



This Is Your Life Podcast
Season 6, Episode 2
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Michael Hyatt

Michele Cushatt: Welcome to *This Is Your Life* with Michael Hyatt, where our goal is to help you win at work and succeed in life. My name is Michele Cushatt, and I'm sitting in the studio today with my friend Michael Hyatt. Hey, Michael!

Michael Hyatt: Hey, Michele! How are you doing?

Michele: I'm not used to you sitting on this side of the...

Michael: I know. I'm on the wrong side.

Michele: It's odd. It's uncomfortable.

Michael: I'm on your right side.

Michele: The right side. Maybe we should move you farther and farther down the...

Michael: Oh, come on! Give me a break!

Michele: Well, I'm really excited today because we have a special treat. We have a guest with us today. Lewis Howes is an online marketing expert. He's a sought-after business coach, author, podcaster... I mean, really, the long line of accolades is really quite extensive. I'm very impressed with his résumé, his history. However, this is not how his story began.

This is what I'm most intrigued by. He is a former pro football player and two-sport All-American, but he experienced a career-ending injury that changed everything for him. One day he was sleeping on his sister's couch, and it looked like his entire life's plan had been disrupted, but he wasn't about to let that be the end of him.

So within about three years, he went from sleeping on that sister's couch to running a seven-figure online education business. He has an entire story we're going to unpack a little bit today as well as a book that's coming out, and that's exactly where we're going to start. Before I do that, welcome, Lewis.

Lewis Howes: Thank you so much. I appreciate it.

Michele: I'm so glad you're here.

Lewis: Thank you.

Michele: You have a brand new book that just came out a couple of weeks ago.

Lewis: Yes.

Michele: I'm so excited about it. It's doing very, very well and has great content, but I want to start with kind of its premise. First of all, the book is called *The School of Greatness: A Real-World Guide to Living Bigger, Loving Deeper, and Leaving a Legacy*. It's all about greatness.

Lewis: Yes.

Michele: How do you define greatness?

Lewis: I ask this question of the guests I bring on at the end of every episode I do, because I'm always interested to see what it means to them. For me in this moment, greatness means discovering and defining what my gifts are, making the most of those gifts, and maximizing the highest number of people in the world with those gifts.

Michele: Very concise. There you go: greatness.

Michael: That's excellent. Okay. In the book, you outline eight different lessons. We don't have time to get all eight (plus, if we gave them away, nobody would buy your book).

Lewis: Exactly.

Michele: Yeah, we don't want to give them all eight.

Michael: The goal here is to tease the book and give people a little bit of a taste.

Lewis: Perfect.

Michael: What are some of those lessons, maybe the first couple or the one you think is the most important or comes first?

Lewis: Well, I'd say the first one and the last one are very important. I'll start with the first one, and that's *having a very clear vision*. As the incredible leader you are, you have a very clear vision. Whenever I think of vision, I think of you and leadership.

Michael: Wow. Thank you. Do you say that to every host?

Lewis: No. Just you.

Michael: Okay. Thank you.

Lewis: Seriously though, when I think about great leaders... Anyone who has achieved greatness in business, sports, family, community, or service has had a powerful vision. I think of Dr. Martin Luther King. He had a dream for many, many years. It was a powerful vision for years, and it took his whole life's work to make that vision come true.

But if he hadn't had that vision or dream or if we hadn't had the dreams we have, we would have just been wandering through life, seeing what would come up for us and being open to whatever came up. We may not have been able to achieve exactly what we wanted. So the key is getting clear on what we want first and then moving toward that vision. It seems very simple, but...

Michele: It sounds like rather than reacting to circumstances, it's being proactive about turning... Rather than just waiting and passively responding to what happens, it's being very proactive about taking a path.

Lewis: Exactly. I think it's important to think about the vision we want as individuals, not what our families want for us or what society or our peers want for us. It's important that we're not being pressured into a specific path. Don't go to the school that other people want you to go to and do the job other people want you to do, but really get clear on what you want first. I think most people forget how to get clear on what they want, and they don't know how. I talk about how to do that in that chapter.

Michael: Just give us a few tips on how to get clear on vision. I hear a lot of people exhorting us to do it, but how do you actually do it?

Lewis: The first step I teach people is to go through an exercise called The Perfect Day exercise.

