00:37:46,400 --> 00:37:48,200

like 10 pages.

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00:37:48,200 --> 00:37:52,040

There's no way you're reading a book a week and you're going to take all the information

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00:37:52,040 --> 00:37:55,760

that you gained from that and you're going to organize it and you're going to utilize

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00:37:55,760 --> 00:37:58,420

it and you're going to practice it and you're going to try it and you're going to tweak

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00:37:58,420 --> 00:38:00,640

and you're going to add onto it and you're going to learn from it and you're going to

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00:38:00,640 --> 00:38:05,000

create actionable steps to get something out of the information you read in that book.

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00:38:05,000 --> 00:38:11,080

I was like, your goal to read 52 books in one year is literally the biggest ego project

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00:38:11,080 --> 00:38:13,280

you have created in your recent life.

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00:38:13,280 --> 00:38:18,760

I was like, I will challenge you to read two to three books this year and see if you can

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00:38:18,760 --> 00:38:22,820

even apply all the steps from just those and I guarantee you won't be able to.

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00:38:22,820 --> 00:38:28,760

So put your ego down, set a goal that will actually help you get one or two really good

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00:38:28,760 --> 00:38:30,600

books and apply everything.

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00:38:30,600 --> 00:38:32,200

And people don't always think like that.

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00:38:32,200 --> 00:38:35,360

We get stuck in our egos.

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00:38:35,360 --> 00:38:39,440

I like that term, the kind of self-help junkie because I've seen that a lot and people have

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00:38:39,440 --> 00:38:40,440

made the similar comment.

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00:38:40,440 --> 00:38:44,760

You know, they go to all the seminars and you know, and then dive in and do the, you

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00:38:44,760 --> 00:38:48,320

know, 4 a.m. ice baths and all that stuff, but then fall off.

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00:38:48,320 --> 00:38:52,600

And I think again, you're not, you know, if that works for you for a couple of weeks,

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00:38:52,600 --> 00:38:53,600

then great.

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00:38:53,600 --> 00:38:57,000

But understanding, you know, I mean, the way I look at it is this.

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00:38:57,000 --> 00:39:03,000

If you reverse engineer past a hundred years ago, there was, there were no self-help books.

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00:39:03,000 --> 00:39:05,160

There were no ice baths or anything else.

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00:39:05,160 --> 00:39:08,400

And we were still thriving as a species pretty much.

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00:39:08,400 --> 00:39:10,000

We were eating real food.

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00:39:10,000 --> 00:39:11,080

We were moving a lot.

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00:39:11,080 --> 00:39:12,760

We were out in daylight most of the time.

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00:39:12,760 --> 00:39:14,600

We had a lot of time in nature.

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00:39:14,600 --> 00:39:18,520

You know, we were eating around a dinner table, not distracted by devices, you know.

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00:39:18,520 --> 00:39:21,240

So there's, there's these fundamental things.

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00:39:21,240 --> 00:39:28,240

And so the way I look at it in my very kind of layman terms is, is this truly a holistic

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00:39:28,240 --> 00:39:32,680

thing that humans would have done for a long time or is mirroring something that we would

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00:39:32,680 --> 00:39:35,560

have done for a long time or is this biohacking?

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00:39:35,560 --> 00:39:39,640

Because biohacking is just that kind of easy button that you think is going to be sustainable,

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00:39:39,640 --> 00:39:40,640

but it's not.

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00:39:40,640 --> 00:39:44,120

You know, most people don't stay on a ketone diet, for example.

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00:39:44,120 --> 00:39:48,000

It has applications, but most people you hear like I did it for a bit.

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00:39:48,000 --> 00:39:52,320

I did it with plant-based, very, very beneficial for my blood work, very beneficial for my

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00:39:52,320 --> 00:39:53,320

gut health.

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00:39:53,320 --> 00:39:56,720

But there was a certain point where my body was like, I need meat and I went back to meat

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00:39:56,720 --> 00:39:57,720

again.

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00:39:57,720 --> 00:40:02,320

So I think there is absolutely, you know, the ability and like you said, the addictive

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00:40:02,320 --> 00:40:07,520

part of, you know, a lot of us, whether it's social media or, you know, food or whatever

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00:40:07,520 --> 00:40:11,840

it is can be a gym and it can also be the help to self-help stuff.

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00:40:11,840 --> 00:40:17,200

And I see a lot of people with Instagram pictures of stacks of books and God, every bloody ice

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00:40:17,200 --> 00:40:20,360

bar that ever existed is on Instagram somewhere as well.

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00:40:20,360 --> 00:40:25,960

You know, is it, is it actually for you and is it truly, you know, something that's going

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00:40:25,960 --> 00:40:30,800

to be sustainable or is this something that you just want people to see you doing?

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00:40:30,800 --> 00:40:32,440

Those are two very different things.

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00:40:32,440 --> 00:40:33,440

Yeah.

680

00:40:33,440 --> 00:40:36,640

You know, and some of it is for show for some people because they need that.

681

00:40:36,640 --> 00:40:39,240

They need that external validation to feel good about themselves.

682

00:40:39,240 --> 00:40:43,140

But you know, some, some people are doing it and they're documenting it with the hopes

683

00:40:43,140 --> 00:40:44,140

to inspire others.

684

00:40:44,140 --> 00:40:45,880

There are some people, right?

685

00:40:45,880 --> 00:40:49,160

Like they'll put out that stack of books as a photo, but then you don't see anything on

686

00:40:49,160 --> 00:40:52,760

their Instagram for the next, I don't know, four months.

687

00:40:52,760 --> 00:40:56,480

And then they'll come back with a new message and be like, all right, guys, I've been quiet.

688

00:40:56,480 --> 00:41:00,960

I fell off a little bit, you know, but your boys back now I'm about to hit it hard.

689

00:41:00,960 --> 00:41:02,520

They're not going to call this a comeback.

690

00:41:02,520 --> 00:41:07,360

And then they go quiet for another four months.

691

00:41:07,360 --> 00:41:09,480

And it's like, there are people out there like that.

692

00:41:09,480 --> 00:41:13,760

And then there are people out there that are doing it like, like you and I, for instance,

693

00:41:13,760 --> 00:41:15,480

I hate social media.

694

00:41:15,480 --> 00:41:16,840

I don't care about it.

695

00:41:16,840 --> 00:41:17,920

I don't like it.

696

00:41:17,920 --> 00:41:22,200

I haven't been on social media and probably I recently deleted the apps.

697

00:41:22,200 --> 00:41:24,280

I want to say it's been four or five days now.

698

00:41:24,280 --> 00:41:25,640

I don't even care, man.

699

00:41:25,640 --> 00:41:29,600

I like literally I have zero desire to figure out what's going on.

700

00:41:29,600 --> 00:41:30,920

I'm so happy.

701

00:41:30,920 --> 00:41:32,840

I'm so much more present.

702

00:41:32,840 --> 00:41:36,240

And I know that that's the biggest benefit because of social media being gone.



703

00:41:36,240 --> 00:41:37,600

I hate it.

704

00:41:37,600 --> 00:41:40,920

But we also look at it as an opportunity.

705

00:41:40,920 --> 00:41:44,400

It's a tool like you're going to be out there consuming somebody's crap, at least consume

706

00:41:44,400 --> 00:41:47,000

mine because it'll help you.

707

00:41:47,000 --> 00:41:48,560

And so, right.

708

00:41:48,560 --> 00:41:52,880

I think there are those ways of like how we could show up to try to help people.

709

00:41:52,880 --> 00:41:54,600

And we do it in a very genuine fashion.

710

00:41:54,600 --> 00:41:58,340

Like I hate social media so much that I don't do it for me.

711

00:41:58,340 --> 00:42:01,120

If I'm posting, it's literally for you because I'm fine.

712

00:42:01,120 --> 00:42:03,720

Even though I'm not on social media, I'm still getting clients.

713

00:42:03,720 --> 00:42:04,960

I'm still working.

714

00:42:04,960 --> 00:42:05,960

I'm running.

715

00:42:05,960 --> 00:42:07,560

I have four businesses I run.

716

00:42:07,560 --> 00:42:09,840

Like I don't need social media.

717

00:42:09,840 --> 00:42:12,040

I do it literally not for me.

718

00:42:12,040 --> 00:42:15,600

So every time I get people trying to sell me like, hey, we can enhance your social media

719

00:42:15,600 --> 00:42:17,040

and we can do this and we can do that.

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00:42:17,040 --> 00:42:20,960

And like I'm sure it'll probably get me more clients or whatever the case is.

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00:42:20,960 --> 00:42:24,880

But I don't really look at social media as that because I don't care about it.

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00:42:24,880 --> 00:42:28,120

I look at it as like the content is for you.

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00:42:28,120 --> 00:42:32,240

So at the end of the day, I think it's really about asking ourselves like how do we show

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00:42:32,240 --> 00:42:33,240

up?

725

00:42:33,240 --> 00:42:34,240

How do we want to show up?

726

00:42:34,240 --> 00:42:35,240

Who are we trying to help?

727

00:42:35,240 --> 00:42:36,240

And why do we want to do it?

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00:42:36,240 --> 00:42:39,760

And that kind of is a big guideline for me and obviously a guideline for you.

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00:42:39,760 --> 00:42:43,720

And hopefully even some of the listeners out there, like when you're on social media, you

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00:42:43,720 --> 00:42:45,720

have to ask yourself like, why are you there?

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00:42:45,720 --> 00:42:46,880

Like what are you doing on it?

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00:42:46,880 --> 00:42:47,880

Are you doing it for you?

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00:42:47,880 --> 00:42:48,880

Are you doing it for others?

734

00:42:48,880 --> 00:42:51,120

Are you doing it to quote unquote stay informed?

735

00:42:51,120 --> 00:42:55,360

I love when people are telling me that, oh, I'm on social media so much because I'm staying

736

00:42:55,360 --> 00:42:56,360  
informed.

737

00:42:56,360 --> 00:42:57,360  
Great.

738

00:42:57,360 --> 00:42:58,360  
What are you doing with all the information?

739

00:42:58,360 --> 00:43:05,000  
Like, it's my number one question, you know, and so it's just choose to show up intentionally.

740

00:43:05,000 --> 00:43:08,600  
I think that's what we have moved so far away from.

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00:43:08,600 --> 00:43:12,560  
And that's something I really try to teach now is like, just please be intentional with

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00:43:12,560 --> 00:43:13,560  
your life.

743

00:43:13,560 --> 00:43:15,760  
I guarantee it'll be so much better.

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00:43:15,760 --> 00:43:16,760  
Yeah.

745

00:43:16,760 --> 00:43:17,760  
No, I couldn't agree more.

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00:43:17,760 --> 00:43:20,760  
And I mean, there's times obviously where I'm going to post a family thing.

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00:43:20,760 --> 00:43:22,200

Like I turn 50 tomorrow.

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00:43:22,200 --> 00:43:25,680

I'll do a post turning 50 because it's cool.

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00:43:25,680 --> 00:43:26,680

Thank you.

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00:43:26,680 --> 00:43:30,000

But most of the time it is, okay, here's an interesting, here's an inspiring video or

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00:43:30,000 --> 00:43:31,440

here's something that made me cry.

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00:43:31,440 --> 00:43:33,320

So I'm going to make you fuckers cry now.

753

00:43:33,320 --> 00:43:37,720

You know, but it is, it's to get a reaction, to get people thinking.

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00:43:37,720 --> 00:43:41,600

And a lot of times it will take time to write on the comments, but it's like an episode

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00:43:41,600 --> 00:43:42,600

of the podcast.

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00:43:42,600 --> 00:43:47,360

It's an opportunity to get people thinking about whatever the thing is, but it's not,

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00:43:47,360 --> 00:43:52,120

you know, a selfie or yet another video of me in CrossFit or, you know, whatever, you

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00:43:52,120 --> 00:43:55,440

know, a lot of people that, that, that do put that out there.

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00:43:55,440 --> 00:43:59,600

But you know, I just had this, this soldier on the show that was talking about the SAS

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00:43:59,600 --> 00:44:04,960

guy and he was saying that social media or just, just content in general, you know, the

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00:44:04,960 --> 00:44:08,400

way that you consume information is like food.

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00:44:08,400 --> 00:44:13,560

You know, if you want to have a long, healthy life and perform at a high level, then you're

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00:44:13,560 --> 00:44:16,380

diligent about the kind of food that you put in your body.

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00:44:16,380 --> 00:44:22,040

If you get your news from CNN or Fox and you're on Instagram and Tik TOK the whole time, that's

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00:44:22,040 --> 00:44:24,440

the McDonald's of, of information.

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00:44:24,440 --> 00:44:29,480

And so, you know, you reap what you sow and he was absolutely right.

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00:44:29,480 --> 00:44:30,480

It's true.

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00:44:30,480 --> 00:44:35,880

But we could talk a little bit about kind of piggybacking off of what he said to one

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00:44:35,880 --> 00:44:40,080

of the biggest things that I'm passionate about in personal development is your identity.

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00:44:40,080 --> 00:44:42,400

Nowadays, there's a great conversation.

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00:44:42,400 --> 00:44:45,120

And when I say great, I'm really being facetious.

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00:44:45,120 --> 00:44:49,640

There's a great conversation about identity and everybody's so focused on sexuality being

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00:44:49,640 --> 00:44:52,160

like the biggest part of your identity.

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00:44:52,160 --> 00:44:53,560

But nobody talks about that.

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00:44:53,560 --> 00:44:58,000

Everything is part of your identity because the interesting thing is that we create our

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00:44:58,000 --> 00:45:04,760

identities from the information that we are taking in and processing in our worlds.

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00:45:04,760 --> 00:45:09,280

Now a lot of the times where we're getting stuck is we're not determining what our identities

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00:45:09,280 --> 00:45:10,280

are.

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00:45:10,280 --> 00:45:14,480

So I talk about how do you go from passively experiencing life to consciously creating

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00:45:14,480 --> 00:45:19,960

it and foundationally, it all starts within it all starts at the identity because there's

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00:45:19,960 --> 00:45:23,720

actually an interesting chain that I've discovered with people.

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00:45:23,720 --> 00:45:27,920

So the first thing is that we all have this desire to be consistent to who we believe

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00:45:27,920 --> 00:45:28,920

ourselves to be.

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00:45:28,920 --> 00:45:30,320

That's your identity.

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00:45:30,320 --> 00:45:36,160

The identity starts building out your your behaviors.

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00:45:36,160 --> 00:45:37,160

What are behaviors?

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00:45:37,160 --> 00:45:43,160

Behaviors are your attitude there, how you're viewing life there, what it is that you think

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00:45:43,160 --> 00:45:48,040

about or should I say what it is that you believe on your experiences or whatever, like

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00:45:48,040 --> 00:45:51,740

you're waking up, you have a crappy day or you believe it's going to be a crappy day.

