

## How To Manage Your Energy

Welcome to what's possible next level thinking with world class coaches today I am so thrilled to have my friend and S BC coach Robert Mack with us Robert is the author of Happiness from the Inside Out This is one of those books where you can see my tags Here There are tags and highlights throughout It's one of those kind of books I have given it to so many people They call me throughout the book Oh I love let me just read you what Robert said It's that kind of book It's just beautiful And then most recently love from the inside out I'm in the process of reading this and it's one of those feel good books you just read it and you're like oh I love it So these are Robert's two books I highly recommend taking a peek at them You can find them on our website right under all the coaches We have a carousel and Robert's books are right there Robert has been a corporate consultant a TV actor a personality You may have seen him on a variety of shows like The Today Show and he is like I said an S BC and executive coach and I am just tickled to have you here today Robert I'm so excited to be here I need to come back here more often to get the ego stroke That was amazing That was amazing It is it is true It's so it's it is funny that um I and I have told Robert this a million times when when people experience Robert just the energy of your presence you you just give out great vibes And then not only that like I said you're able to capture your words and thoughts in a book which is not easy to do So people get a real sense of who you are as a human your authenticity how you show up in the world through your stories and your writing And so I love getting to be with you as well as um read what you've put out into the world So so appreciate that Eileen you know I just love you to death and I love our conversations and uh it takes light to recognize light You do all of those things so magnificently Well uh so thanks so much for just saying that I appreciate it Absolutely Well I'm super excited to talk today about energy management It's something that both of you you and I feel passionately about all these words You know it might mean something to you something to me something to our listener So I'm curious how do you define energy It's um taking the Laziest smartest path or approach to your life overall and to work specifically Um so it's the lazy intelligent approach Uh go deeper I want to hear more about the lazy intelligent approach Yeah So I've always um I guess considered myself a pretty hard worker mostly because I never felt I was that bright and my dad and my parents were you know insistent upon um all of us working really hard And as a result of that I

wasn't able to accomplish some things in my life But then I got to a place in my life where my dad said to me all right son you know I know that as a kid I told you you should work really hard But at this point in your career in your life you've really got to focus on working smart we're gonna burn yourself out And so at that point I just sort of did a deep dive into what I now I guess call lazy intelligence So the idea is how can I achieve how can we all achieve accomplish acquire and experience more of what we want with less time energy and effort So how can we get better results with less time energy effort and resources And so energy management is mostly about that We talk about managing time but really you can't manage time you can only manage yourself you can only manage your energy and the use of the way in which you use your energy And so we want to use it um in the Laziest I mean the most efficient and effective but also smartest way uh humanly possible Yeah definitely It makes me think of the path of least resistance I think so often We just butt up and I know even in your book you talked about that with being a consultant and you're doing the right life this is what you're supposed to do You are experiencing all the success that you know society deems as success And it it was hard it was tough You did it and it's inside you're feeling like this isn't me this isn't who I am at all I mean I mean and I was even worse than that I was like to your point I was depressed for so long and I was suicidal for so long I mean it was uh something I thought the depression at least I thought I'd grow out of it you know you think well I just need to accomplish more you know getting good grades isn't enough I need to be salutatorian or a valedictorian you know which I did And then I then you you know I need to go beyond that and I need to get a really great consulting job You do that I mean I just need a really beautiful girlfriend that knows five languages and then you do that and then you know you're like how come I don't feel better subjectively despite doing better objectively I'm doing better in the world but I'm feeling worse on the inside And so I was like wow this is not what I expected This is not what I intended Got to a place I was so suicidal that I began to look up ways and means and methods to kill myself Um and I even had a suicidal uh experience there where I decided I was gonna slash or slip my wrist And I um you know I dug the knife into my wrist and I mean strangely enough in that moment I experienced like this inexplicable ineffable peace love and joy the kind of which I had never experienced before that I had never experienced even when I was achieving accomplishment acquiring all these other things to beautiful German cars and health and all this stuff Like I didn't feel any of