Michele: I saw that in your book. I loved that.

Lewis: Thank you. Thank you. This is something I've been doing for a long time. It's where we allow ourselves to dream. I think there's so much clutter in our minds and so much chatter with all the social media, content, and people telling us to do that we don't take moments in our days to just dream and think, "What if...? What could life look like if I went after this

dream or if I had this dream?" In this Perfect Day exercise, I tell people to literally take out a piece of paper. You can do this right now if you're watching.

Take out a piece of paper, and just write down in broad terms what a perfect day would look like for you. If you could have anything you wanted, the people you want to spend your time with, the places you want to travel, where you want to live, the time you'd be spending doing different things... What would that be? Write it down in broad terms. It could be as simple as, "I wake up at 7:00 a.m. next to the woman of my dreams, and I'm in tears because I can't believe how lucky I am to be next to her."

Michael: That's awesome.

Michele: That's a great way to start a day.

Lewis: Right?

Michael: It is.

Lewis: For me, that would be like the perfect morning, right? Okay, so what's next? You just start writing it out, and be so open and don't hold back on what you think would be amazing, the way you'd want to feel, and who you'd want to spend your time with. Writing that out first... Write this down on about a page. What would just one day be like? Now your perfect day is going to change. If you do the same thing every single day, you'll be bored.

Michele: It wouldn't be perfect anymore. Absolutely.

Lewis: Exactly. So you have to think about what the feeling would be like every single day. Then what I tell people to do... This is the second thing most people don't do. They'll dream about what they want. They'll write out vision boards. They'll put up images of what they want, but they won't do the next step. This is what I learned from sports. Every practice we'd go to in football, I would show up, and in my locker would be an itinerary of what we were doing every 10-15 minutes on the field that day in practice.

Michael: Wow.

Lewis: So I'd show up, and I'd know exactly what we were doing. "Okay, warm-up. Then special teams, then offense, then defense, then coaches' meeting, and then a water break. Then huddle training..." Whatever.

Michele: Really? I didn't know this.

Lewis: Every 10-15 minutes was mapped out.

Michael: I didn't know that either.

Lewis: Yeah.

Michael: Do all football teams do that?

Lewis: Not all of them. The great ones, the one who have a clear vision, do.

Michele: Oh! Excellent point. I love that.

Lewis: Ones that just said, "Okay, just show up and be on the field at 3:15..."

Michael: "We'll figure it out when we get there."

Lewis: Yeah, exactly. But the ones who were so prepared... "Okay, we know how much time we have for practice, so we know where we're going to put the work in to achieve our vision for this day, this week, and this season." I talk about having an itinerary in life. You write down your perfect day. Then you have to write in, "Okay, how am I going to fit all of this in? Where is this going to go?"

You may say, "At 8:00 [or 7:00] a.m., I wake up." For the first 30 minutes, what are you doing? For the next 30 minutes, what are you doing? Where are you going to fit in all of this time for all of the things you want to do? You have to map it out for yourself so you can see it physically and then take action toward that itinerary in your day.

Michele: Okay. Here's a question. I want to back up a little bit. In the intro, I mentioned a little bit that you started out with a very mapped out plan of what you wanted your life to look like. Then it got interrupted quickly.

Lewis: Yeah.

Michele: Just that quickly, everything changed. Did you already have this keen ability to cast a vision then, or was that something you had to learn the hard way?

Lewis: With sports, yeah. I was really good at visualizing how I was going to perform on the field. I was practicing visualization techniques in high school and college and while playing arena football.

Michele: How about when you were on your sister's couch?

Lewis: On my sister's couch after that? I was a little depressed for a while, to be honest. I mean, I was there for about a year and a half.

Michele: Yeah. Well, that's what I would imagine. I know there are some people listening and watching right now who are in that place, so speak about when it's hard to find a vision. What do you do then?

Lewis: Sure. Well, I think you have to accept and acknowledge where you are. If you're already in a hard place and you're not feeling good about yourself, just say, "Okay, I acknowledge that I'm in a hard place and I'm not feeling good. I might need a couple of weeks to just be in my mess," right?

Michele: Mm-hmm.