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00:45:51,740 --> 00:45:52,740

That's your behavior.



791

00:45:52,740 --> 00:45:53,740

That's your attitude.

792

00:45:53,740 --> 00:45:54,740

It has nothing to do with anybody else.

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00:45:54,740 --> 00:46:00,600

Do you so we have identity goes to your behaviors, your behaviors start forming these actions

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00:46:00,600 --> 00:46:04,760

that you're going to take because the behaviors are now going to dictate how you're going

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00:46:04,760 --> 00:46:07,480

to show up what you're going to do.

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00:46:07,480 --> 00:46:11,040

Actions are just extensions of the behaviors that you already have.

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00:46:11,040 --> 00:46:14,900

Those actions, if you do them long enough, it's like a math equation that going to compound

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00:46:14,900 --> 00:46:16,240

over time.

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00:46:16,240 --> 00:46:19,640

The compounding actions start forming your habits.

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00:46:19,640 --> 00:46:21,320

Your habits are I mean, that's obvious.

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00:46:21,320 --> 00:46:22,880

Now you're just running on autopilot.

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00:46:22,880 --> 00:46:24,160

You're not thinking about your actions.

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00:46:24,160 --> 00:46:28,160

You're not thinking about your behavior all along unaware that this all comes from your

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00:46:28,160 --> 00:46:33,840

identity and now you have these habitual behaviors, aka actions, aka activities you're doing every

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00:46:33,840 --> 00:46:37,120

single day, which continues to reinforce that life or lifestyle.

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00:46:37,120 --> 00:46:41,220

Then you get to the last part of the chain, which is just your outcomes and results.

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00:46:41,220 --> 00:46:46,320

Your outcomes and your results in life are literally just stemming from your habits.

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00:46:46,320 --> 00:46:49,820

The habits are from the actions, the actions are from the behaviors and it all goes back

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00:46:49,820 --> 00:46:51,920

to your identity.

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00:46:51,920 --> 00:46:57,120

If we are passively experiencing life and we are not consciously creating our identities,

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00:46:57,120 --> 00:47:00,040

you're going to have an outcome or a result you're not a fan of.

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00:47:00,040 --> 00:47:03,000

But then the question is how do we start shifting the identity?

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00:47:03,000 --> 00:47:09,240

You can't unless you know who you want to become and you start taking action based on

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00:47:09,240 --> 00:47:13,000

who you believe you can be instead of who you currently are.

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00:47:13,000 --> 00:47:17,740

That's where people get caught up because they don't put in the work to actually roadmap

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00:47:17,740 --> 00:47:19,880

what that's supposed to look like.

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00:47:19,880 --> 00:47:25,120

So you say, Vin, I want to be a great 50 year old.

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00:47:25,120 --> 00:47:26,120

Too late.

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00:47:26,120 --> 00:47:27,120

Cool James.

820

00:47:27,120 --> 00:47:28,120

Cool James.

821

00:47:28,120 --> 00:47:34,560

Then the question is, what is the most empowered version of a 50 year old James look like?

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00:47:34,560 --> 00:47:35,680

What would he say?

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00:47:35,680 --> 00:47:36,680

What would he think?

824

00:47:36,680 --> 00:47:37,680

What would he do?

825

00:47:37,680 --> 00:47:38,680

How would he act?

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00:47:38,680 --> 00:47:40,000

How would he inspire others to feel?

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00:47:40,000 --> 00:47:41,200

How would he show up daily?

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00:47:41,200 --> 00:47:42,400

What's his habits going to be like?

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00:47:42,400 --> 00:47:44,840

His routines, his lifestyle, etc.

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00:47:44,840 --> 00:47:49,440

And there's so many things that go into understanding what is an empowered identity look like.

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00:47:49,440 --> 00:47:54,360

And then from there you want to actually challenge yourself to live that out day in and day out

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00:47:54,360 --> 00:47:56,440

because now you have the clarity.

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00:47:56,440 --> 00:47:59,320

Now it's about taking the steps and then people get stuck there.

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00:47:59,320 --> 00:48:03,240

They're like, well, what are the only things that I could work on?

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00:48:03,240 --> 00:48:06,000

And that's where I talk about go inside.

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00:48:06,000 --> 00:48:08,360

There's only five things in this world you can control.

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00:48:08,360 --> 00:48:13,800

That's your thoughts, your actions, your behaviors, your emotions and your language.

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00:48:13,800 --> 00:48:19,240

And if you gain mastery over those five, as I call them the five aspects of self mastery,

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00:48:19,240 --> 00:48:23,200

you then pair that with your empowered identity.

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00:48:23,200 --> 00:48:29,560

And now you're actually really creating something and that is forcing you into consciousness

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00:48:29,560 --> 00:48:32,800

because we don't change from conscious conversation.

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00:48:32,800 --> 00:48:36,240

We change from subconscious reprogramming.

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00:48:36,240 --> 00:48:40,880

And if you can't do the things daily to get yourself reprogrammed, you can never create

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00:48:40,880 --> 00:48:45,320

an identity shift and the identity shift can never lead to a different outcome.

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00:48:45,320 --> 00:48:49,280

And the different outcome will never lead you to that lifestyle you dream of.

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00:48:49,280 --> 00:48:50,720

But it always is consistent.

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00:48:50,720 --> 00:48:54,200

It just starts with you.

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00:48:54,200 --> 00:48:56,880

What are some of the mistakes that you see people make?

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00:48:56,880 --> 00:49:00,000

Because just as you said, there's a lot of, you know, whether it's reading, whether it's

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00:49:00,000 --> 00:49:06,800

taking a self help seminar, but then there's the application and there's a lot of resistance

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00:49:06,800 --> 00:49:07,800

to that.

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00:49:07,800 --> 00:49:12,600

And sometimes people just try and change everything all at once as well, which is, you know, unsustainable.

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00:49:12,600 --> 00:49:16,960

So someone's going to identify where they where they are.

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00:49:16,960 --> 00:49:23,080

How do you coach them in starting to change those those daily practices and embed them

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00:49:23,080 --> 00:49:25,920

so they can become an actual discipline?

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00:49:25,920 --> 00:49:28,160

So that's a great question.

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00:49:28,160 --> 00:49:30,880

I actually really love that.

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00:49:30,880 --> 00:49:34,320

Everybody's at different places pretty much all times in their lives, right?

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00:49:34,320 --> 00:49:35,520

Especially when they come to me.

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00:49:35,520 --> 00:49:37,840

I mean, I'm going to get somebody that's here and then I'm going to get somebody that's

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00:49:37,840 --> 00:49:40,640

here and then somebody that's here and then somebody that's over there.

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00:49:40,640 --> 00:49:44,240

And so I'm always dealing with people at different stages.

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00:49:44,240 --> 00:49:51,000

I believe that the teachings that I go through with people are kind of fundamental to life.

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00:49:51,000 --> 00:49:56,920

Now, you actually made a comment before about like, you know, 100 years ago with self development.

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00:49:56,920 --> 00:49:59,640

I believe self development has been around since the dawn of time.

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00:49:59,640 --> 00:50:00,840

We just call it different things.

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00:50:00,840 --> 00:50:05,440

We call it the Bible or we call it stoicism or we call it philosophy.

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00:50:05,440 --> 00:50:11,280

Personally, personal development is ingrained in us because the human spirit always wants

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00:50:11,280 --> 00:50:13,800

to expand its capacity.

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00:50:13,800 --> 00:50:16,800

That is a deep spiritual truth about the human race.

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00:50:16,800 --> 00:50:18,520

And I'm not talking about religious, right?

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00:50:18,520 --> 00:50:21,960

So if any of your followers are atheist, you should still be able to believe on this part

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00:50:21,960 --> 00:50:25,640

because this is just the deepest part of your of your being.

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00:50:25,640 --> 00:50:28,200

If we don't want to call it a soul, that's fine, too.

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00:50:28,200 --> 00:50:33,280

But I look at it as that we always have these desires to be more.

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00:50:33,280 --> 00:50:36,600

Sometimes we don't do it, and that's when we start feeling like crap.

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00:50:36,600 --> 00:50:42,040

So my thing is you have to figure out where you currently are in life.



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00:50:42,040 --> 00:50:44,720

The process I take people through is very simple.

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00:50:44,720 --> 00:50:49,480

When you first start working with me and for all of you listeners, I encourage you even

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00:50:49,480 --> 00:50:51,040

just do this for yourself.

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00:50:51,040 --> 00:50:55,400

Maybe make this a home assignment, make it a fun exercise for you.

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00:50:55,400 --> 00:50:59,200

It could potentially create some awareness and shed some light on your life.

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00:50:59,200 --> 00:51:02,400

When a client first starts working with me, I've created an onboarding assignment for

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00:51:02,400 --> 00:51:07,120

my time as a therapist and then becoming a coach and combining the two modalities.

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00:51:07,120 --> 00:51:11,820

The first part of the onboarding assignment is we do an in-depth assessment of your life.

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00:51:11,820 --> 00:51:16,600

Go back, write down everything that you believe was important to your history.

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00:51:16,600 --> 00:51:18,960

Like where were some pivotal moments in your life?

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00:51:18,960 --> 00:51:20,440

What were some of the things that shaped you?

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00:51:20,440 --> 00:51:23,260

Can you think about a time where limiting beliefs started?

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00:51:23,260 --> 00:51:26,960

Can you really get back to just these pieces of who you were and start piecing together

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00:51:26,960 --> 00:51:29,560

your story from then until now?

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00:51:29,560 --> 00:51:34,200

Then we go to the present and then the questions are based on what is your current lifestyle

893

00:51:34,200 --> 00:51:35,200

like?

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00:51:35,200 --> 00:51:37,640

Do you believe that somebody's holding you back?

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00:51:37,640 --> 00:51:39,440

Are you living as a victim?

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00:51:39,440 --> 00:51:43,320

What do you currently believe about your state of being in this moment?

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00:51:43,320 --> 00:51:46,660

Then we create the hopeful future.

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00:51:46,660 --> 00:51:49,160

What do you want to see from your life?

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00:51:49,160 --> 00:51:54,480

If you were living in your best state, what does that life look like?

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00:51:54,480 --> 00:51:56,600

How should that life be?

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00:51:56,600 --> 00:51:57,920

What do you see for yourself?

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00:51:57,920 --> 00:51:59,480

What do you experience in that life?

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00:51:59,480 --> 00:52:01,840

What kind of emotions do you have the most abundance in?

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00:52:01,840 --> 00:52:04,800

What are the experiences you're enjoying?

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00:52:04,800 --> 00:52:07,200

Really create this amazing vision.

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00:52:07,200 --> 00:52:11,480

When I do that assignment with people, it roadmaps for them.

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00:52:11,480 --> 00:52:15,280

We start with where you've been, where you are, and where you're going.

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00:52:15,280 --> 00:52:18,800

I actually like to tell them it's not really a linear thing.

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00:52:18,800 --> 00:52:25,480

If you think about it, it's almost like you're starting up here because I believe that the

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00:52:25,480 --> 00:52:30,520

past is something that we should spend some time analyzing.

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00:52:30,520 --> 00:52:34,480

It's actually really important, so I believe it should be at an elevated spot when you're

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00:52:34,480 --> 00:52:35,480

working on yourself.

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00:52:35,480 --> 00:52:37,640

You don't spend a lot of time there.

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00:52:37,640 --> 00:52:39,000

Just get what you need.

915

00:52:39,000 --> 00:52:42,160

Then we drop down to reality.

916

00:52:42,160 --> 00:52:44,960

Then it's like, all right, we're in the thick of it.

917

00:52:44,960 --> 00:52:47,960

Now you climb out of that because you're creating your hopeful future.

918

00:52:47,960 --> 00:52:50,760

I like to say that almost this is shaped like a you.

919

00:52:50,760 --> 00:52:54,040

You go back up into the clouds and your dreams of your past.

920

00:52:54,040 --> 00:53:00,240

You come down to reality, maybe a little hard, and then you go up with your hopeful future.

921

00:53:00,240 --> 00:53:01,240

Beautiful.

922

00:53:01,240 --> 00:53:06,360

Well, you've been talking a lot about psychology.

923

00:53:06,360 --> 00:53:11,200

Let's start your path into the mental health side, and then we'll lead into how and why

924

00:53:11,200 --> 00:53:13,280

you joined the Fire Service.

925

00:53:13,280 --> 00:53:14,280

Sure.

926

00:53:14,280 --> 00:53:16,500

Well, mental health has always been a desire for me.

927

00:53:16,500 --> 00:53:18,860

My dad was a therapist.

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00:53:18,860 --> 00:53:24,680

Ever since I was probably fifth grade, about 10 years old or so, I always said I want to

929

00:53:24,680 --> 00:53:28,600

be a firefighter and I want to be a psychotherapist, or a therapist more appropriately because

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00:53:28,600 --> 00:53:31,080

I don't know, 10 year olds like to say psychotherapist.

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00:53:31,080 --> 00:53:32,080

Maybe I did.

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00:53:32,080 --> 00:53:33,080

I don't know.

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00:53:33,080 --> 00:53:34,560

But people would always lump the two together.

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00:53:34,560 --> 00:53:36,120

They'd be like, wow, that's so honorable.

935

00:53:36,120 --> 00:53:38,120

You want to be a therapist for firefighters?

936

00:53:38,120 --> 00:53:39,520

I'm like, no.

937

00:53:39,520 --> 00:53:45,960

I want to be a therapist like my dad and a firefighter because they're heroes.

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00:53:45,960 --> 00:53:50,360

I basically always was wanting to do the two.

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00:53:50,360 --> 00:53:55,200

I also, as I mentioned before, I struggled a lot when I was younger.

940

00:53:55,200 --> 00:53:58,720

I was diagnosed with depression, anxiety, and panic disorder.

941

00:53:58,720 --> 00:54:00,720

I had a lot of suicidal ideation.

942

00:54:00,720 --> 00:54:04,960

I had self-harm tendencies, and I never fit in anywhere.

943

00:54:04,960 --> 00:54:06,800

My whole life was always just getting bullied.

944

00:54:06,800 --> 00:54:08,280

I was thrown in trash cans.

945

00:54:08,280 --> 00:54:09,480

I was thrown down the steps.

946

00:54:09,480 --> 00:54:11,320

I was pushed into lockers.

947

00:54:11,320 --> 00:54:13,520

I was made fun of.

948

00:54:13,520 --> 00:54:16,280

I had rumors started about me.

949

00:54:16,280 --> 00:54:19,480

People would steal from me.