that peace love and joy with any of those accomplishments or achievements But then I felt it at the seemingly lowest point in my life you know without any external conditions or circumstances changing whatsoever And so for me that was like I had to re re my life and question and explore like OK do I have this ladder leaning up against the right wall or not You know is all this hard work really helpful with respect to what I most want to achieve or feel or experience my life and clearly it wasn't it clearly wasn't So I wasn't at that point taking the path of least existence or the path of lazy intelligence And I wasn't um at all thinking in terms of energy management or flow state or anything like that Wow First off thank you Thank you for sharing I that's one thing that I so appreciate with you is just your your v vulnerability your transparency your authenticity you do it in everything you do I you sh you you show up that way and by doing that it allows others to show up in that same way And so thank you I really appreciate you sharing that um with me I know I know you talk about it in the book However just even to hear you talking um face to face about it it really I can feel it I can feel that shift in you that um that depth of where you were and that moment of hold tight there there's something else here with love peace and joy And I I kind of want to hone in on that What was that moment What what shifted Something happened in that second What was it You know that's only taking me 20 years to understand is what I love about you You have the most profound questions that you really hit the nail on the head That was the question that I sort of struggled with for 20 years And I've come to realize so simple It's almost laughable Which is that finally for for one moment in my life I stopped rushing and fussing and worrying and struggling and striving and I stopped trying to plot and plan and script my life And I even forgot all my desires I forgot all my fears And for one moment in my life when I began to contemplate seriously the end of my life I came to the end of thinking or thought altogether And so for a moment or a micro moment there my mind was finally still in silent in a real palpable way And so I felt this like innate or inherent peace love and joy that's always there underneath the surface but always there I felt it shine through It's like what I call it now is that eternal sunshine of the spotless mind you know it's that invincible summer within that's always there You know it's that sunshine that's always behind the clouds uh the clouds of thinking and worrying and planning and plotting and sometimes even your desires it's always there So I had that experience then I just called it divine intervention didn't know what else to call it And it took me 20 years to really get back to a place where I fully both understood it and

then could begin to integrate that more consistently to my daily life like just the stillness and the science alone So it was just that which is um ironic in a way right It's like all the things we do in order to survive or be successful often cause us to struggle and fail at the things that matter most which includes most obviously fulfillment and happiness and peace and even love and connection Yeah Wow I I just have chills up and down my body And what I'm hearing is there was so much noise around you and you just went right into quiet at that final moment and quiet That's when you were able to access what was most important to you You nailed it It was simply not thinking you know which is just like wow it's it's wild I mean and and it's also so obvious in some ways you know it's like you look out into nature and all of nature is perfectly blissful except for human beings I mean only people make a problem out of their own existence right You know the rest of human nature or the rest of nature you know um experiences the same losses and misfortune the accidents the illness death all of it Um And yet um and and while that is um you know clearly painful um there's not this like suffering that's associated with that for nature in the same way it is for human beings right And so we've got this incredible instrument or tool that is a brain and it does a phenomenal job of figuring out a lot of things it's a fantastic problem solver but it's also just as an effective as effective a troublemaker Right The mind creates all kinds of problems for you It'll create problems just in order to solve those problems just to justify its role as you know a problem solver So yeah it's kind of um it's ironic and it's fascinating Um and it's also quite simple It's not always easy Uh But yeah it's just being a quiet the mind Yeah Well and again it goes back to what your dad said his wise words of thinking smarter and that thinking smarter is quieting the mind It's quieting the noise and going into where you know leading from the heart And that's right That's when that's when the miracles happen the magic happens and that's where lightning strikes right I mean you know you hear folks like Einstein he would talk about you know the limits of the rational mind and that all his greatest inventions discoveries uh came not through the rational mind uh but through imagination right When he's left sit you know sitting in the bathtub for way too many hours as his dinner is getting cold and he's just letting his mind uh sort of wander or his mind goes quiet or is you know that that's when the greatest um discoveries inventive creative insights and uh solutions often surface And there's another point there that you mentioned which I just think is so profound I mean I love you highlighting it which is that you know the place for me to start when it comes to lazy intelligence or energy