Lewis: From there, the next thing that really worked for me was having incredible support, family support and friend support, and finding some key mentors who I was inspired by already and who lifted me up just by giving me a few minutes of their time and some information and challenging me. I think it's really important to ask to be challenged.

We aren't challenged enough in our daily lives. We don't spend enough time with people who challenge us and question us, not about our integrity or what we're up to but just challenging us to move forward to get to that next step. So find a mentor, find some support you really admire, and ask them to challenge you.

Say, "My request is for you to give me a challenge for this week. What can I do to get to the next step this week? I still don't know what my dream or my vision is, and I don't know what job I'm going to do or if I'm going to start something, but what's something I can do this week?" Maybe it's to read a book. Maybe it's to listen to your podcast. Maybe it's to work out every day. It might be something small.

Michele: But something.

Michael: Something that moves you toward greatness.

Lewis: Yes, that's it. So finding the support was huge for me. I took longer than I probably needed to get out of my mess, because...

Michele: Well, give everybody some context. How long?

Lewis: I mean, about a year and a half. I didn't have a backup plan, so I went to go play football. That had been my whole dream my entire life.

Michele: Absolutely. Well, you mentioned in your book that you were up in Ohio.

Lewis: Exactly. Yeah.

Michele: I lived in Ohio.

Lewis: Nice!

Michele: So growing up in the shadow of OSU... That's a big deal!

Lewis: Yeah. It's a big deal.

Michele: To not have that dream come true is crushing.

Lewis: Yeah. Well, it came true for a little bit.

Michele: For a short time, so you got a taste of it, and then it was gone.

Lewis: For about six months, it was like I got this taste of this lifestyle I had always dreamed up, and then it was taken away, so it was just like, "Well, I don't know what to do next." I wasn't really studying in school...

Michele: Yeah. Absolutely.

Michael: That was your plan.

Lewis: That was my plan.

Michele: Yeah. There was no Plan B.

Lewis: I was like, "I have no clue." I hadn't gotten a college degree yet. I finally went back and got one, but it's not like I had put my energy into schoolwork. I had put it into my dream. So I didn't know if I was going to get a job or if I could start a new thing. I didn't know how to make money. I just had no clue what was next, period. I was in a cast covering much of my body for six months, so I just didn't know what I could do.

I wasn't able to do manual labor like construction work. No one was hiring in 2008, so I wasn't able to get a job, really, and I didn't want a job at the time because I had lived this lifestyle as this athlete, getting to do what I wanted to do every single day. I was like, "I don't want to go to work if it's not something I'm passionate about." So I was in a mess.

Michele: Oh, yeah. But I love that you're admitting that and being honest about it, because so many people who are listening are right there in that spot.

Lewis: Yeah.

Michael: Was there a moment on this vision thing when you thought, "Wait a second. I did this on the field. What if I applied this to my life?"

Lewis: That's it. Exactly. I feel like I have a great advantage because I had that experience. If I hadn't had sports, I don't know where I'd be now, because I've literally just applied everything from those moments into business, relationships, and life. That's where the itinerary and The Perfect Day exercise came from. We would practice that in the great teams I was on. We would have full days of training on what our vision was as a team for the season.

We would map it out on a big whiteboard or chalkboard. Then we'd have to write down (again, on the great teams) our personal vision for the season. What did we want to create? How were we going to serve our teammates? What attributes did we want to bring to the team? What types of stats (like actual results) did we want to get? How did we want to show up? We would have to write down our own personal mission for the season as well.

So I said, "Well, this really works because it keeps me accountable and keeps me on track, and it gets me a clear dream and vision of what I want for these three months. Why don't I just make my life a sport and start applying the same principles I learned from sports to business, relationships, community, service, faith, and everything?" It has done great so far.

Michele: I love that.

Michael: So if vision was the first lesson... You said the last one was also really important. What is that?

Lewis: The last one... I think it's *living a life of service*. That also means living a life of service to ourselves, so it goes back to vision. Most of us don't take the time to dream about what we really want. We don't take the time to dream, and we don't take the time to actually do the things we love doing.

So first, I think being of service to our gifts and our Creator who created us for a reason, to make sure we live to the fullest and live our dreams... It's first being of service to ourselves and then figuring out how to impact the highest number of people around us, whether that's our communities and families, our state, or the world. It doesn't matter what it is, but figuring out a way to serve the people around us is important.