950

00:54:19,480 --> 00:54:24,680

Everything that could happen to somebody was happening to me.

951

00:54:24,680 --> 00:54:32,080

I was really in these just terribly down states for, I'd say most of my teen to young adult

952

00:54:32,080 --> 00:54:33,080

life.

953

00:54:33,080 --> 00:54:35,680

When I say young adult, I mean in my early 20s.

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00:54:35,680 --> 00:54:38,880

Things started to subside around 23.

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00:54:38,880 --> 00:54:43,640

A big part of the story that I feel is so important for listeners to understand is I

956

00:54:43,640 --> 00:54:47,520

lived in this state of victimhood for pretty much all of my life.

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00:54:47,520 --> 00:54:52,240

There wasn't really a time for me, which is why I was so hung up on the idea of suicide

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00:54:52,240 --> 00:55:00,580

and self-harm, is because the mindset is you can't see the light at the end of the tunnel.

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00:55:00,580 --> 00:55:07,400

It gets really exhausting fumbling around in the dark for such a long time.

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00:55:07,400 --> 00:55:13,720

For me, that was a big reality, even though it wasn't like this crazy stuff of experiencing

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00:55:13,720 --> 00:55:15,280

gang violence or whatever.

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00:55:15,280 --> 00:55:16,280

I had my own reality.

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00:55:16,280 --> 00:55:21,640

I had my own life that wasn't really adding up the way I wanted it to.

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00:55:21,640 --> 00:55:27,720

In high school, going into college, I thought that I needed to change something.

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00:55:27,720 --> 00:55:31,800

My name is Vincent, but I wrote on my college transcripts that my name is Vincenzo.



966

00:55:31,800 --> 00:55:34,840

I was trying to reinvent myself to something cooler.

967

00:55:34,840 --> 00:55:40,560

The Italian guy with the cool Italian name, Vincenzo.

968

00:55:40,560 --> 00:55:43,600

It worked and it didn't.

969

00:55:43,600 --> 00:55:46,120

I started getting girls.

970

00:55:46,120 --> 00:55:47,440

I changed up my image.

971

00:55:47,440 --> 00:55:48,440

I grew a beard.

972

00:55:48,440 --> 00:55:50,160

I started working out because I was a little bit fat.

973

00:55:50,160 --> 00:55:52,400

I was a little depressed, all that.

974

00:55:52,400 --> 00:55:57,200

When I changed up my image and I changed up my name, I realized, oh man, this is working.

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00:55:57,200 --> 00:55:58,200

I have friends now.

976

00:55:58,200 --> 00:56:00,960

I got a girl or a girl's interested.

977

00:56:00,960 --> 00:56:03,600

However, the internal is still the same.

978

00:56:03,600 --> 00:56:04,960

I was still that anxious guy.

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00:56:04,960 --> 00:56:06,120

I was still that guy who was awkward.

980

00:56:06,120 --> 00:56:09,160

I was still that guy who didn't know how to approach people.

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00:56:09,160 --> 00:56:12,800

Then anxiety got worse and panic got worse and depression got worse and everything continued

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00:56:12,800 --> 00:56:15,560

to get worse until I was having a lot of mental breakdowns.

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00:56:15,560 --> 00:56:21,160

Every few months, I was in the worst place mentally I could have ever been.

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00:56:21,160 --> 00:56:28,520

At about 23 years old was when I decided, I decided that I just couldn't live that way

985

00:56:28,520 --> 00:56:30,520

anymore.

986

00:56:30,520 --> 00:56:32,840

It didn't go in the opposite direction.

987

00:56:32,840 --> 00:56:36,640

When people hear that, that's saying that I decided I couldn't live like this anymore,

988

00:56:36,640 --> 00:56:38,360

they think the worst.

989

00:56:38,360 --> 00:56:40,760

For me, it actually was the best.

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00:56:40,760 --> 00:56:43,240

I was so fed up with how my life was.

991

00:56:43,240 --> 00:56:47,680

I was pretty much in the bathroom in my parents' house and I just slammed my hands on the counter

992

00:56:47,680 --> 00:56:50,000

and I was like, what is wrong with me?

993

00:56:50,000 --> 00:56:56,400

Why is it that at 23 years old, I've graduated, I have my license to practice psychotherapy,

994

00:56:56,400 --> 00:57:00,840

I have my master's, I have a really great car, I have money in the bank, I just landed

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00:57:00,840 --> 00:57:02,760

a great job.

996

00:57:02,760 --> 00:57:03,760

Why am I still depressed?

997

00:57:03,760 --> 00:57:06,120

Why am I so anxious all the time?

998

00:57:06,120 --> 00:57:07,600

Why am I so angry?

999

00:57:07,600 --> 00:57:14,280

I have everything society says I should have, so what's up?

1000

00:57:14,280 --> 00:57:16,600

You really can't figure it out.

1001

00:57:16,600 --> 00:57:22,360

But I looked at myself in the mirror and I was like, oh my God, I get it now.

1002

00:57:22,360 --> 00:57:25,840

It's like you're Vincent.

1003

00:57:25,840 --> 00:57:29,840

That was the first time in seven years that I said my own name, my actual name, my real

1004

00:57:29,840 --> 00:57:31,320

name.

1005

00:57:31,320 --> 00:57:35,120

And the reason that was so powerful is because I was finally willing to take my power back.

1006

00:57:35,120 --> 00:57:39,760

I was finally willing to accept that that's who I am.

1007

00:57:39,760 --> 00:57:43,920

All the crap that happened in my life, the way my life currently is, it's all because

1008

00:57:43,920 --> 00:57:47,880

of that person, even though I spent time trying to run from him.

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00:57:47,880 --> 00:57:51,800

And so in that moment, I had to ask myself a very hard question.

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00:57:51,800 --> 00:57:53,400

I was like, all right, well, you're Vincent.

1011

00:57:53,400 --> 00:57:54,400

Who is that?

1012

00:57:54,400 --> 00:57:55,520

Well, Vincent is depressed.

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00:57:55,520 --> 00:57:56,520

He's anxious.

1014

00:57:56,520 --> 00:57:58,600

He's suicidal.

1015

00:57:58,600 --> 00:57:59,600

He's sad.

1016

00:57:59,600 --> 00:58:00,600

People pity him.

1017

00:58:00,600 --> 00:58:01,600

He gets panic attacks.

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00:58:01,600 --> 00:58:03,640

He gets a mental breakdown every now and then.

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00:58:03,640 --> 00:58:05,560

He doesn't feel good about life.

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00:58:05,560 --> 00:58:06,560

Okay, cool.

1021

00:58:06,560 --> 00:58:08,000

Is this who you want to be?

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00:58:08,000 --> 00:58:09,000

The answer is no.

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00:58:09,000 --> 00:58:10,400

Who do you want to be?

1024

00:58:10,400 --> 00:58:12,480

Well, I want to be a leader.

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00:58:12,480 --> 00:58:14,320

I want to be inspiring.

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00:58:14,320 --> 00:58:15,840

I want to be someone who's excitable.

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00:58:15,840 --> 00:58:16,840

I want to be powerful.

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00:58:16,840 --> 00:58:17,840

I want to help others.

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00:58:17,840 --> 00:58:18,840

I want to teach.

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00:58:18,840 --> 00:58:19,840

I want to be happy.

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00:58:19,840 --> 00:58:20,840

I want to be empathetic.

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00:58:20,840 --> 00:58:22,720

I want to be enthusiastic.

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00:58:22,720 --> 00:58:24,800

And all of a sudden, everything's just flowing.

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00:58:24,800 --> 00:58:25,800

It's all just coming out.

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00:58:25,800 --> 00:58:26,800

I could see it.

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00:58:26,800 --> 00:58:28,920

I'm like, oh man, yeah, this is what I want.

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00:58:28,920 --> 00:58:32,720

And then it just came to that question of like, okay, so how do you become all of that?

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00:58:32,720 --> 00:58:33,720

What do you have to do?

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00:58:33,720 --> 00:58:35,120

Who do you have to be?

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00:58:35,120 --> 00:58:37,460

How do you become those things that you just said?

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00:58:37,460 --> 00:58:39,760

Because they all have a way of showing up.

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00:58:39,760 --> 00:58:43,520

And that's why I talk so much about building these empowering identities because I did

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00:58:43,520 --> 00:58:44,520

it.

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00:58:44,520 --> 00:58:45,520

That's how I changed my life.

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00:58:45,520 --> 00:58:49,040

And I went on that journey at 23 years old.

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00:58:49,040 --> 00:58:53,440

And conversely, that same week, I walked into my therapist office and I said, it's been

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00:58:53,440 --> 00:58:54,440

real, man.

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00:58:54,440 --> 00:58:55,440

I'll see you later.

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00:58:55,440 --> 00:58:57,320

I'm never coming back.

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00:58:57,320 --> 00:59:02,360

Because I was ready to embark on my journey to take my power back.

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00:59:02,360 --> 00:59:05,680

I didn't need my therapist to validate me anymore because he let's be real.

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00:59:05,680 --> 00:59:08,080

He wasn't really helping me anyway.

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00:59:08,080 --> 00:59:12,720



And I was finally ready to just own everything in my life and say, everything that happens

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00:59:12,720 --> 00:59:16,360

now is by my hand, good and bad.

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00:59:16,360 --> 00:59:17,960

And I'm ready to take this trip.

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00:59:17,960 --> 00:59:20,040

And so I did it 23.

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00:59:20,040 --> 00:59:23,680

And then the fire department happened at about 28.

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00:59:23,680 --> 00:59:26,360

But I'll take a pause in case James wants to weigh in here.

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00:59:26,360 --> 00:59:29,760

Yeah, let me just throw one thing in there.

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00:59:29,760 --> 00:59:31,520

And this is related to the fire department.

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00:59:31,520 --> 00:59:37,120

So as I progress through all these interviews, I realized and through the education of some,

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00:59:37,120 --> 00:59:43,760

I guess, like Jake Clark, the importance of the formative years on us struggling when

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00:59:43,760 --> 00:59:47,400

we get into adulthood and maybe putting uniform on.

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00:59:47,400 --> 00:59:49,520

And it's not a doom and gloom conversation.

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00:59:49,520 --> 00:59:54,280

Because again, to me, addressed childhood trauma, childhood struggles, addressed becomes

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00:59:54,280 --> 00:59:56,080

a strength, becomes a superpower.

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00:59:56,080 --> 01:00:00,760

If you push down left unaddressed, it's a fracture in the foundation.

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01:00:00,760 --> 01:00:06,440

When you look back now, I mean, you had some pretty strong emotional feelings as a teen,

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01:00:06,440 --> 01:00:09,200

especially suicide ideation.

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01:00:09,200 --> 01:00:14,200

Were there elements of your upbringing that you can identify now were the kind of the

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01:00:14,200 --> 01:00:17,400

root cause of some of these feelings?

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01:00:17,400 --> 01:00:21,900

So my mom has always been a bit anxious.

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01:00:21,900 --> 01:00:25,600

And I've come to learn that anxiety is learned.

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01:00:25,600 --> 01:00:34,080

I think that perhaps my mom in her own anxious way contributed to my state of anxiety.

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01:00:34,080 --> 01:00:38,680

However, I can't blame her because I took it and ran with it.

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01:00:38,680 --> 01:00:46,960

And we know that we might take other people's crap on, but it's our choice as to how long

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01:00:46,960 --> 01:00:51,640

we want to carry that crap and how much we want to say, well, it's not my fault you gave

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01:00:51,640 --> 01:00:52,640

it to me.

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01:00:52,640 --> 01:00:54,600

It's like, OK, well, that's cool, because you'll never change your life if you believe

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01:00:54,600 --> 01:00:55,720

that.

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01:00:55,720 --> 01:01:00,800

And so I think my mom had given me some anxiety.

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01:01:00,800 --> 01:01:08,420

My brother now, my brother, he I don't talk a lot about my brother growing up because

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01:01:08,420 --> 01:01:10,480

my brother wasn't really around growing up.

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01:01:10,480 --> 01:01:17,680

My brother had been on his own path and.

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01:01:17,680 --> 01:01:19,760

I didn't really learn much from him.

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01:01:19,760 --> 01:01:23,320

I just kind of learned more of what not to do in life by watching him, if that makes

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01:01:23,320 --> 01:01:25,720

sense, and I'll kind of leave it there.

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01:01:25,720 --> 01:01:32,360

And my dad, my dad was interesting because though he's a therapist, I think that he at

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01:01:32,360 --> 01:01:39,120

times he was a great dad, but he at times could also lack some patience.

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01:01:39,120 --> 01:01:44,720

And so I feel like there were things that I learned from him, which was, you know, if

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01:01:44,720 --> 01:01:48,640

it's not happening right away, maybe it's maybe it's not supposed to be or whatever

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01:01:48,640 --> 01:01:49,640

the case is.

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01:01:49,640 --> 01:01:50,760

And that set me up.

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01:01:50,760 --> 01:01:53,960

And even if he didn't teach me that, that's how I kind of interpreted it.

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01:01:53,960 --> 01:01:58,680

But that might have set me up in a state of, well, if I can't figure out these issues and

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01:01:58,680 --> 01:02:04,040

I can't resolve them, maybe it's just like I'm going to deal with them forever, which

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01:02:04,040 --> 01:02:05,040

I learned.

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01:02:05,040 --> 01:02:08,880

Like that's a terrible way to think because every every problem has a solution is there's

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01:02:08,880 --> 01:02:10,660

no problem in this world that you can't fix.

1100

01:02:10,660 --> 01:02:14,000

You just maybe don't have the answers at the moment, or maybe you don't have the tools

1101

01:02:14,000 --> 01:02:16,040

or the resource or the skill set or the knowledge.

1102

01:02:16,040 --> 01:02:17,560

Doesn't matter.

1103

01:02:17,560 --> 01:02:21,160

But that was a big thing that I think I had to figure out, like those few things from

1104

01:02:21,160 --> 01:02:24,120

my parents and my upbringing.

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01:02:24,120 --> 01:02:28,200

Is the kind of phrase that came to me a little while ago now.

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01:02:28,200 --> 01:02:30,620

Their reasons, not excuses.

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01:02:30,620 --> 01:02:34,640

If you were sexually abused as a child, that is going to have an impact.

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01:02:34,640 --> 01:02:38,160

That is a reason for some of the ways that you feel now.

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01:02:38,160 --> 01:02:42,520

But the moment you turn that reasons into an excuse is when you slip into that victim

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01:02:42,520 --> 01:02:43,520

mentality.

1111

01:02:43,520 --> 01:02:48,960

When you acknowledge that reason, you acknowledge the impact that had on you, and then you empower

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01:02:48,960 --> 01:02:52,480

yourself to believe that you can grow from that.