management is like asking yourself a question that can sound and feel very existential but it's extraordinarily practical which is like why are we all here Like not just in this conversation or listening to the conversation but why are we here on this planet Like what's it all for you know what are you trying to achieve accomplish or acquire experience or feel through having kids getting married succeeding at your job getting the promotion making a ton of money having a healthy body looking attractive You know for me it's really just a feeling that I'm and that we're all ultimately after you can call that feeling fulfillment or contentment or peace or love or happiness But it's a feeling if we didn't experience or expect to experience that feeling we wouldn't want any of the achievements or accomplishments or acquisitions in the way that we do And so if you can kind of remember that if I can remember that then I can stop routing every achievement acquisition accomplishment Like like start start writing my happiness and piece of love through achievements and accomplishments and acquisitions In other in other words I don't need to make other people places or things the middle men and middle women and middle people or processes through which I can experience the happiness and fulfillment and the peace or the abundance and prosperity that I'm ultimately after I can go directly to the source for it Um So that for me is largely what intelligence is about Yeah Well and it's it's trusting your knowing you know and it's I I was thinking about I had a conversation with my daughter earlier today and we were talking about investing in yourself and when you start to invest in yourself you're you have 100% control and that's an investment you will never regret making Oh I love that so much Eileen you you're absolutely right about that There's a huge piece of this of course like you said um it's of course the self uh commitment called self investments It's there's self awareness there self love The point for me largely to you know is also like just being crystal clear about the things that allow you to feel tapped into and didn't turned on that allow you to feel you know happy that inspire you effortlessly and easily and like leaning into those things right As opposed to leaning away from those things often we get this idea and stuck in our head I know I did It's like no pain no gain And if I suck at something I should work at it until I'm really good at it Yes Right But we know that's a really ineffective way to become successful or happy And so instead to your point it's like I call them happiness is but it's like identify your happiness is in life You know those people places things and activities that allow you to feel inspired energized happy to be alive and then simultaneously identify your success items Those are things that you're

naturally easily and effortlessly gifted at doing And so you can almost do them blindfolded where they overlap So the activities that are on both lists those overlapping islands are your core competency It's this competitive or competitive competitive advantage in life It's where you experience flow state more consistently It's where you're 500 to 1000% more effective and efficient and efficacious at whatever you're doing Um you know it's really your personal brand And so if we can trust more to your point and invest more in ourselves in discovering our happiness islands and our Success Island and where they overlap and then do what we can to schedule more of our lives in such a way that we're expanding and working and playing on our islands as opposed to our deserts right So happiness deserts are things that drain you Success deserts are things that you're either really good at but it takes you too much time energy and effort or things that you're average or below average at no matter how hard you try If you can reverse engineer those deserts out of your life you can do less of them by either reducing eliminating outsourcing delegating automating or regulating right So those six options In other words just get them off your plate Then you'll find you're being a lot lazier it seems But you're having a heck of a lot more fun and you're way more productive way more creative um without the time energy and effort you're accustomed to Yeah way more fulfilled Way more energized All of that comes I I love those islands too And the desert you know the the desert as well because we we need to start thinking about and I did a video a while ago on energy management and those things that deplete us and those things that replenish us and for some reason we think oh we're supposed to be depleted No we're not supposed to be depleted and some things you have to do in life you've got to do some things However if we are running a full day a full week a full month and year on pure depletion we are you know we're gonna be flat on our backs And so how do you replenish with those things from those islands that will actually replenish you Um You know you're right about that you know the the piece of of that you know I know for lots of us um is that we have a lot of judgment around that It's like I should want to spend 24 7 right with my kids or with my friends or doing this thing that I or that it doesn't you know it's like no no no Like you know um if you can sort of stay open and non judgmental and just be curious around it you could see that you could be a better friend or a better partner or a better worker or a better lover or a better parent If you actually spend some time doing other things that energize you inspire you to uplift you and then when you get back to doing some of the other things that you have to do

anyway you'll find that you actually kind of enjoy those things or really very much enjoy those things and it's just that you were burned out or depleted to your point Uh Exactly And I've been doing a lot of thinking and talking with clients around boundaries that boundaries is such a taboo thing It's like oh Robert has a lot of boundaries No that's what allows Robert to show up as his best self in all arenas because he has great boundaries And that's what we need to start embracing is our boundaries so that we can protect our energy And oh God you're right about the boundaries and it's such a you know I think sometimes um these words you know like in mainstream culture we're so used to hearing it's like boundaries Oh yeah I know But it's like you know we have to look at that closely What are we saying when we talk about boundaries and it's and their boundaries not walls Right They're boundaries not walls And so Exactly Yeah I love that point There's nothing else you said there which I wanted to just touch on real quick which is um also you know I think I know with my you know clients and and uh friends and family and with my own life I know sometimes it can be challenging too because you think that it's up to other people um for you to stick to your boundaries right But but but it's not like you communicate your boundaries but at the end of the day if it's not working for you it's just not working for you You don't have to have agreement of what the boundaries are you know continue to follow through on your own boundaries and execute against your own boundaries um without needing the whole world to buy in Um So you can be healthy or happy Yeah absolutely Love that one thing I want to circle back that you were talking out too Um And it's a word that I use a lot in love and that's fulfillment And when I very first started my coaching a zillion years ago it was specifically with moms in transition and women in and out of the workplace And there was so much pressure to be balanced and how am I gonna balance my life And I would talk to clients about this give talks on it and say let's throw the word balance out unless you're doing Pilates or something like that we do want to have balance for our bodies We don't need balance in our lives And instead what I always would say is let's look at or not would I still say let's look at fulfillment What does a fulfilled life look and feel like for you And what's that pie look like Those slices might be different at different times of life And when I think about our energy management conversation if you're trying to live a perfectly balanced life chances are your energy is not gonna feel as good as if you're living a life that's fulfilled where it might not be as balanced And I wanna throw it your way Any thoughts on that Oh I couldn't agree with you more I mean um