Michele: It's multiplication.

Lewis: That's it. Yeah.

Michael: Fantastic.

Michele: We're taking whatever we have and somehow trying to multiply it.

Lewis: Yeah.

Michele: Now we talked about this a little bit, but I want to unpack it a little bit more. You have an entire section talking about the value of adversity, and you also mentioned a moment ago that we don't invite people to challenge us. I would even say having people challenge us is a form of adversity, right?

Lewis: Of course. It's uncomfortable.

Michele: When we're in a place where we're stuck, our natural impulse is to resist any more pain because we already feel like we're in pain. Yet you're saying to actually connect with it, lean into it, and embrace it.

Lewis: More pain. Yes.

Michele: That happens to be something I believe in very strongly too based on my story. Talk to us a little bit about the role of adversity and then how we should respond to it.

Lewis: I mean, I think it's extremely valuable and important to have adversity. I think if we have a dream, a big dream, and we want to achieve greatness, to be successful in business or whatever it may be, the bigger the dream, the more challenges that are going to come our way naturally. It's just going to happen. It's not going to be easy to go from zero to being a millionaire or a billionaire or to go from zero to being the best athlete in the world. It's going to take a lot of pain and challenges along the way. So you just have to understand that's the process.

If I want to get to any next level, there are going to be challenges. The way we look at those challenges can be like, "They're hard," or, "Oh, this is great feedback for me. I'm not doing what I need to do, so I need to adjust, learn how to move through this pain and appreciate it, and be grateful that I'm experiencing the pain. I'm still alive. Awesome. Yes."

Michele: Exactly.

Lewis: Come from a place of, “Yes,” and, “Of course. What’s next?” For me, it’s just looking at it differently and realizing the pain, the struggle, the confusion, and the messiness are a part of getting to that next step, so smile. My friend, Rob Bell, who is an incredible spiritual pastor who I had on my podcast one time, was like, “You know, I really don’t get upset when people attack me on this and that or really bad things happen in the world. I look at it like, ‘This is going to be a great story to tell one day.’”

Michael: That kind of reframes it.

Lewis: He’s like, “This is going to be an incredible story about how all of these people tried to attack me, shut me down in my church, or criticize me, or something bad happened to me physically. It’s going to be an incredible story that’s going to inspire so many people.” Because no one wants to hear, “I had the best life ever. Everything went my way. There was never a challenge. I made billions of dollars, and it was the easiest road.” No one can connect to that.

Michael: That’s right.

Michele: So true.

Lewis: So learn to smile. Laugh. “Wow. I just lost my leg. Okay, awesome. What’s the story I’m going to be able to share with the world now?” Obviously there’s going to be a point where it’s going to be a struggle, but if you can reframe it, I think it’s going to be a lot more beneficial for you and the people around you.

Michael: Is that something that came naturally to you or something you had to learn over time?

Lewis: I think it took months and months of just depression, struggle, and frustration for me to be like, “Okay, that doesn’t serve me. I don’t feel good when I just wallow in my sadness,” right?

Michele: That’s true.

Lewis: I’m still not perfect. There are moments when I’m like, “Okay, this sucks,” or, “This isn’t fun,” but...

Michele: That’s just honest.

Lewis: Yeah.

Michael: That’s just honest. Right.

Michele: That's just being honest, but then your ability to push through...

Lewis: Yeah, exactly. I think the people who have such a powerful, clear vision... It doesn't matter what obstacles are in their way. They are so committed to their vision, and that's what makes them great. They'll do whatever it takes to achieve that vision.

Michele: Well, we have much more to talk about with Lewis Howes. You can see why his podcast is one of the top podcasts on iTunes. Stay with us. We'll be right back.

Has this ever happened to you? You write a list of goals with the best of intentions. You're excited and motivated for a couple of weeks, and then life gets in the way. You get distracted or discouraged. You stop moving toward what really inspires you. If you want to achieve what matters most, traditional goal setting will only get you so far. You need a proven plan.