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01:02:52,480 --> 01:02:53,800

That's a beautiful thing.

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01:02:53,800 --> 01:02:58,320

So I think the difference between a reason and an excuse and not invalidating the trauma

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01:02:58,320 --> 01:03:02,600

because it had an impact, whether it was something horrendous like that or whether it was being

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01:03:02,600 --> 01:03:04,840

the middle child and feeling unloved.

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01:03:04,840 --> 01:03:06,360

It had an impact.

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01:03:06,360 --> 01:03:11,160

But the moment I think that slips into the world of is an excuse for my behavior is an

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01:03:11,160 --> 01:03:16,120

excuse for my depression and that's why I'm an asshole to everyone.

1120

01:03:16,120 --> 01:03:19,920

But now you're an asshole because you refuse to address the thing that's going on.

1121

01:03:19,920 --> 01:03:25,560

I'm not saying it's easy at all, but you are choosing, like you said, to...

1122

01:03:25,560 --> 01:03:27,000

You're not choosing to hold on to it.

1123

01:03:27,000 --> 01:03:30,320

You're choosing not to release it, I guess is a better way of saying it.

1124

01:03:30,320 --> 01:03:32,000

Yeah, 100%.

1125

01:03:32,000 --> 01:03:35,600

Well, similar to yours, I love what you just said.

1126

01:03:35,600 --> 01:03:40,320

Similar to that is one that I hear is like, you're not responsible for what happened to

1127

01:03:40,320 --> 01:03:41,320

you as a child.

1128

01:03:41,320 --> 01:03:45,120

However, you're responsible for what you do with that as an adult.

1129

01:03:45,120 --> 01:03:50,520

And that's the truth because I've gotten people all the time who they'll come in with something

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01:03:50,520 --> 01:03:54,680

that happened when they were like 12 years old and now they're 50 and they're still perpetuating

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01:03:54,680 --> 01:03:55,680

it.

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01:03:55,680 --> 01:04:01,360

And I'm like, you do realize that you've lived for, oh, I don't know, 38 years without growing

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01:04:01,360 --> 01:04:02,600

as a person.

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01:04:02,600 --> 01:04:08,960

You stayed stuck at 12 when you decided that this thing was so deep, so heavy and so impactful

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01:04:08,960 --> 01:04:13,880

that you refuse to grow in that area of your life from the moment you were 12, that you're

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01:04:13,880 --> 01:04:17,840

now 50 years old dealing with this thing that happened to you at 12.

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01:04:17,840 --> 01:04:20,760

That means that you have carried it with you.

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01:04:20,760 --> 01:04:22,500

That's like, well, I didn't do it to myself.

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01:04:22,500 --> 01:04:25,280

It's like, I know you didn't, but you're choosing to use it.

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01:04:25,280 --> 01:04:26,800



You're choosing to hold it.

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01:04:26,800 --> 01:04:31,880

You're choosing to keep it somewhat as a crutch because if you think about it, to your point,

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01:04:31,880 --> 01:04:35,800

James, what you just said is like, if you don't do that, you then have to deal with

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01:04:35,800 --> 01:04:36,800

it.

1144

01:04:36,800 --> 01:04:38,680

You then have to work on it.

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01:04:38,680 --> 01:04:40,240

You then have to go on the journey.

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01:04:40,240 --> 01:04:44,440

You then have to come up with the answers to the questions of why you, like, I don't

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01:04:44,440 --> 01:04:48,880

know why you, you need to determine that, not me, but then you have to sit with yourself

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01:04:48,880 --> 01:04:52,600

and you have to make sense of it and you have to process it and you have to overcome it.

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01:04:52,600 --> 01:04:56,360

You have to switch the mindset and change the experience and empower yourself.

1150

01:04:56,360 --> 01:04:57,640

But that's a lot of freaking work.

1151

01:04:57,640 --> 01:04:58,640

You know, it's easy.

1152

01:04:58,640 --> 01:05:03,160

Just be an asshole for the next 40 years and say, it's not your fault.

1153

01:05:03,160 --> 01:05:04,160

It's the easy way.

1154

01:05:04,160 --> 01:05:05,160

Absolutely.

1155

01:05:05,160 --> 01:05:07,200

Well, that also parallels our conversation earlier.

1156

01:05:07,200 --> 01:05:12,520

It's easy to point at broken homes and politicians and say, it's your fault rather than looking

1157

01:05:12,520 --> 01:05:14,360

in the mirror and going, what can I do?

1158

01:05:14,360 --> 01:05:16,720

And do I need to even fix me?

1159

01:05:16,720 --> 01:05:20,040

Am I adding to the problems in the world?

1160

01:05:20,040 --> 01:05:24,760

Am I so infuriated by a tweet because actually it's something in me that I haven't let go.

1161

01:05:24,760 --> 01:05:30,440

And that's why I'm saying I hate all person of this color, political persuasion, whatever

1162

01:05:30,440 --> 01:05:31,440

it is.

1163

01:05:31,440 --> 01:05:33,040

So yeah, I mean, that is it.

1164

01:05:33,040 --> 01:05:38,960

It really is the root cause is the easy button is when you blame someone else.

1165

01:05:38,960 --> 01:05:41,320

You expect someone else to fix your problems.

1166

01:05:41,320 --> 01:05:45,560

You know, whereas if we all look in the mirror and start chipping away at the things that

1167

01:05:45,560 --> 01:05:50,520

we can actually touch and address again, imagine, like you said, eight billion people doing

1168

01:05:50,520 --> 01:05:51,520

that.

1169

01:05:51,520 --> 01:05:52,520

I mean, you'd be a paradigm shift.

1170

01:05:52,520 --> 01:05:56,640

It'd be a powerful planet, my man.

1171

01:05:56,640 --> 01:05:59,960

We are so much more powerful.

1172

01:05:59,960 --> 01:06:00,960

And I always say this.

1173

01:06:00,960 --> 01:06:04,880

And I hope I hope this resonates with at least one of your listeners.

1174

01:06:04,880 --> 01:06:10,540

You're so much more powerful than you know, the human spirit is truly limitless.

1175

01:06:10,540 --> 01:06:13,900

We have all of the like we literally have all the power of the world.

1176

01:06:13,900 --> 01:06:18,080

If you think about it, everything that we've created has been something that the spirit,

1177

01:06:18,080 --> 01:06:19,900

the mind has thought up.

1178

01:06:19,900 --> 01:06:21,900

Nothing was here when we got here.

1179

01:06:21,900 --> 01:06:25,320

There was nothing here unless you subscribe to the alien ideation.

1180

01:06:25,320 --> 01:06:28,040

Maybe there was something here, but let's just for all intents and purposes say there

1181

01:06:28,040 --> 01:06:30,040

wasn't anything here.

1182

01:06:30,040 --> 01:06:33,360

Everything that's here now is because we dreamed it.

1183

01:06:33,360 --> 01:06:34,360

We created a vision.

1184

01:06:34,360 --> 01:06:35,720

And before it was a vision.

1185

01:06:35,720 --> 01:06:36,720

It was just an idea.

1186

01:06:36,720 --> 01:06:38,440

And it was something that somebody probably thought was stupid.

1187

01:06:38,440 --> 01:06:40,360

And now it's being sold like crazy.

1188

01:06:40,360 --> 01:06:45,120

Like I think those poodle pool noodles, like you ever seen those long freaking things that

1189

01:06:45,120 --> 01:06:47,600

are just their pool noodle and they're stupid.

1190

01:06:47,600 --> 01:06:50,960

And people probably laughed at this guy for wanting to make these ridiculous styrofoam

1191

01:06:50,960 --> 01:06:55,020

noodles guys, a multimillionaire from freaking styrofoam noodles.

1192

01:06:55,020 --> 01:07:00,880

And so it's just funny because everything you see, everything you utilize in society,

1193

01:07:00,880 --> 01:07:06,060

everything that makes society society is because of the fact that we dreamed it, we thought

1194

01:07:06,060 --> 01:07:07,060

of it.

1195

01:07:07,060 --> 01:07:08,060

And now guess what?

1196

01:07:08,060 --> 01:07:09,600

We all rely on each other to use it.

1197

01:07:09,600 --> 01:07:11,840

Like James, I don't know how the internet works.

1198

01:07:11,840 --> 01:07:12,840

I mean, I have an idea of it.

1199

01:07:12,840 --> 01:07:16,520

I have a vague idea of it, a basic understanding of it, but I don't actually know how the internet

1200

01:07:16,520 --> 01:07:17,520

works.

1201

01:07:17,520 --> 01:07:18,920

I couldn't create it if you asked me to do it right now.

1202

01:07:18,920 --> 01:07:21,440

I have no idea how to create this microphone I'm using.

1203

01:07:21,440 --> 01:07:23,600

I have no idea how to build this computer in front of me.

1204

01:07:23,600 --> 01:07:29,200

I have no idea how to, you know, uh, put together a screen, the lighting that I have, the curtains.

1205

01:07:29,200 --> 01:07:30,640

I don't know how to make any of this.

1206

01:07:30,640 --> 01:07:33,120

I don't even know how to make the t-shirt I'm wearing.

1207

01:07:33,120 --> 01:07:37,020

And yet I gained the benefit of all of it because of the fact that there were humans

1208

01:07:37,020 --> 01:07:41,280

out there that were intuitive, that had visions, that had ideas that were willing to take the

1209

01:07:41,280 --> 01:07:44,120

risk, take the leap and jump and create something.

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01:07:44,120 --> 01:07:48,360

And we also continue to innovate on the things that have already been created because somebody

1211

01:07:48,360 --> 01:07:50,520

looks at something and says, wow, that's amazing.

1212

01:07:50,520 --> 01:07:51,800

Maybe I can make it even better.

1213

01:07:51,800 --> 01:07:57,560

And they do oftentimes the human spirit truly has that unlimited potential and sometimes

1214

01:07:57,560 --> 01:07:59,720

so untapped.

1215

01:07:59,720 --> 01:08:06,200

So I want everybody to truly believe you have so much more within you greatness isn't achieved.

1216

01:08:06,200 --> 01:08:08,240

It's displayed.

1217

01:08:08,240 --> 01:08:11,200

You just got to figure it out and show it to the world.

1218

01:08:11,200 --> 01:08:12,200

Absolutely.

1219

01:08:12,200 --> 01:08:18,240

Well, let's go to your journey into the fire service and then out the back door.

1220

01:08:18,240 --> 01:08:19,240

Yeah.

1221

01:08:19,240 --> 01:08:25,360

So journey into the fire service was I took the fire exam twice in New York.

1222

01:08:25,360 --> 01:08:26,360

It's very different.

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01:08:26,360 --> 01:08:31,360

New York, you age out of the fire department at 29 years old.

1224

01:08:31,360 --> 01:08:32,360

You are not.

1225

01:08:32,360 --> 01:08:36,080

And that means you're not able to take the test past the age of 29.

1226

01:08:36,080 --> 01:08:40,240

You also are not eligible to take the test until you're 18.

1227

01:08:40,240 --> 01:08:42,860

And the test is given once every four years.



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01:08:42,860 --> 01:08:46,800

So let's say you turn 18 and the test was given a month before your birthday.

1229

01:08:46,800 --> 01:08:48,800

Can't take it.

1230

01:08:48,800 --> 01:08:52,840

And now you have to wait four years until you're 22 to take it.

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01:08:52,840 --> 01:08:57,120

The test being given only once every four years means that pretty much at any given

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01:08:57,120 --> 01:09:02,440

time from 18 to 29, you only have two opportunities to take this test.

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01:09:02,440 --> 01:09:07,280

And it's so competitive because there's over 8000 applicants every year that the test gets

1234

01:09:07,280 --> 01:09:15,840

released that you have to be within the top mind you top 5000 to potentially be called.

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01:09:15,840 --> 01:09:19,880

So the opportunity to become a firefighter is very slim.

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01:09:19,880 --> 01:09:24,840

Additionally, because there's so many applicants and it goes by social security number, they

1237

01:09:24,840 --> 01:09:26,240

will rank you.

1238

01:09:26,240 --> 01:09:29,280

There are let's say you get a 93.

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01:09:29,280 --> 01:09:33,440

There's probably 10,000 people that got a 93.

1240

01:09:33,440 --> 01:09:39,800

So you have to be somebody that is going to get and this is this is pretty factual here.

1241

01:09:39,800 --> 01:09:46,200

You have to get 100 on the exam or a little bit higher to know for a fact that you're

1242

01:09:46,200 --> 01:09:48,600

going to get called.

1243

01:09:48,600 --> 01:09:51,320

Because if you get 100 or higher, it puts you at the top of the list.

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01:09:51,320 --> 01:09:58,160

So the first time I took the test, I got a 93 and my number was like, I think my number

1245

01:09:58,160 --> 01:10:01,000

was like 18,000.

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01:10:01,000 --> 01:10:04,600

And I kind of was really frustrated because I always wanted to be a firefighter and I

1247

01:10:04,600 --> 01:10:08,740

hated college while I was in it and I wanted to drop out of college.

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01:10:08,740 --> 01:10:12,960

And I was hoping and praying that I got a good score on this test because I could drop

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01:10:12,960 --> 01:10:16,680

out of college and become a firefighter and I was so set to do that.

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01:10:16,680 --> 01:10:17,680

And I didn't.

1251

01:10:17,680 --> 01:10:18,680

I got number 18,000.

1252

01:10:18,680 --> 01:10:23,480

I never got called and I had to finish the stupid school and then I had to go and get

1253

01:10:23,480 --> 01:10:27,800

these stupid jobs.

1254

01:10:27,800 --> 01:10:31,880

And yet the second time I took the exam, I got a 103.

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01:10:31,880 --> 01:10:34,440

I was number 1217 on the list.

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01:10:34,440 --> 01:10:38,840

And typically they go through about five to 600 people per class.

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01:10:38,840 --> 01:10:40,500

They have two classes a year.

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01:10:40,500 --> 01:10:45,000

So that's how we get the number of about 5,000 a year, you know, 5,000 every four years to

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01:10:45,000 --> 01:10:46,180

get called.

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01:10:46,180 --> 01:10:50,360

And so I wound up getting called while I was working as a psychotherapist at a private

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01:10:50,360 --> 01:10:56,920

practice and I was now making this really hard decision because after searching for

1262

01:10:56,920 --> 01:11:03,100

the freaking place I wanted to work from 18 to 28 as a psychotherapist and being everywhere

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01:11:03,100 --> 01:11:08,040

like inpatient, outpatient, hospital, clinic, homeless shelter, Department of Education,

1264

01:11:08,040 --> 01:11:10,160

applied behavioral analysis, traveling home therapist.

