

10-30-20 Are You Taking Care of Your Body?

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SUMMARY KEYWORDS

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Hey everyone, welcome to another episode of legendary



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leaders. Thank you for joining me today I am excited to have you listening. Today's topic is what I'm going to call feed your body. And no, I'm not talking about Halloween candy, even though Halloween is tomorrow, happy early Halloween everyone. No, no, I am talking about taking care of your physical self. You know,



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I've done



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tons of episodes, I feel like you know, maybe it's not tons, but it feels like tons of episodes about becoming the person you need to be to run a million dollar plus company, right? Most of that is focusing on your mind. I spend a lot of time talking about your mindset and the point of view and being an optimistic realist and, you know, giving yourself permission to, to move on to the next whatever and considering failures, not failure and finding your

inner villain of self doubt, right? We talk a lot about mindset, reading books, listening to me on the podcast and other podcasts, right, journaling, meditating, all of those things are great for your mind. And they help relative to your productivity framework. Okay, but remember, your mind and your body, they're very much connected. And I know you know that,



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I know that. But sometimes we get away from it.



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I'm not, I'm not perfect by any means. And so a lot of the things that you hear me talk about on these podcast episodes are things that I've either gone through, on thinking about, because I'm struggling with it myself, or I remember watching other people struggle. And so I'm telling you, it body monitor connected, right, they very much affect each other. So when you are hesitant to make a decision mentally, you're also hesitant to make a decision physically and vice versa. So I've been thinking about this a lot. And so I wanted to bring it to you today, I wanted to share my thoughts with you. Let me give you an example of that. So I know that you probably know someone who doesn't make fast decisions. Now, I'm not talking about pausing for a few seconds and making a decision. I'm talking about days to make a decision. Right? They sit and they think and



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they analyze and they worry,



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they get ulcers, right. They will never move forward. It seems like no, I'm talking about picture that person in your mind right now you know who I'm talking about. So imagine this, imagine if you take



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this person that you're thinking about right now.



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And you go to a waterpark,



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right? The waterpark with all the slides, and you know, the huge drops, right? There's just you going down this tube. Now, how long do you think it's going to take that person to get the courage to go down the really tall, huge slide. They're not the type of people you know the person, they're not going to be the person that's gonna say, hey, yeah, let's go do that. Right. Like if you soon as you ask them and say, Hey, do you want to go ride that slide? Let's go. Let's go shoot that that slide right there. Let's go. They're not going to say, Oh, yeah, let's go do it.



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They're gonna say, huh?



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Oh, no, let me think about that for a little bit, right? They've



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got to analyze, I've got to think through, they got to worry about it a little bit.



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Now.



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We can talk about personality in the light, right? I'm not going to get into that today. It's, we're going to talk about which personality makes fast decisions and slow



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decisions and whatever. That's not, that's not the point.



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What I want to talk about today is that when you tell yourself to do something, your brain and your body have to go, right. We've talked about this before, relative to Tony Robbins, he talks about getting to that cold water bath every single morning. And he says he does it to train his mind and his body that when he says go, they go. Now that's the difference. I think in Tony Robbins or maybe hopefully some of us



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versus the individual you are thinking about



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going and getting on that waterslide.



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Right. They haven't trained their mind or their body to go when they say go. So my question for you is, are you training your mind and your body to go? When you say good, you see, we need both of them. We need both of them to go because your mental energy is tied to your physical energy. If you're moving and grooving and just moving your body around, then you're going to have better mental capacity. You know, I read an article a couple weeks ago, and it was talking about memory and retention and and trying to remember things they talked about exercise and how if you would exercise sighs just for 10 minutes, it has a certain effect on your brain versus if you would exercise and talk in 10 minutes like hit like high intensity 10 minutes,



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then you are really better at making decisions



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and and different things if you did a longer 20 minute walk, not high intensity, but just

moving around, it had some impact on your memory. And so you needed to do two different types of exercise depending upon what type of mental impact you wanted to have whatever activity you wanted to do mentally, you needed to do something corresponding with your body. And so everyone understands out there that we have a connection between our body and our mind.



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And so



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what happens, right, when we're talking about that, we have to have both in order to go and move forward, the mind and the body. When we connect them things like snoozing that alarm clock that stops, being late to meetings, that stops halfway paying attention, not having the answers for getting to go do something, right, all of these other things that come about, because you just simply don't say go and your body and mind react, those things stop. Because when your mind and body are trained, when that alarm clock goes off, you're up and running.



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Now I can tell you that



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probably know, pretty much for the bulk of my life, probably, maybe since COVID, I would tell you, that's changed a little bit, unfortunately. But until then, when I said go, I would get up and go if my alarm went off, it went off, I would get up out of bed moving forward bed gets made, right. It's just a routine, or depending upon the morning, right that it would be made. Because if somebody you know my spouse is in bed, can't make the bed. But normally alarm clock goes off, I get up, I get dressed, I go work out. That's the routine that I'm in. Now, when COVID hit the kids were home, you know, and you couldn't go anywhere and the world was kind of crazy. I slept in a little bit didn't really have the alarm didn't worry about that. I was kind of living my best life because I look forward to you know, having some days without the alarm clock, right. It's one of one of my legendary life plan aspirations. But anyway, I got a little lacks. I'm back on track. alarm goes off, I'm up. Because when



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I say go, I go body and mind.



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So



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get a good workout each and every day.



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Right?



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Do that for your body. And each workout, depending on what you're trying to accomplish, push yourself. Now here's the thing. Let me put a little caveat in here. Be responsible. I'm not giving you medical advice. Right. So be responsible relative to the exercise that you go and participate in. I'm just saying if you can exercise and work out and you're choosing not to you're D prioritizing it. I'm here to tell you get back on track. Feed your body, so your mind will win to



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remember



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that exercise is a great stress reliever. It clears your mind. It allows you to reboot yourself and re energize. There are so many reasons why we need to be good and get better at taking care of our bodies.



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So today, on Friday,



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before a candy and party weekend, right? Be kind to your body. And when you say no more candy, or you say no more alcohol, or no more appetizers, or whatever it is, stick to it. push past the limitation and start thinking about how you feed your body, not just your mind. Right and then the way in which you feed your body is also the way in which you feed your mind. How you push past the limitations physically, will also impact how you can do the same mentally.



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The body and the mind are connected.



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Have you been taking care of your body so you can take care of your mind? Because we need you ready and focused and successful in your business. right all right. I'm gonna leave you with that. I know that got a little deep, but I know you got it. Take care of you. Go and be legendary.