*Soon I'll be opening enrollment to my course *5 Days to Your Best Year Ever*, and in it, I'll show you my proven system to get clear on what you want to accomplish and then get started achieving it. You can't enroll yet, but you can join the waiting list. Just go to bestyearever.me and enter your e-mail address to get updates.*

*To say thanks, I'll send you a free copy of my e-book, *How to Use Evernote to Track Your Biggest Goals*. This will help you keep your goals organized so they don't get stuffed in a desk drawer and forgotten. If you're tired of making goals but not achieving them, don't miss your chance to discover how to stop drifting and start making meaningful progress in your life. Sign up today at bestyearever.me.*

Michele: Today we're talking to Lewis Howes: author, speaker, and podcaster. He has a brand new book, a hit that just came out, called *The School of Greatness: A Real-World Guide to Living Bigger, Loving Deeper, and Leaving a Legacy*. So far we've talked about a couple of different lessons he outlines in his book on this journey to greatness.

We've talked about the role of adversity and the importance of having a vision for the future, and we have so much more. Of course, we're not going to give you all of the lessons. You're going to have to get the book for yourself, but we have so much more. I think this next lesson is probably the most important in many ways.

Michael: I do too. You know, we talk a lot on this podcast about the role of mindset and how important it is to have the right mindset. You talk in the book about developing the Champion's Mindset. I wonder if you could unpack that a little bit for us.

Lewis: Yeah. Again, a lot of this stems from my sports background, where I learned a lot of this in the beginning. When I was on the field, competing against some of the top athletes in the biggest games, I started to learn what makes the difference between the ones who could win and the ones who were in second or third place. Now when I watch interviews after the Super Bowl, the World Series, or the NBA championships, I see them interview the MVPs or the players who make the best plays that day.

There are usually one of two responses they have right away. When the broadcaster asks, "How do you feel?" "How did you do it?" "How did you make this a great game?" or whatever, they'll usually say, "I give all of the glory to God [or Jesus, their Creator, or whatever], and I am just living through his [or her] power. I could do none of this without him [or her]. I put all of my belief and faith in the idea that I would be able to do this through God."

The other approach is the Muhammad Ali approach. "I am the greatest. I knew I would win. I was going to be the best. I knew a year ago that we would win this game. I worked my butt off. No one can stop me. I am the greatest, and I know it!" The thing they have in common is belief. They had such a strong belief that they were going to win, whether it was because of their own athleticism or something or someone else giving them that strength.

That's the difference maker: that belief and that confidence. So many people don't have that unwavering belief. They believe a little bit, they hope, or they work really hard, but they're just not certain. The thing those two people have in common is that they're so certain that their gifts will shine.

Michael: How do you get to that certainty?

Lewis: You know.

Michael: I mean, I know how I feel a lot of times. I feel confident, and then there's that hesitation that causes me to hang back just a little bit, which can cost you a game, a deal in business, or a relationship.

Lewis: Yeah, of course.

Michael: So you do you develop the confidence that leads to that kind of certainty?

Lewis: I mean, a lot of years of hard work, momentum, and self-awareness is key, I think.

Michele: It's almost like a practice. You almost have to practice it.

Lewis: It is a practice. Of course. I mean, you're not going to be great overnight. You're not just going to be in the playoffs or start a business right away and make millions of dollars on your first day. It's going to take years and years of adversity and overcoming the practice, the struggle, the injuries, and the heartache.

I think that when we surround ourselves with a quality mindset practice, when we have loving people around us who constantly build confidence in us... I'm excited to be a father one day just for the opportunity to train positive minds and practice creating the most powerful minds in the world by just telling them how they can achieve whatever they want.

I'll tell them the struggle is about learning and the process, but they should always come from a sense of knowing who they are and believing in themselves. Even when you're not ready, just believe and act as if you're ready, and that's going to get you a lot further ahead than your competitors or anyone else around you.

Michael: You know, I had somebody tell me one time early in business, "Fake it till you make it."

Lewis: Exactly.

Michael: In some ways that's a little cheesy, but in some ways it's kind of true.

Lewis: It is.

Michael: It's like how when I was a kid, I would put on my dad's military jacket, and it wouldn't fit, but eventually I grew into it.

Lewis: Right. Exactly.

Michael: Sometimes you just have to be comfortable in the discomfort of feeling like you're a little bit out of your element.