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01:11:10,160 --> 01:11:13,640

I finally settled in a private practice and I was loving it, man.

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01:11:13,640 --> 01:11:15,320

I had 40 clients.

1267

01:11:15,320 --> 01:11:20,000

There's an awesome caseload and I was in a great private practice where we actually had

1268

01:11:20,000 --> 01:11:21,760

like some great individuals.

1269

01:11:21,760 --> 01:11:23,380

We had people that had steady jobs.

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01:11:23,380 --> 01:11:24,380

We had entrepreneurs.

1271

01:11:24,380 --> 01:11:27,100

We had all types of people and I loved it.

1272

01:11:27,100 --> 01:11:28,880

And now it's like, oh man, I'm 20 years old.

1273

01:11:28,880 --> 01:11:31,060

I just got called to become a firefighter.

1274

01:11:31,060 --> 01:11:33,680

Like this is my only shot.

1275

01:11:33,680 --> 01:11:36,520

If I don't do this, I'll never become a firefighter.

1276

01:11:36,520 --> 01:11:42,640

And so after some really tough decision making that took place, I decided to take the leap

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01:11:42,640 --> 01:11:43,640

and be like, all right, cool.

1278

01:11:43,640 --> 01:11:44,640

I'm going to go become a firefighter.

1279

01:11:44,640 --> 01:11:46,760

It's like my childhood dream.

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01:11:46,760 --> 01:11:52,060

And I could always go back to being a therapist, but I could only have this one shot to ever

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01:11:52,060 --> 01:11:54,440

become a firefighter in my lifetime.

1282

01:11:54,440 --> 01:11:55,800

So I'm going to do it.

1283

01:11:55,800 --> 01:11:57,760

And so I did it.

1284

01:11:57,760 --> 01:12:02,520

Past all the past all the preliminaries became a firefighter jumped into the fire Academy.

1285

01:12:02,520 --> 01:12:03,520

It's going strong.

1286

01:12:03,520 --> 01:12:04,520

It really sucks.

1287

01:12:04,520 --> 01:12:05,520

It's not fun at all.

1288

01:12:05,520 --> 01:12:08,240

They got the drill instructors yelling at you.

1289

01:12:08,240 --> 01:12:09,240

You're getting up at 3am.

1290

01:12:09,240 --> 01:12:10,920

You're getting yelled at on the lines.

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01:12:10,920 --> 01:12:13,820

You get home at 5, 6, 7, 8pm.

1292

01:12:13,820 --> 01:12:14,820

You go to sleep.

1293

01:12:14,820 --> 01:12:18,960

You have tests every week, functional skills training, hands on training, all this great

1294

01:12:18,960 --> 01:12:20,420  
stuff.

1295

01:12:20,420 --> 01:12:26,080  
And then about two months before we're supposed to graduate, the pandemic starts.

1296

01:12:26,080 --> 01:12:31,560  
So it's funny because I'll never forget that moment where the drill instructors and James,

1297

01:12:31,560 --> 01:12:35,280  
I'm sure you and a lot of these other first responders listening, you guys know how they

1298

01:12:35,280 --> 01:12:36,280  
are right.

1299

01:12:36,280 --> 01:12:40,920  
They're like, Hey, even though things are going on in the world, you better be prepared

1300

01:12:40,920 --> 01:12:42,240  
to be here.

1301

01:12:42,240 --> 01:12:45,680  
So I know it's Friday, but stay, you know, stay on your toes.

1302

01:12:45,680 --> 01:12:46,840  
We'll see you Monday.

1303

01:12:46,840 --> 01:12:49,040  
You're here until the end.

1304

01:12:49,040 --> 01:12:50,040  
Okay.

1305

01:12:50,040 --> 01:12:51,440

We come in Monday.

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01:12:51,440 --> 01:12:53,080

Things are really going sideways.

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01:12:53,080 --> 01:12:55,360

You leave tomorrow to go to your firehouse.

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01:12:55,360 --> 01:12:56,960

Good luck.

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01:12:56,960 --> 01:12:59,440

What?

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01:12:59,440 --> 01:13:03,440

So it was very interesting how they just kind of sent us off.

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01:13:03,440 --> 01:13:05,840

They were like, your city needs you.

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01:13:05,840 --> 01:13:11,040

And mind you, they haven't done one of these, which they call a wartime graduation because

1313

01:13:11,040 --> 01:13:13,000

we graduated early.

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01:13:13,000 --> 01:13:19,280

They haven't done one of these since 9 11 because everybody was going out sick.

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01:13:19,280 --> 01:13:22,720

And obviously because nobody knew is literally the start.



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01:13:22,720 --> 01:13:23,720

People are extra cautious.

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01:13:23,720 --> 01:13:26,800

Like if you had COVID, like they were quarantining the whole house.

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01:13:26,800 --> 01:13:29,920

If one guy had it and a house might have like 20 people in it.

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01:13:29,920 --> 01:13:35,000

So now they're down 20 guys and you have people working triple OT because what else are you

1320

01:13:35,000 --> 01:13:36,000

going to do?

1321

01:13:36,000 --> 01:13:37,000

Everybody's out.

1322

01:13:37,000 --> 01:13:42,120

So it was a very interesting transition time.

1323

01:13:42,120 --> 01:13:44,480

So what did that look like when you got to the firehouse?

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01:13:44,480 --> 01:13:49,640

I had an interesting conversation with a firefighter recently and he was hired, but they were literally

1325

01:13:49,640 --> 01:13:52,040

in the tower when 9 11 happened.

1326

01:13:52,040 --> 01:13:57,860

So when he graduated as a pro be, he didn't have this intact firehouse and these crusty

1327

01:13:57,860 --> 01:14:01,800

old guys and the senior man taking him under his wing and saying, let me show you, you

1328

01:14:01,800 --> 01:14:04,360

know, the things you need to know, kid.

1329

01:14:04,360 --> 01:14:09,720

He went into a station with grieving men and women that were heartbroken in a city that

1330

01:14:09,720 --> 01:14:11,200

had been shattered.

1331

01:14:11,200 --> 01:14:15,160

And so it was really kind of fascinating hearing his kind of onboard story as far as being

1332

01:14:15,160 --> 01:14:16,800

a pro be.

1333

01:14:16,800 --> 01:14:21,760

What was that perspective for you entering COVID of all times?

1334

01:14:21,760 --> 01:14:23,820

It was interesting.

1335

01:14:23,820 --> 01:14:27,040

We definitely didn't get much like much like that gentleman.

1336

01:14:27,040 --> 01:14:34,140

We definitely didn't get the same experience that a lot of other pro be's had because one,

1337

01:14:34,140 --> 01:14:36,080

we didn't get to do a graduation.

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01:14:36,080 --> 01:14:39,120

We didn't get to like, I don't want to say we didn't get to finish our training because

1339

01:14:39,120 --> 01:14:44,280

we did, but we didn't get to do the things that really built the bigger brotherhood bonds,

1340

01:14:44,280 --> 01:14:45,540

you know, in the academy.

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01:14:45,540 --> 01:14:50,080

Like we went through five or four months of crap.

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01:14:50,080 --> 01:14:53,380

We did all the hard stuff, but then at the end is really where you build and you come

1343

01:14:53,380 --> 01:14:57,640

together as platoons and you do like the platoon games and you know, you have the graduating

1344

01:14:57,640 --> 01:15:01,400

ceremonies and it becomes this big deal of like, Hey, we made it.

1345

01:15:01,400 --> 01:15:05,620

Nobody ever really got to feel that or experience that our graduations were canceled.

1346

01:15:05,620 --> 01:15:14,720

We had like, we had like groups of 50 go for graduation after like six months in the, in

1347

01:15:14,720 --> 01:15:17,100

on the job, like actually in the firehouse.

1348

01:15:17,100 --> 01:15:21,040

And they'd be like, Oh, you can go and get your diploma and we all had to sit spaced

1349

01:15:21,040 --> 01:15:24,080

out with the masks on and no family could come.

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01:15:24,080 --> 01:15:26,920

And it was like, come get your diploma, just shake the chief's hand and then go back to

1351

01:15:26,920 --> 01:15:29,600

your, your seat and then like your release for the day.

1352

01:15:29,600 --> 01:15:31,080

So it was a different dynamic.

1353

01:15:31,080 --> 01:15:32,840

There weren't any boys night outs.

1354

01:15:32,840 --> 01:15:35,700

There weren't really many, there weren't any functions.

1355

01:15:35,700 --> 01:15:37,320

There was nothing to do.

1356

01:15:37,320 --> 01:15:38,820

The streets were completely empty.

1357

01:15:38,820 --> 01:15:41,800

So it made commuting to work super easy.

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01:15:41,800 --> 01:15:44,120

And I mean, it was just, it was interesting.

1359

01:15:44,120 --> 01:15:52,080

So also as a pro be typically you're supposed to have to earn 24s and we had to have 24s

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01:15:52,080 --> 01:15:56,240

right off the bat because of the fact that the COVID protocol is in place where it'd

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01:15:56,240 --> 01:16:00,840

be like you're on 24 and then you're off to, to make sure, you know, no incubation, yada,

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01:16:00,840 --> 01:16:01,840

yada.

1363

01:16:01,840 --> 01:16:06,200

So it actually made it a little easier for me because I was building my side business.

1364

01:16:06,200 --> 01:16:11,560

So I've been, I've been building the coaching business since I was in the academy actually,

1365

01:16:11,560 --> 01:16:15,040

because I was doing it on weekends because the fire Academy was Monday to Friday.

1366

01:16:15,040 --> 01:16:16,360

But now I was in the firehouse.

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01:16:16,360 --> 01:16:21,480

I was able to do it on my two days off and it made a little easier, but it was, it was

1368

01:16:21,480 --> 01:16:26,760

definitely a little bit of a weird time because no matter how anybody felt about it at the

1369

01:16:26,760 --> 01:16:31,760

start when nobody knew what was going on and you're just kind of seeing the news hyped

1370

01:16:31,760 --> 01:16:35,760

up and you're seeing people like saying everybody around them is dying.

1371

01:16:35,760 --> 01:16:36,880

It was weird.

1372

01:16:36,880 --> 01:16:40,640

You know, my girl was working in Manhattan at the time and obviously Manhattan is tight

1373

01:16:40,640 --> 01:16:41,640

and dense.

1374

01:16:41,640 --> 01:16:44,080

And I was telling my girls like, Hey, you know, make sure you bring hand sanitizer.

1375

01:16:44,080 --> 01:16:46,680

I was like, make sure you do this, make sure you do that.

1376

01:16:46,680 --> 01:16:47,960

Like maybe you should call it a work.

1377

01:16:47,960 --> 01:16:49,920

Like why don't you just quit your job?

1378

01:16:49,920 --> 01:16:50,920

I'll handle it.

1379

01:16:50,920 --> 01:16:51,920

Don't worry about it.

1380

01:16:51,920 --> 01:16:58,640

And so it was a very interesting and concerning time at the start just because of that.

1381

01:16:58,640 --> 01:17:03,640

But it was also interesting because I was in one of the houses that was one of the first

1382

01:17:03,640 --> 01:17:05,640

two houses for nine 11.

1383

01:17:05,640 --> 01:17:10,640

So I was stationed in downtown Brooklyn right over the Manhattan bridge.

1384

01:17:10,640 --> 01:17:14,320

And so I would at least once or twice a week, I would clean.

1385

01:17:14,320 --> 01:17:18,520

We had a memorial for all the guys that passed because everybody on tour that day passed

1386

01:17:18,520 --> 01:17:21,560

and I would always clean that memorial.

1387

01:17:21,560 --> 01:17:27,720

And it started, it was an interesting feeling, honestly, because it was like that immediate

1388

01:17:27,720 --> 01:17:34,240

realization that if something like that happens again, it could be me in a memorial next to

1389

01:17:34,240 --> 01:17:38,680

these guys because that's what the duty would require.

1390

01:17:38,680 --> 01:17:41,040

And there's like another level of respect for that.

1391

01:17:41,040 --> 01:17:46,920

So it was very interesting just experiencing the pandemic and then being in that kind of

1392

01:17:46,920 --> 01:17:51,800

house and seeing that like you didn't really get that opportunity to bond with the guys.

1393

01:17:51,800 --> 01:17:55,480

So I guess I never really felt super close with a lot of the guys in my house.

1394

01:17:55,480 --> 01:17:58,560

And my house also had a lot of younger guys.

1395

01:17:58,560 --> 01:18:02,680

Like one of the senior guys was like seven years on.

1396

01:18:02,680 --> 01:18:07,260

Like there was one guy who had like 20 years or two guys that had like 20 years or 10 years.

1397

01:18:07,260 --> 01:18:11,440

But then the next guy had like six and the guys who had 10, 20 years with chauffeurs

1398

01:18:11,440 --> 01:18:12,640

and they were kind of just chilling.

1399

01:18:12,640 --> 01:18:15,240

They weren't really like, come here, kid.

1400

01:18:15,240 --> 01:18:16,240

It was the six.

1401

01:18:16,240 --> 01:18:17,360

It was the guy that was six years on.

1402

01:18:17,360 --> 01:18:18,360

It was like, come here.

1403

01:18:18,360 --> 01:18:28,240



And he was a massive, massive fun person to be around.

1404

01:18:28,240 --> 01:18:29,560

So correct me if I'm wrong.

1405

01:18:29,560 --> 01:18:31,320

You didn't end up staying with FDM.

1406

01:18:31,320 --> 01:18:32,560

Why that long?

1407

01:18:32,560 --> 01:18:36,840

So what made you transition out after testing twice?

1408

01:18:36,840 --> 01:18:43,240

So I did it for a year combined with my time in the academy.

1409

01:18:43,240 --> 01:18:49,560

And it, I don't know, man, it wasn't really what it wasn't.

1410

01:18:49,560 --> 01:18:54,200

I guess it wasn't really filling me up and making me feel fulfilled.

1411

01:18:54,200 --> 01:18:59,280

I wasn't really enjoying the experience.

1412

01:18:59,280 --> 01:19:00,360

Like I liked it.

1413

01:19:00,360 --> 01:19:01,840

I liked being a firefighter.

1414

01:19:01,840 --> 01:19:05,080

I thought it was probably the coolest thing I've ever done.

1415

01:19:05,080 --> 01:19:10,800

I thought it was, it was, I don't know, it was a very, it was a very interesting feeling

1416

01:19:10,800 --> 01:19:14,600

or a great feeling to be kind of what we're talking about.

1417

01:19:14,600 --> 01:19:20,200

Like be that hero as a kid where, you know, you always imagined as a kid running into

1418

01:19:20,200 --> 01:19:22,800

danger making you the real life superhero.