Lewis: Here's the thing. Both teams going into the Super Bowl are scared and nervous. There's not one player on that field who's just like, "We got this." They're all thinking, "What's it going to be like if we have rings on our fingers?" and "What's it going to be like to be the world champions?" They're all nervous and scared. I don't care how much belief they have in themselves or how confident they are.

You're going to have nerves. So you just have to be like, "Okay, I'm going to be afraid. There's going to be some fear and some nerves no matter what I do, because if I want to achieve greatness, it's going to be uncomfortable in my life." The next step is always uncomfortable, so be aware of that and fake it until you start to just flow, and it'll be a lot easier then.

Michele: In some ways, we give way too much power to our feelings.

Lewis: Yeah, we do. A lot.

Michele: Yeah. We tend to operate, at times, by just reacting to our emotions and our feelings. They're going to change. That's why you can wake up one day and feel great and wake up the next and feel...

Michael: Terrified.

Lewis: Exactly.

Michele: You have to have that plan, that vision, as you talked about. You have to know you have the power to establish your mindset.

Lewis: Yes. I think this is something I've had to learn and let go of a lot. Don't be attached to the results. I have a vision. I want to be a number-one *New York Times* bestseller. I wanted to be an All-American athlete. I wanted to go to the Olympics. I have these dreams, these visions, but they may not happen the way I want them to.

They may look a different way. That attachment to results is what's going to hold me back and hurt me, I think. Being clear on the vision but also being open to what may be possible and how it may evolve and change is important.

Michele: One thing I say is you want to be invested in it but not attached.

Lewis: That's great.

Michele: To be fully invested in your vision and yet hold it loosely in some ways is key. Be fully invested but not attached so you aren't so wrapped up in it.

Lewis: Exactly.

Michael: That's a good way to think about it.

Lewis: I was attached to the dream of making the NFL and playing professional sports for a long time. That's what held me back for a year and a half because I was so attached that I couldn't let it go, and I was living from the past and was like, "Why can't I achieve this anymore?" I was feeling bad for myself. I like the way you approach that.

Michele: Yeah, we're pretty glad there was a different plan for you, because you wouldn't be here otherwise.

Lewis: Yes. I'm very happy.

Michele: There was one quote in your book that I loved. I just want to read it right now. "Greatness is really the survival of your vision across an extended timeline, based on your willingness to do whatever it takes in the face of adversity to adopt the mindset to seize opportunity wherever it lives." Well, the theme behind all of that is perseverance, steadfastness.

Lewis: Yes.

Michele: I find that the minute things are uncomfortable or if people experience a series of trying circumstances when one thing happens after another, they quit right before the moment when something might break free.

Lewis: Exactly. That's the time when you can really inspire yourself and other people the most: when you just take it a little bit further and continue to move through the adversity. When we stay in the victim mindset and we're like, "Well, this is the way it's going to be, and there's not much I can do," that's what's going to hold us back from living our dreams but then that being the symbol of inspiration around us.

Michele: Now on the flipside, we talk about pushing through and perseverance... Is there such a thing as too much hustle, doing too much and going too far?

Lewis: I think there is if we're not being present to who we are and how we're being. If we're just doing busywork to hustle for hustle's sake, and we're not showing up, being present, and being mindful of how we're affecting the people around us and how our health is being affected... If we're hustling and we're never sleeping on a consistent basis, that's not healthy.

I think you always have to be in check with how you feel. "Do I feel good? How do the people around me feel? Do they feel loved, or am I completely absent in this world, just chasing this attached vision I have?" It's a constant dance with that.

Michele: That goes back to what you talked about with outlining your ideal day, your perfect day. If you take the time to really dream through what you want that to look like, that helps you stay in check with... I tend to be a hard worker, so I can go out there and work my tail off for 12-14 hours and lose track of what I really wanted my day to be about.

Lewis: Yeah. All day and all night. Exactly. I look at it as seasons. There are seasons when you're going to train and do three-a-days. Then you're going to train for just two hours a day. Then you're going to taper off so you can really have a lot more energy and play in the playoffs. Then there's an off season when you take some time off.

Then you re-train harder. It's like you have to learn to dance. You can't just play a game every single day at the height of your physical capabilities or mental capabilities. You have to learn to dance with the seasons of life.

Michele: I'm going to put you on the spot. Are you ready?

Lewis: Let's do it.

Michael: She's good at this.

Michele: What do you mean? Lewis, do you practice this? Do you take time...? You're in the middle of a book launch right now, which is big. That means you're in a season of three-a-days, right?

Lewis: I'm in a harvest season right now, yeah.

Michele: Have you intentionally plotted out time when you're going to slow down and stop? Because there are some people who are listening to you talk and think this is unrealistic. "I can't live at that pace all the time."

Lewis: There's a lot happening right now, and I'm going above and beyond because this is an eight-year vision of mine, so I'm not attached to the result, but I'm really passionate about it, right?

Michele: You're very invested.

Lewis: I'm very invested. There are two hands in there. It's like, "Let me sleep." But yeah, a few weeks ago I was just like, "You know what? I feel like I'm not sleeping enough. I can sense it. I'm always checking with myself at night. I'm like, "Where am I? Am I showing up in a powerful way, or am I run down?"

I was starting to feel like, “If I continue this for the next three months, because I’m not going to stop, I’m going to be burnt out and exhausted, and that’s not living a great life.” So that day I booked a flight to go to Hawaii for four days the following week. I said, “You know what? If I take my phone and my computer, I’ll probably go to work.” So I left my phone and my computer at home and was completely off of the grid.

Michele: For real?

Lewis: For real.

Michael: That’s unbelievable.

Lewis: It was the first time in 15 years when I was without access to my phone for more than 24 hours. I remember leaving it at home, going to the airport, and just being like, “Uh, what do I do?” I got to Hawaii, and I forgot which car rental place I was getting my car from. I was like, “Shoot. I wish I had my phone, because I had all of my information on that.” So I literally had to go by the places one by one to ask them which one my car rental was for.

Michele: Okay, that’s awesome. I love it.

Lewis: I had friends on the island, but I didn’t get their number beforehand, so I didn’t prepare. I was looking it up on the Rolodex and the phonebook. The directions were there. I couldn’t figure out where I was going, so I had to stop at a gas station and ask for the directions.

Michael: Wow.

Lewis: It was like 15 years ago. I was living in the past.

Michael: It’s like being Amish.

Michele: My apologies to our Amish listeners. Oh wait. They probably don’t listen.

Lewis: Right. Exactly. After the second day, I was just like, “Wow. I am lying in the ocean, hiking up mountains, and jumping off of waterfalls. I’m disconnected.”

Michele: So it was worth it?

Lewis: It was incredible. The things I just felt about myself... I felt so much clearer, more grounded, and more rested, and I was like, “I could do this for another week.” I didn’t feel like I needed to come back.

Michael: I want to do that.

Lewis: It was amazing.

Michele: That sounds amazing.

Lewis: What I learned is I have to do that at least twice a year, if not every quarter, for a long weekend with no phone and no computer. I need to just disconnect myself.

Michele: Do you have something planned for after your book launch?

Lewis: Yeah. I talked about this last night with a friend. I think New Year's Eve will be the day I kind of take a break to just reevaluate. The book just came out, and for the next couple of months with Thanksgiving and Christmas, I'll be marketing and promoting it there and doing interviews. I think that during the first five days of January (after I go through the *Best Year Ever* program)...

Michael: Thank you for that!

Michele: Well done!

Lewis: Yes. After I go through *Best Year Ever* and I'm done promoting it really hard to my audience (because it's incredible), I'll take a week to just reevaluate and take some time.

Michael: Good for you.

Michele: I may hold you to that. I'll check in and see if you do it.

Michael: Yeah. Please do. Challenge me.

Michele: You did say that earlier.

Michael: I was going to ask a question about fitness.

Michele: Okay, go ahead.

Michael: Athleticism has been a huge part of your story and your life. I know (because you stayed with us the last time you were in town, and you and I went to the gym together)...

Lewis: That was great.

Michael: You worked out. You looked model-esque.

Lewis: Thanks!

Michael: What role do you think fitness and athleticism plays in the life of anybody who wants to achieve greatness?

Lewis: Sure. You know, this is interesting because it might upset some people. One of my principles is to learn how to master your body if you want to be great. There is just this excess weight, whether it's emotional, mental, or physical, that is going to hold you back if you're not taking care of your body. Listen, I don't have a six pack. I'm not in the top shape of my life right now. I fluctuate.