1419

01:19:22,800 --> 01:19:24,800

It was a very cool feeling to kind of live that out.

1420

01:19:24,800 --> 01:19:26,360

Be like, I'm here to help people.

1421

01:19:26,360 --> 01:19:29,920

I'm here to like serve and save and protect.

1422

01:19:29,920 --> 01:19:36,480

And that was the best part of being a firefighter, but I didn't really feel that it was for me.

1423

01:19:36,480 --> 01:19:42,280

You know, I, and I was kind of ashamed to feel that realistically because I had wanted

1424

01:19:42,280 --> 01:19:47,060

it my whole life and I had worked really hard to achieve it because, you know, building

1425

01:19:47,060 --> 01:19:50,480

a business on the side while going through the academy was not easy.

1426

01:19:50,480 --> 01:19:53,640

And I'm not going to sit here and say I was a star student in the academy.

1427

01:19:53,640 --> 01:19:56,680

Like it was, it was tough for me because of that.

1428

01:19:56,680 --> 01:20:00,680

And then me and I was in a brand new relationship and we had just moved in together and we were

1429

01:20:00,680 --> 01:20:02,740

fighting every other day.

1430

01:20:02,740 --> 01:20:06,560

So going through the fire department was hell for me, man.

1431

01:20:06,560 --> 01:20:11,160

And I felt like I worked so hard to get there and then it was very sad to realize it wasn't

1432

01:20:11,160 --> 01:20:12,960

for me.

1433

01:20:12,960 --> 01:20:18,440

And the day that I had that true realization was it's Friday night.

1434

01:20:18,440 --> 01:20:25,160

A couple of the firefighters were out and I think it was about 10 or 11 PM.

1435

01:20:25,160 --> 01:20:29,320

And I guess the guy realized he didn't want to go in in the morning.

1436

01:20:29,320 --> 01:20:32,300  
He had the seven by four on a Saturday.

1437  
01:20:32,300 --> 01:20:39,360  
And so as the pro be and 10, 11 PM at night on a Friday, I am supposed to step up and

1438  
01:20:39,360 --> 01:20:42,220  
I'm supposed to say, I'll go in buddy.

1439  
01:20:42,220 --> 01:20:43,220  
Don't worry.

1440  
01:20:43,220 --> 01:20:44,220  
You stay out and do what you do.

1441  
01:20:44,220 --> 01:20:46,620  
I will go into work.

1442  
01:20:46,620 --> 01:20:52,800  
And yet I found myself having anxiety because I knew I didn't want to go into work, but

1443  
01:20:52,800 --> 01:20:55,320  
not because of the fact that it was going to be a Saturday morning.

1444  
01:20:55,320 --> 01:20:59,400  
I didn't want to go into work because of the fact that I had five coaching clients scheduled

1445  
01:20:59,400 --> 01:21:01,280  
for that Saturday.

1446  
01:21:01,280 --> 01:21:05,160  
And I felt such a sense of duty and obligation to them.

1447

01:21:05,160 --> 01:21:10,240

I felt like I've already canceled on some of them before because I have put the firehouse

1448

01:21:10,240 --> 01:21:16,480

first, but I started realizing more and more and more the disparity of how I felt emotionally,

1449

01:21:16,480 --> 01:21:19,160

which was pushing on the fact that I didn't feel aligned to it.

1450

01:21:19,160 --> 01:21:22,240

I did not want to cancel on my clients.

1451

01:21:22,240 --> 01:21:24,760

So I did what anybody would do who's brave and powerful and tough.

1452

01:21:24,760 --> 01:21:25,760

I pretended I was asleep.

1453

01:21:25,760 --> 01:21:30,760

I think Biden does that, doesn't he?

1454

01:21:30,760 --> 01:21:31,760

Yeah.

1455

01:21:31,760 --> 01:21:36,720

I mean, if you can't see me and you don't know I'm not awake, then you can't say nothing,

1456

01:21:36,720 --> 01:21:37,720

right?

1457

01:21:37,720 --> 01:21:42,680

So I didn't answer the text messages and the whole house was flipping out and everybody

1458

01:21:42,680 --> 01:21:44,600  
was getting pissy and they're like, where's the pro be?

1459  
01:21:44,600 --> 01:21:49,020  
Where's the guy that's supposed to step up and like talking about me the whole time.

1460  
01:21:49,020 --> 01:21:51,220  
And that felt terrible too.

1461  
01:21:51,220 --> 01:21:55,760  
But that night really prompted a level of honesty and truth that I was not allowing

1462  
01:21:55,760 --> 01:22:02,300  
myself to get to, which was that I had one foot in both opportunities.

1463  
01:22:02,300 --> 01:22:06,040  
I was being a firefighter to the best of my capabilities.

1464  
01:22:06,040 --> 01:22:07,180  
I was showing up.

1465  
01:22:07,180 --> 01:22:08,360  
I was coming in.

1466  
01:22:08,360 --> 01:22:09,560  
I was getting called in.

1467  
01:22:09,560 --> 01:22:10,880  
I was doing the pro be things.

1468  
01:22:10,880 --> 01:22:11,920  
I was cleaning the dish.

1469

01:22:11,920 --> 01:22:15,040

I was doing my best to be a good pro be.

1470

01:22:15,040 --> 01:22:19,880

And I was also doing my best to be a good coach slash business owner.

1471

01:22:19,880 --> 01:22:24,640

And then the realization was that I'm not really being there for anybody because I keep

1472

01:22:24,640 --> 01:22:27,360

flipping who I have to show up for.

1473

01:22:27,360 --> 01:22:31,080

And I wasn't doing them a service because they wanted a pro be that's going to be fully

1474

01:22:31,080 --> 01:22:32,080

dedicated.

1475

01:22:32,080 --> 01:22:35,000

I wasn't doing them a service because they want a coach and a therapist they could count

1476

01:22:35,000 --> 01:22:39,360

on that won't cancel on them last minute when they have made time in their schedules to

1477

01:22:39,360 --> 01:22:42,360

show up for what we do.

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01:22:42,360 --> 01:22:47,800

And so then I had to ask, well, where do I feel like my heart is really aligned here?

1479

01:22:47,800 --> 01:22:52,600

Like where do I feel when I think about what I'm doing?

1480

01:22:52,600 --> 01:22:54,560  
Where do I feel the most connected?

1481  
01:22:54,560 --> 01:22:59,760  
Like where do I feel like if I didn't do this, I would feel crappy.

1482  
01:22:59,760 --> 01:23:03,940  
And it came to be true that that was the therapy coaching that I was doing.

1483  
01:23:03,940 --> 01:23:10,800  
And so now I paced back and forth for about four weeks, almost another month.

1484  
01:23:10,800 --> 01:23:14,360  
And I kept on trying to hand in a letter of resignation.

1485  
01:23:14,360 --> 01:23:17,000  
But every time I was like, all right, I'm going to hand it in and put it back down and

1486  
01:23:17,000 --> 01:23:20,240  
be like, maybe tomorrow.

1487  
01:23:20,240 --> 01:23:25,520  
And it was one of the harder decisions I had to make because it's scary to bet on yourself.

1488  
01:23:25,520 --> 01:23:27,840  
It's scary to go into uncertainty.

1489  
01:23:27,840 --> 01:23:32,000  
And it's also hard to give up something that you feel like you really, really wanted for

1490  
01:23:32,000 --> 01:23:35,760  
so long to realize like it's probably not for you.

1491



01:23:35,760 --> 01:23:39,280

And so I decided that that's what I had to do.

1492

01:23:39,280 --> 01:23:41,760

I tried to take a leave of absence from the fire department.

1493

01:23:41,760 --> 01:23:44,740

They wouldn't give me one because I was a pro be.

1494

01:23:44,740 --> 01:23:50,720

And so that actually prompted that I either had to resign or stay in until I was off probation,

1495

01:23:50,720 --> 01:23:53,500

which would have been probably another six or so months.

1496

01:23:53,500 --> 01:23:56,000

But I felt like I had to do this thing with therapy and coaching.

1497

01:23:56,000 --> 01:23:57,540

I wanted to give it my all.

1498

01:23:57,540 --> 01:23:59,140

I just felt completely called to it.

1499

01:23:59,140 --> 01:24:01,760

I wanted to show up and support powerfully.

1500

01:24:01,760 --> 01:24:06,120

And so I just took the leap and it was hard, but I did it.

1501

01:24:06,120 --> 01:24:08,260

Well, I applaud you.

1502

01:24:08,260 --> 01:24:15,400

And the reason I say that I know, if I can think of firefighters that, good people, but

1503

01:24:15,400 --> 01:24:20,080

their side business is more important to them than the fire service.

1504

01:24:20,080 --> 01:24:25,720

And I think that's just completely backwards when of those two, one lives are actually

1505

01:24:25,720 --> 01:24:26,720

at stake.

1506

01:24:26,720 --> 01:24:28,760

Again, like I always use the plumber analogy.

1507

01:24:28,760 --> 01:24:33,960

If you're a plumber and you're doing real estate on the side or whatever and you asleep,

1508

01:24:33,960 --> 01:24:38,240

half asleep and you flood someone's house, shame on you, but you didn't kill anyone.

1509

01:24:38,240 --> 01:24:44,160

And when it's the fire service and you're not exercising, you're not studying medical

1510

01:24:44,160 --> 01:24:49,680

protocols or whatever, because you're too busy doing your side shit at work even, then

1511

01:24:49,680 --> 01:24:53,880

that's detrimental to the men and women in the firehouse and obviously the people that

1512

01:24:53,880 --> 01:24:54,880

we serve.

1513

01:24:54,880 --> 01:24:58,160

So I think it's a very courageous thing to look in the mirror and go, my heart isn't

1514

01:24:58,160 --> 01:24:59,160

in it.

1515

01:24:59,160 --> 01:25:02,840

And this is how I'm going to serve through this other side.

1516

01:25:02,840 --> 01:25:08,760

And then also taking that leap of faith, because even though arguably the benefits in the fire

1517

01:25:08,760 --> 01:25:12,760

service are nowhere near what they used to be, the old time is talking about it, the

1518

01:25:12,760 --> 01:25:15,080

leave with health insurance and all these beautiful things.

1519

01:25:15,080 --> 01:25:21,980

And now we actually look and we have an 80% or 20% copay before we get any benefits now.

1520

01:25:21,980 --> 01:25:26,600

And it stops the moment you leave the fire service and the pension gets cut by Rick Scott.

1521

01:25:26,600 --> 01:25:30,500

And the next thing you're looking at the tatters that were the benefits that used to lure us

1522

01:25:30,500 --> 01:25:34,760

and they're not even that great anymore, but there is that feeling of security.

1523

01:25:34,760 --> 01:25:39,600

I'll put on my uniform, I'll show up every third day, we'll have insurance, we'll have

1524

01:25:39,600 --> 01:25:40,960  
a paycheck.

1525  
01:25:40,960 --> 01:25:44,080  
And so it is scary to make the leap of faith.

1526  
01:25:44,080 --> 01:25:49,080  
I did the same thing with the podcast, but the only thing that really is fuel for that

1527  
01:25:49,080 --> 01:25:51,600  
is when you just know that's what you're supposed to do.

1528  
01:25:51,600 --> 01:25:54,040  
And I knew that this was what I was supposed to do.

1529  
01:25:54,040 --> 01:26:00,640  
And the last place I worked made it easier to leave, God put me in a very toxic place

1530  
01:26:00,640 --> 01:26:06,720  
and pushed me out the back door and said, go fix it kind of thing.

1531  
01:26:06,720 --> 01:26:10,540  
But yeah, but I mean, it is a courageous thing.

1532  
01:26:10,540 --> 01:26:16,520  
It really is to push against what society has told you is stable and have the courage

1533  
01:26:16,520 --> 01:26:22,280  
to actually go chase the thing that you truly, truly want to do.

1534  
01:26:22,280 --> 01:26:27,280  
And I think that's one of the biggest things that when people ask, couldn't I do both?

1535

01:26:27,280 --> 01:26:29,220

The answer was, yeah, of course I could have.

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01:26:29,220 --> 01:26:35,080

But I felt exactly as you're saying, I didn't want to feel like I was doing anyone a disservice.

1537

01:26:35,080 --> 01:26:39,400

And I did my best to really be the best pro be I could, because I felt like that's what

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01:26:39,400 --> 01:26:40,560

you're supposed to do, right?

1539

01:26:40,560 --> 01:26:46,160

Like kind of to who I believe I am as somebody who shows up as best I can.

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01:26:46,160 --> 01:26:51,840

And so I don't know what the guys at the firehouse would say about me if you went to ask them.

1541

01:26:51,840 --> 01:26:55,000

I'd like to imagine that they say, like I showed up, I did what I was supposed to do

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01:26:55,000 --> 01:26:56,000

and things like that.

1543

01:26:56,000 --> 01:26:58,440

You know, who knows, maybe they wouldn't.

1544

01:26:58,440 --> 01:27:00,260

But that's how I viewed it.

1545

01:27:00,260 --> 01:27:04,240

But I also realized to your point is I didn't want to put the firehouse first.

1546

01:27:04,240 --> 01:27:05,840

It wasn't my first priority.

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01:27:05,840 --> 01:27:09,480

And that's where I said, I do need to leave because that's not right for them.

1548

01:27:09,480 --> 01:27:14,400

And they deserve somebody that's actually going to show up that wants to be here 100%

1549

01:27:14,400 --> 01:27:18,600

that will put the firehouse first, that will look at this as this is the main thing and

1550

01:27:18,600 --> 01:27:20,040

most important thing in my life.

1551

01:27:20,040 --> 01:27:24,120

And when I realized that wasn't true for me, that's when I realized like I have to get

1552

01:27:24,120 --> 01:27:28,440

out of here and I have to actually step into what I do believe that is, which is what I'm

1553

01:27:28,440 --> 01:27:29,760

doing now.

1554

01:27:29,760 --> 01:27:33,600

You know, and there was a lot of sadness around that for those multiple reasons, like one

1555

01:27:33,600 --> 01:27:38,600

of it being that, you know, that was a childhood dream that I lived and realized isn't my dream.

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01:27:38,600 --> 01:27:42,680

But the other part, which I don't really talk about too much, but I'd love to say on here

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01:27:42,680 --> 01:27:45,440  
because I feel like this is the spot for it.

1558  
01:27:45,440 --> 01:27:51,200  
I felt like, you know, and a lot of the guys talk about having these bonds for life of,

1559  
01:27:51,200 --> 01:27:56,000  
hey, you know, you go through this hell together where you're in the academy and, you know,

1560  
01:27:56,000 --> 01:27:58,840  
we go through all this hard crap and like we bond or we're supposed to and we're supposed

1561  
01:27:58,840 --> 01:28:00,480  
to have these brotherhoods.

1562  
01:28:00,480 --> 01:28:04,540  
And I didn't feel like I had that mostly because of the fact that I didn't.

1563  
01:28:04,540 --> 01:28:09,240  
After I left the fire department, a lot of rumors started about me, people who I've never

1564  
01:28:09,240 --> 01:28:14,540  
even heard, like never even met, I should say, who were in other boroughs were talking

1565  
01:28:14,540 --> 01:28:16,360  
crap about me.

1566  
01:28:16,360 --> 01:28:20,400  
And I was kicked out of all the group chats and a lot of the firefighters or the guys

1567  
01:28:20,400 --> 01:28:22,960  
that I was talking to stop talking to me.

1568

01:28:22,960 --> 01:28:23,960

I was kicked.

1569

01:28:23,960 --> 01:28:24,960

I was removed from every group chat.

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01:28:24,960 --> 01:28:27,360

And the excuse was, well, you're no longer a firefighter.

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01:28:27,360 --> 01:28:30,960

Meanwhile, in those group chats were a bunch of retired firefighters and guys that weren't

1572

01:28:30,960 --> 01:28:32,600

even in the house anymore.

1573

01:28:32,600 --> 01:28:35,380

So it's like, that's not true.

1574

01:28:35,380 --> 01:28:39,360

And it's interesting because I even asked somebody, I was like, Hey, did they remove

1575

01:28:39,360 --> 01:28:40,360

me from the group chats?

1576

01:28:40,360 --> 01:28:43,400

Like, ah, nah, man, something happened and they got rid of the group chats.

1577

01:28:43,400 --> 01:28:44,680

I was like, okay.

1578

01:28:44,680 --> 01:28:48,080

And I found out they lie that he lied, like they removed me and don't know.

1579



01:28:48,080 --> 01:28:53,680

I think he was trying to be nice, but it's that interesting thing is like, so because

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01:28:53,680 --> 01:28:57,960

I'm not one of you anymore, there's no, there was never any brotherhood or at least that's

1581

01:28:57,960 --> 01:28:58,960

how it felt.

1582

01:28:58,960 --> 01:29:02,420

And it was kind of sad because I did think that with some of these guys, I really did

1583

01:29:02,420 --> 01:29:04,960

build a bond or at least that's how I felt.

1584

01:29:04,960 --> 01:29:09,600

And then it just kind of feels like similarly that everybody turned their back on me.

1585

01:29:09,600 --> 01:29:13,640

But what's even worse is that everybody said things that weren't true.

1586

01:29:13,640 --> 01:29:16,760

Like there are people that were like, Hey, Infante, I heard you said you're going to

1587

01:29:16,760 --> 01:29:20,600

leave because you could get treated better and make more money elsewhere.

1588

01:29:20,600 --> 01:29:24,360

I'm like, I literally never said that.

1589

01:29:24,360 --> 01:29:27,960

I just said, I'm going to go follow my dreams.

1590

01:29:27,960 --> 01:29:35,240

And so it's really interesting to see that things could get so disproportionate.

1591

01:29:35,240 --> 01:29:41,560

And then even later, a few years later, as I'm continuing to do my thing, I remember

1592

01:29:41,560 --> 01:29:45,520

there was a post I shared on my Instagram, my work Instagram, right?

1593

01:29:45,520 --> 01:29:51,240

Or the one that I use full time now, but it was a story about a night that meant so much

1594

01:29:51,240 --> 01:29:54,680

to me in the fire department that I learned something and it was my, it was my first do

1595

01:29:54,680 --> 01:29:56,360

nozzle job ever.

1596

01:29:56,360 --> 01:29:58,960

And it was like a really memorable moment for me.

1597

01:29:58,960 --> 01:30:02,660

Like I still have over here in my office, I have four of my favorite tickets from when

1598

01:30:02,660 --> 01:30:03,660

I was on the job.

1599

01:30:03,660 --> 01:30:05,440

I have my first do nozzle job.

1600

01:30:05,440 --> 01:30:07,200

I have my first fire.

1601

01:30:07,200 --> 01:30:10,400

My first fire was back to back, which was even cooler.

1602

01:30:10,400 --> 01:30:13,120

And you know, I have all these great tickets and memories and things like that.

1603

01:30:13,120 --> 01:30:14,120

And I talked about it.

1604

01:30:14,120 --> 01:30:18,240

And man, when I tell you guys that I haven't talked to, cause this was almost three years

1605

01:30:18,240 --> 01:30:22,280

later, guys that I haven't talked to and almost three years later who don't follow me and

1606

01:30:22,280 --> 01:30:27,960

I don't follow them came to leave negative posts on my post about when I was a firefighter

1607

01:30:27,960 --> 01:30:32,040

and talk shit about me and be like, Oh, thank God the city had you.

1608

01:30:32,040 --> 01:30:36,160

And it's like, what's wrong with you people?

1609

01:30:36,160 --> 01:30:38,560

Do you have nothing better to do?

1610

01:30:38,560 --> 01:30:43,080

So it was, it was a very disheartening thing for me to see that that's what I experienced.

1611

01:30:43,080 --> 01:30:46,960

And I don't know how many of your listeners or anybody out there might be experiencing

1612

01:30:46,960 --> 01:30:47,960  
anything like that.

1613  
01:30:47,960 --> 01:30:52,040  
I feel like you're ostracized, but you know, I just, I want to bring it back.

1614  
01:30:52,040 --> 01:30:56,040  
Cause the thing that helped me most with that was just the understanding of like what I

1615  
01:30:56,040 --> 01:31:01,360  
try to teach people is like external worlds are just a reflection of your internal.

1616  
01:31:01,360 --> 01:31:05,800  
They're not doing this to like personally to me, they're doing this because that's who

1617  
01:31:05,800 --> 01:31:06,960  
they are on the inside.

1618  
01:31:06,960 --> 01:31:10,300  
And I'm the target of their internal world.

1619  
01:31:10,300 --> 01:31:14,720  
So anybody who might be feeling like there's some sort of ostracization or you might be

1620  
01:31:14,720 --> 01:31:15,960  
feeling like maybe you don't fit in.

1621  
01:31:15,960 --> 01:31:19,600  
I hope that that piece of advice maybe gives you a little bit of comfort and you could

1622  
01:31:19,600 --> 01:31:21,240  
switch the perspective a little.

1623

01:31:21,240 --> 01:31:23,840

Well, I mean, thank you for sharing.

1624

01:31:23,840 --> 01:31:26,800

I think it's an important perspective in a couple of layers.

1625

01:31:26,800 --> 01:31:32,120

I mean, even if you were in that cohesive group, what I've found, and I've had this

1626

01:31:32,120 --> 01:31:37,200

many, many times, you know, firefighters that get hurt or they get cancer or whatever it

1627

01:31:37,200 --> 01:31:42,200

is, there's a certain point where the phone stops ringing.

1628

01:31:42,200 --> 01:31:45,780

You know, even, even the widows have said this, you know, we're all there the first

1629

01:31:45,780 --> 01:31:48,640

couple of weeks and then it just kind of dies off.

1630

01:31:48,640 --> 01:31:53,200

And you know, to be fair, a lot of us are running calls 24 hours a day and we're so

1631

01:31:53,200 --> 01:31:56,120

exhausted and we can't think straight.

1632

01:31:56,120 --> 01:31:59,880

But I think we have to take a step back and look at, you know, who's falling between the

1633

01:31:59,880 --> 01:32:03,680

cracks because that, you know, for you, you ended up moving on, you had something successful

1634

01:32:03,680 --> 01:32:04,840

and you're thriving now.

1635

01:32:04,840 --> 01:32:07,280

But for some people that's crushing.

1636

01:32:07,280 --> 01:32:10,600

That could be the difference between them sticking a gun in their mouth or not, because

1637

01:32:10,600 --> 01:32:11,880

that was their tribe.

1638

01:32:11,880 --> 01:32:17,080

And to feel ostracized from something that in the rock, you'd been indoctrinated to be,

1639

01:32:17,080 --> 01:32:18,400

this is who you are.

1640

01:32:18,400 --> 01:32:20,160

This is your identity.

1641

01:32:20,160 --> 01:32:23,000

And now you're getting treated like that.

1642

01:32:23,000 --> 01:32:27,720

But I think from the inside, there's also this feeling of when you leave, you're not

1643

01:32:27,720 --> 01:32:29,080

one of us anymore.

1644

01:32:29,080 --> 01:32:31,200

And I, you know, again, I disagree completely.

1645

01:32:31,200 --> 01:32:33,680

Like to me, I don't tell people I'm a retired firefighter.

1646

01:32:33,680 --> 01:32:34,680

I'm a firefighter.

1647

01:32:34,680 --> 01:32:38,680

If I drive down the road and someone's car comes flying off the side, I'm going to be

1648

01:32:38,680 --> 01:32:40,640

breaking glass and trying to pull them out.

1649

01:32:40,640 --> 01:32:41,840

You know, that's who I am.

1650

01:32:41,840 --> 01:32:44,280

I'm still a paramedic on paper too.

1651

01:32:44,280 --> 01:32:50,600

So, you know, we've got to get away from this kind of the negative element of tribalism,

1652

01:32:50,600 --> 01:32:53,960

which is almost like, oh, you left us, fuck you.

1653

01:32:53,960 --> 01:32:57,440

Instead of it, look at it as the global fire family that we're a part of.

1654

01:32:57,440 --> 01:33:01,160

And if someone put a uniform on for a year and served, will they put a uniform on for

1655

01:33:01,160 --> 01:33:02,160

a year and served?

1656

01:33:02,160 --> 01:33:04,840

Will you tell a Marine he's a piece of shit because they're into four years?

1657

01:33:04,840 --> 01:33:06,600

No, of course not.

1658

01:33:06,600 --> 01:33:08,040

It's something about the fire service.

1659

01:33:08,040 --> 01:33:13,600

If we don't stay until that magic number that some pension company made up, then we're a

1660

01:33:13,600 --> 01:33:14,600

lesser person.

1661

01:33:14,600 --> 01:33:16,160

Why'd you quit?

1662

01:33:16,160 --> 01:33:18,720

You know, and it's such a bizarre mindset.

1663

01:33:18,720 --> 01:33:20,920

And again, listening to your story, fantastic.

1664

01:33:20,920 --> 01:33:25,320

I talk about the same with the mentorship programs that they have in town.

1665

01:33:25,320 --> 01:33:29,840

If a young kid comes and tries a mentorship program and goes, oh, I don't want to be a

1666

01:33:29,840 --> 01:33:30,840

firefighter.



1667

01:33:30,840 --> 01:33:33,200

Actually, that is a huge win.

1668

01:33:33,200 --> 01:33:34,200

Beautiful.

1669

01:33:34,200 --> 01:33:35,200

We saved you time.

1670

01:33:35,200 --> 01:33:37,080

We saved the department's money.

1671

01:33:37,080 --> 01:33:41,480

And you know, you've taken something valuable from this process.

1672

01:33:41,480 --> 01:33:50,920

To be, you know, offended that someone leaves the fire department before 20 years and to

1673

01:33:50,920 --> 01:33:54,280

ostracize someone, whether they were fired, hurt, whatever it was.

1674

01:33:54,280 --> 01:33:57,480

I mean, there's a near miss here in where I live.

1675

01:33:57,480 --> 01:33:59,080

And I've asked numerous people.

1676

01:33:59,080 --> 01:34:04,760

This was a paramedic that basically injected himself with a paralytic in a suicide attempt.

1677

01:34:04,760 --> 01:34:08,080

And I've asked numerous people, OK, where is he now?

1678

01:34:08,080 --> 01:34:09,080

Well, I don't know.

1679

01:34:09,080 --> 01:34:10,080

I didn't know him.

1680

01:34:10,080 --> 01:34:14,560

I'm like, one of your people that wore a uniform almost died and you don't even know where

1681

01:34:14,560 --> 01:34:15,560

he is now.

1682

01:34:15,560 --> 01:34:17,200

You know, that's the kind of shit.

1683

01:34:17,200 --> 01:34:20,680

Those are the people that fall through the cracks that maybe he's not with us anymore.

1684

01:34:20,680 --> 01:34:23,720

Maybe he that underline he was already in a bad place.

1685

01:34:23,720 --> 01:34:26,360

And then when he realized his department, they would fuck about him anymore.

1686

01:34:26,360 --> 01:34:28,360

Do you think he's doing well now?

1687

01:34:28,360 --> 01:34:29,720

I fucking hope so.

1688

01:34:29,720 --> 01:34:31,620

But chances are probably not.

1689

01:34:31,620 --> 01:34:36,820

So this is where we've really got to regain that brotherhood and sisterhood.

1690

01:34:36,820 --> 01:34:38,120

It's not an empty word.

1691

01:34:38,120 --> 01:34:39,120

And you see it.

1692

01:34:39,120 --> 01:34:41,240

You've got rope rescue competition.

1693

01:34:41,240 --> 01:34:43,400

Amazing display of brother and sisterhood.

1694

01:34:43,400 --> 01:34:48,400

The three, four, three hero challenge that they do in Orange County to to memorialize

1695

01:34:48,400 --> 01:34:53,640

the the FDNY firefighters that we lost in 9-11 and raise money for a local charity.

1696

01:34:53,640 --> 01:34:54,640

That is camaraderie.

1697

01:34:54,640 --> 01:34:55,880

That is brotherhood and sisterhood.

1698

01:34:55,880 --> 01:34:57,900

And you see it and it's alive and well.

1699

01:34:57,900 --> 01:35:01,720

But it's the same kind of people and faces that I see in all these things that really

1700

01:35:01,720 --> 01:35:02,800

get it.

1701

01:35:02,800 --> 01:35:08,520

And so we know those people have got to start pushing the walls back out again because brotherhood

1702

01:35:08,520 --> 01:35:12,800

and sisterhood is an incredible thing, but it's not just a word.

1703

01:35:12,800 --> 01:35:16,480

It's an entire philosophy that we have to embrace.

1704

01:35:16,480 --> 01:35:20,120

And that means if someone works side by side and they gave everything and they didn't do

1705

01:35:20,120 --> 01:35:25,400

something horrendous, then just because they left the department doesn't make them a piece

1706

01:35:25,400 --> 01:35:26,400

of shit.

1707

01:35:26,400 --> 01:35:27,400

Yeah, man.

1708

01:35:27,400 --> 01:35:32,880

I mean, I left there with the intention of telling people, hey, man, I'd love to see

1709

01:35:32,880 --> 01:35:33,880

you.

1710

01:35:33,880 --> 01:35:35,040

I'd love to stay connected.

1711

01:35:35,040 --> 01:35:36,040

Let's plan a night out.