I'll gain 10 or 20 pounds here and there sometimes, but I think the times when I am in check with my health (emotional, mental, and physical health) are the times when I'm at my best. That's when I show up in a powerful way. That's when I have the most confidence and belief in myself. We talked about the Champion's Mindset. The fact of it is I have more energy.

Michael: So true.

Michele: Yeah, I agree.

Lewis: You just have more energy when your health is in check. When we're up to a big game in life, when we're up to big dreams or just living full of love for the people around us on a consistent basis and not reacting constantly to the things that happen... When we're up to that life, we have to take care of our health in order to make sure we have the energy throughout every single day to be able to emotionally handle things that come our way. Otherwise we're going to be triggered much more easily.

Michele: Oh, so true.

Lewis: We're going to be over-reactive. We're going to be frustrated, stressed out, and drained. It's going to be hard to just achieve our dreams if we're coming from that place.

Michele: Absolutely.

Lewis: I'm not perfect. I eat sugar and candy all the time. I just brought you a box of chocolates.

Michael: I know!

Lewis: I mean, it's my vice. But I think it's constantly just living in the dance. It's the seasons. Live in the dance.

Michele: I like that.

Lewis: Yeah.

Michele: So it's not this perfection we're aiming for but being in tune, being mindful of that, and being a steward of what you have.

Lewis: Exactly. You know, greatness is not about being perfect. It's about giving your best at every moment. Perfection is just not possible.

Michael: That's a huge distinction. Say that again.

Lewis: Greatness is not about being perfect. It doesn't matter. It's about being your best in every moment.

Michele: I love that.

Lewis: You can't ever be perfect, so just let go of it. Even in your Perfect Day exercise... You're never going to live exactly that same thing.

Michele: Never.

Lewis: It's about striving for giving your best and the inspired word of perfection.

Michael: Perfect.

Michele: I love that. Okay, one last question for you. Seeing where you've gone from being this kid with a big dream you pursued so... I mean, you played all out pursuing that dream, and then you had it completely derailed. After a period of years and struggle, you've now come to this place where, in so many ways, it looks like it has all come together perfectly. At the same time, we all know it could change in a moment, right?

Lewis: Right.

Michele: Is there anything you would do differently? If you could go back and talk to your younger self, what advice would you give?

Lewis: I would let go of the pain, anger, and resentment I had been holding onto my entire life from all of the different things I had gone through growing up. In some ways, that fueled my passion to be great, but really it was more to prove people wrong about my being accepted.

Michele: That's very wise.

Lewis: In a lot of ways, it drove me to be hungry and go after what I wanted, but it left me very empty and lonely every single night inside of myself, being like, “What am I doing this for, and why am I still angry and resentful even when I’m achieving great things?” I would go back to my younger self, literally just give myself a huge hug, and say, “Let it go. It’s not serving you. Just start loving yourself fully for who you are.”

Michele: I love that. Such great advice. Are there any other questions you have for Lewis today?

Michael: Nope. That’s fantastic.

Michele: That wraps it up pretty well.

Michael: That’s a great wrap up.

Michele: There’s nothing else we can say. Well, if you enjoyed today’s episode, you can get the show notes and the full transcript at michaelhyatt.com. If you’d prefer to watch, you can always watch the video online as well, or you can listen. But do us a huge favor. This is so important. If you could take 30 seconds and head to iTunes to rate the podcast, it would really help get this material into the hands of the right people.

There are so many other people who need to hear Lewis’s story and his message of what greatness is all about, so take a few moments to rate it. We will be so grateful. Any final thoughts you have for our listeners today?

Lewis: I would say to whoever is listening to this right now... First, thank you for listening. Continue to listen to this podcast, because there aren’t that many people who are doing powerful, great things (in my mind) on iTunes right now. There’s a lot of noise, but this is one that, if you listen to it on a regular basis, will always give you some insights and inspiration to get to the next step to achieve greatness in your life. So continue listening to this show every week.

Michele: Thank you for that. Thanks, Lewis.

Michael: Thank you. Thank you very much.

Michele: Thank you, listener, for joining us today. It’s always a privilege to have you with us. Until next time, remember: Your life, your one and only life, is a gift. Now go make it count.