1712

01:35:36,040 --> 01:35:37,040

Let's do this.

1713

01:35:37,040 --> 01:35:38,840

Let's do that.

1714

01:35:38,840 --> 01:35:41,760

Thinking that perhaps that would happen.

1715

01:35:41,760 --> 01:35:43,800

And I even offered.

1716

01:35:43,800 --> 01:35:49,360

So I was one of the few firefighters that was a therapist before becoming a firefighter.

1717

01:35:49,360 --> 01:35:51,120

It's very rare.

1718

01:35:51,120 --> 01:35:54,000

And there was this guy and they had a program.

1719

01:35:54,000 --> 01:35:55,800

And this is also something that I found to be silly.

1720

01:35:55,800 --> 01:36:00,920

They have a counseling program in the fire department, like in the fire unit.

1721

01:36:00,920 --> 01:36:04,400

And the guy, one of the guys was asking, he's like, hey, do you want to be a part of this?

1722

01:36:04,400 --> 01:36:06,080

I was like, yeah, man, I would love to help out.

1723

01:36:06,080 --> 01:36:07,080

That would be amazing.

1724

01:36:07,080 --> 01:36:09,280

He's like, well, you know, you can't do it because you're on probation.

1725

01:36:09,280 --> 01:36:10,760

Like, OK, fine.

1726

01:36:10,760 --> 01:36:13,800

But obviously, I left before my probation was up.

1727

01:36:13,800 --> 01:36:18,040

So even the guy called me, I think it was sometime after like my probation should have

1728

01:36:18,040 --> 01:36:19,920

ended and said, hey, man, I'd love to get you in now.

1729

01:36:19,920 --> 01:36:21,720

And I'm like, dude, I'm not in the fire department anymore.

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01:36:21,720 --> 01:36:22,880

He's like, God damn it.

1731

01:36:22,880 --> 01:36:23,880

I lost another one.

1732

01:36:23,880 --> 01:36:28,120

Like every time every time you guys go through this is like, you know, a bunch of you guys

1733

01:36:28,120 --> 01:36:29,600

wind up quitting, whatever the case is.

1734

01:36:29,600 --> 01:36:33,760

And they said, well, listen, dude, I was like, I would still love to help.

1735

01:36:33,760 --> 01:36:39,040

Like my heart is still there for the first responders like I to your point about a year

1736

01:36:39,040 --> 01:36:40,040

ago.

1737

01:36:40,040 --> 01:36:43,240

And now I've been out of the fire department close to four years or whatever it is, three

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01:36:43,240 --> 01:36:44,240

years.

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01:36:44,240 --> 01:36:45,240

I don't know.

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01:36:45,240 --> 01:36:47,160

But about a year ago, I was running in the park and some guy was on the floor, pissed

1741

01:36:47,160 --> 01:36:49,920

himself clearly had a heart attack and somebody was doing CPR.

1742

01:36:49,920 --> 01:36:50,920

And I jumped in.

1743

01:36:50,920 --> 01:36:51,920

I'm like, you need a break.

1744

01:36:51,920 --> 01:36:52,920

I got you.

1745

01:36:52,920 --> 01:36:53,920

I'm a former firefighter.

1746

01:36:53,920 --> 01:36:55,520

Like I would have still helped to do CPR.

1747

01:36:55,520 --> 01:36:58,520

I would have still helped to save that guy's life because I still feel that sense of duty

1748

01:36:58,520 --> 01:37:00,160

and I still believe in it.

1749

01:37:00,160 --> 01:37:02,640

And so I still carry that with me.

1750

01:37:02,640 --> 01:37:07,680

Like I don't believe that if there was a way that I could show up to help, I wouldn't do

1751

01:37:07,680 --> 01:37:11,200

it at this point in my life, no matter what, because it stays with you.

1752

01:37:11,200 --> 01:37:15,560

And so I still wanted to even support in the fire department and be like, hey, man, I'll

1753

01:37:15,560 --> 01:37:16,840

help with the counseling unit.

1754

01:37:16,840 --> 01:37:20,080

Like I don't want to work for the counseling unit, but I would just I could volunteer.



1755

01:37:20,080 --> 01:37:24,080

Like if you guys need support, even though I'm not still a firefighter, like I'll help

1756

01:37:24,080 --> 01:37:25,800

with these guys that might need the help.

1757

01:37:25,800 --> 01:37:26,800

All right, cool, man.

1758

01:37:26,800 --> 01:37:27,800

Yeah, we'll give you a call.

1759

01:37:27,800 --> 01:37:28,800

It's been three years.

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01:37:28,800 --> 01:37:30,600

Haven't heard from I'm not going to call him.

1761

01:37:30,600 --> 01:37:33,640

I'm going to it's not it's not it's not for me to do.

1762

01:37:33,640 --> 01:37:40,280

But there's just that continued like I had the intention to still be somebody that would

1763

01:37:40,280 --> 01:37:43,640

be involved in these areas that they didn't want it.

1764

01:37:43,640 --> 01:37:44,640

And that's OK.

1765

01:37:44,640 --> 01:37:45,640

I can't do anything about it.

1766

01:37:45,640 --> 01:37:50,160

And it said in me for a while for you know, and I'll be transparent.

1767

01:37:50,160 --> 01:37:51,680

That really made me sad.

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01:37:51,680 --> 01:37:54,960

Like I was not OK with that for a little bit.

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01:37:54,960 --> 01:37:59,560

And it was through talking to my girlfriend and changing the perspective and really and

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01:37:59,560 --> 01:38:02,440

the biggest thing that helped is now that I became an entrepreneur, I made new friends

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01:38:02,440 --> 01:38:05,240

and I built my own community of great people.

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01:38:05,240 --> 01:38:09,400

And I made an intentional practice for about two years to actually build a network and

1773

01:38:09,400 --> 01:38:12,700

a circle of people that I can consider friends.

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01:38:12,700 --> 01:38:17,280

But to your point, if I didn't do that, maybe because I wasn't an entrepreneurship or whatever

1775

01:38:17,280 --> 01:38:21,120

the case is, I would have had nobody because I lost a bunch of friends when I became a

1776

01:38:21,120 --> 01:38:22,820

firefighter as well.

1777

01:38:22,820 --> 01:38:26,900

Some of them were jealous and some of them were just like, we don't really connect anymore.

1778

01:38:26,900 --> 01:38:32,460

And then leaving the fire department, I lost all the people from the fire department and

1779

01:38:32,460 --> 01:38:34,560

now I had nobody except for my girlfriend.

1780

01:38:34,560 --> 01:38:37,320

And then I had to figure out who I'm going to become friends with.

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01:38:37,320 --> 01:38:43,360

So it's it's really it's really an interesting thing any time you transition, but especially

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01:38:43,360 --> 01:38:47,520

in something like this, because if you're somebody who believes that this is deeper

1783

01:38:47,520 --> 01:38:50,000

than the job, that could really mess with your head.

1784

01:38:50,000 --> 01:38:51,240

And it did for me for a little bit.

1785

01:38:51,240 --> 01:38:53,280

I was like I was literally sitting there.

1786

01:38:53,280 --> 01:38:55,400

I was like, I don't get why nobody wants to.

1787

01:38:55,400 --> 01:38:59,880

Like I told this to my girl, I was like, I don't get why nobody wants to be my friend.

1788

01:38:59,880 --> 01:39:04,480

Like I spent time with some of these guys, like a lot of time because we were on the

1789

01:39:04,480 --> 01:39:05,480

same tours all the time.

1790

01:39:05,480 --> 01:39:08,520

I was like, and we just we just don't talk anymore.

1791

01:39:08,520 --> 01:39:10,320

They kind of get it.

1792

01:39:10,320 --> 01:39:13,640

And so, you know, there's that level of acceptance you have to come to.

1793

01:39:13,640 --> 01:39:14,640

It's not easy.

1794

01:39:14,640 --> 01:39:15,640

Absolutely.

1795

01:39:15,640 --> 01:39:19,340

Well, let's talk about what you're doing now for people listening.

1796

01:39:19,340 --> 01:39:22,120

What are the services that you offer?

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01:39:22,120 --> 01:39:28,440

So I've created a hybrid that combines therapy, mentoring and coaching on one service.

1798

01:39:28,440 --> 01:39:33,000

And essentially what this is, is it is my attempt to create the service that I needed

1799

01:39:33,000 --> 01:39:35,520

when I was a kid.

1800

01:39:35,520 --> 01:39:40,640

It's I found that therapy is good in its own way and coaching is good in its own way, but

1801

01:39:40,640 --> 01:39:43,180

they also suck in their own way.

1802

01:39:43,180 --> 01:39:49,160

And my biggest mission right now is to impact a billion lives positively and change the

1803

01:39:49,160 --> 01:39:53,240

way the world views how we're getting support and mental health.

1804

01:39:53,240 --> 01:39:59,120

And so my attempt is to create this methodology, my own methodology, because therapy can keep

1805

01:39:59,120 --> 01:40:00,880

people stuck.

1806

01:40:00,880 --> 01:40:04,200

Coaching can stop helping people move forward.

1807

01:40:04,200 --> 01:40:08,620

But I believe if you combine the two, you actually fix what the other one's lacking

1808

01:40:08,620 --> 01:40:10,780

by utilizing the other service.

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01:40:10,780 --> 01:40:14,900

So I've been working really hard on perfecting this and a lot of it comes back to these aspects

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01:40:14,900 --> 01:40:18,960

of what we were talking about before, identity, self mastery, and just giving you the tools

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01:40:18,960 --> 01:40:22,880

to empower yourself to live the life that you believe you could be living if you're

1812

01:40:22,880 --> 01:40:26,120

willing to take those steps and really invest in yourself, because that's what it comes

1813

01:40:26,120 --> 01:40:27,680

down to.

1814

01:40:27,680 --> 01:40:31,440

I often have to tell people because I believe this is so important.

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01:40:31,440 --> 01:40:34,400

And even if it's not for me, for any of you listening who might have a therapist or a

1816

01:40:34,400 --> 01:40:39,120

coach and feel like you're not getting a ton out of it, you have to evaluate is it you

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01:40:39,120 --> 01:40:42,040

or is it them or is it both of you?

1818

01:40:42,040 --> 01:40:45,360

But the biggest thing that I think is that a lot of the times when we get a therapist

1819

01:40:45,360 --> 01:40:48,740

or a coach or even a mentor, we think that they're going to make the biggest difference

1820

01:40:48,740 --> 01:40:53,000

in our lives because the fact that we're paying for it or we're showing up.

1821

01:40:53,000 --> 01:40:57,780

But the reality is that I'm not here to change your life.

1822

01:40:57,780 --> 01:41:01,160

I'm here to facilitate a space for change to occur.

1823

01:41:01,160 --> 01:41:04,860

But what you do in that space is entirely up to you.

1824

01:41:04,860 --> 01:41:13,700

And so I really promote like be mindful, be intentional, give yourself the best and show

1825

01:41:13,700 --> 01:41:15,520

up as powerfully as you want.

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01:41:15,520 --> 01:41:17,640

Get what you want out of these services.

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01:41:17,640 --> 01:41:19,600

The other thing that I do is I'm a speaker.

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01:41:19,600 --> 01:41:23,720

If you and everybody else couldn't tell because I talk a lot.

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01:41:23,720 --> 01:41:25,160

I am a speaker.

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01:41:25,160 --> 01:41:28,800

I enjoy going up on stage, sharing my story, sharing some lessons.

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01:41:28,800 --> 01:41:35,120

I talk to, I guess, at events or companies, organizations, anyone who could use some practical

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01:41:35,120 --> 01:41:41,320

steps for personal development, leadership, communication, self mastery.

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01:41:41,320 --> 01:41:44,000

And I have a few other businesses, but those are kind of just for funsies.

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01:41:44,000 --> 01:41:46,400

I think this is the most important one to me.

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01:41:46,400 --> 01:41:47,840

Brilliant.

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01:41:47,840 --> 01:41:50,320

And where can people find you online?

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01:41:50,320 --> 01:41:53,520

You can check out my socials, which I'm not super active on.

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01:41:53,520 --> 01:41:54,520

They still have stuff.

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01:41:54,520 --> 01:41:57,640

And don't worry, I'm going to have a program schedule post.

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01:41:57,640 --> 01:42:04,120

But you can check me out at Vin dot Infante on Instagram, Vin Infante on TikTok or LinkedIn

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01:42:04,120 --> 01:42:05,680

or Twitter.

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01:42:05,680 --> 01:42:09,880



And you can find my website at [www.vincentinfante.life](http://www.vincentinfante.life).

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01:42:09,880 --> 01:42:11,880

And there's some free resources on there.

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01:42:11,880 --> 01:42:13,640

If you'd love to check them out.

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01:42:13,640 --> 01:42:16,360

There's a mission board, which is a free download.

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01:42:16,360 --> 01:42:19,440

It'll help you basically create the trajectory of your life.

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01:42:19,440 --> 01:42:20,760

It's like a vision board, but better.

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01:42:20,760 --> 01:42:21,760

I made it.

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01:42:21,760 --> 01:42:22,920

There's a newsletter.

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01:42:22,920 --> 01:42:24,240

It's free.

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01:42:24,240 --> 01:42:25,680

I put it out twice a month.

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01:42:25,680 --> 01:42:27,240

It's all about personal development.

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01:42:27,240 --> 01:42:30,680

And if you like some of the stuff you heard here today, that's in the newsletter.

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01:42:30,680 --> 01:42:33,680

And then for anybody who's really curious about diving deeper, you can always book a

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01:42:33,680 --> 01:42:37,480

free call and just have a conversation and see if it goes anywhere or not.

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01:42:37,480 --> 01:42:39,240

I'm always just a fan of providing value.

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01:42:39,240 --> 01:42:42,480

And I would invite anybody who's super curious to book.

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01:42:42,480 --> 01:42:43,480

Beautiful.

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01:42:43,480 --> 01:42:45,680

Well, Ben, I want to say thank you.

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01:42:45,680 --> 01:42:50,400

It's been a really unique perspective, basically coming through the world of counseling.

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01:42:50,400 --> 01:42:55,160

And then you're going to entry and exit at the fire service and then the entrepreneurial

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01:42:55,160 --> 01:42:56,160

side.

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01:42:56,160 --> 01:42:59,760

So I want to thank you so much for being so generous with your time and coming on the

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01:42:59,760 --> 01:43:01,880

Behind the Shield podcast today.

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01:43:01,880 --> 01:43:02,880

That's been great, James.

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01:43:02,880 --> 01:43:05,120

Thanks for having me and for being such an awesome host.

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01:43:05,120 --> 01:43:16,560

And I hope the listeners got tons of value out of today.