I've probably been the most unhappy when I've lived the most objectively seeming balanced life You know it's like people look at my life and say Rob you're not balanced at all at all I mean because I you know I I all day every day during the week I work and I and I you know talk to people and then there's like my Sunday where I just hide from people because I'm an introvert by nature you know on Saturday I'm a little more social Um But they would say yeah you don't live a balanced life and I've discovered that um to your point I mean I don't I'm not after balance you know I think I'm I'm for sure after fulfillment and and after happiness and uh if balance supports your happiness fulfillment by all means right Um If it does not then then then not so much So I'd say that yeah better lit this test um for me at least is am I fulfilled Not if I'm balanced because you know uh so yeah it's a really great point that you make there And uh I kind of think of also for those people that are interested balance It also could be a pendulum too right Sometimes we think it's like finding your forever home I'm gonna find this home or and I'm gonna be in it forever Sometimes it happens That's great I'm gonna find this sweet spot my forever sweet spot my forever balanced place but it's more like a pendulum you know it swings and so you'll find yourself sometimes just swinging into lones or swinging into you know being by yourself or working a whole lot or whatever And then you find that you know what I've had enough of that for a while and it just swing the pendulum back in the other direction and that pendulum only remains a functioning mechanism As long as it continues to swing a little it doesn't have to swinging violently just swing a little right the moment it becomes stuck to either one extreme or dead center in the middle you have to begin asking yourself am I fulfilled in this or if I just and only optimized for balance which is not leading to the development that I'm ultimately after Yeah and ultimately can suck your energy you know Absolutely It I I keep going back to your dad's coat and I was thinking of my dad as well He would always say to me growing up if it's fun or if it's not fun don't do it That that was the message I got growing up And that didn't mean you know you don't have to do the hard work but it goes back to what your dad was saying too It's you know work smarter and smarter ideally is more fun investing in the fun So so good I yes that's um precisely it Um You're right I remember reading that it might have been Jack Can book too and it just resonated so um strong with me it just was like to your point if you can't um if it's not fun or you can't make it fun try not to do it at all And um so you're right So the first piece is it fun And then secondly it's like well if I have to do it first of all if it has to be



done a lot of things don't have to be done So it comes back to this theme of like essential Yes we think so many things are necessary in life They're not there's so many things that are not necessary so many things that are totally unnecessary that aren't to your success or your happiness um or your feelings of you know connection and love That's the first piece And then the second piece is if it does have to be done does it have to be done by me It's like no it probably doesn't unless you love it Unless you're good at it You probably shouldn't be the one that's doing it Like I was gonna say it people might be better served if it's not done by me So many think most things actually you should be sure not to give them the wrong Apparently I lead I feel like I think you can do anything I feel like you can do anything and everything Uh Yeah I'm terrible at like 99.9999% of things and I don't want to do them And there's this point point you know 0.00001% of things that I love and come to me most easily And that's kind of where I want to spend my life Sometimes that evolves That's fine I'm open to it evolving and I'll always be open to new experiences and try new things Uh But yeah I think sometimes um many of us try too hard to force ourselves to be something other than what we really are or what we really want to be And uh you know we're all born the way we were for a reason And I think we all have um unique um and infinite value in being who we ultimately essentially are Yeah Absolutely Absolutely And it makes me also think of life stage too because as we go through our life stages so much at the beginning is exploring you don't know what you really love I mean you explored so many different things when it brought you down a tunnel that took you to a very dark place But it was or not But and it was through that um experiential opportunity that you realize Oh wow I'm so off course and had that that moment that really deep moment We I think it's I always am cautious because we might have somebody 20 or 21 or 25 or what have you early thirties listening They're still in an exploratory stage And I think we and we all I I shouldn't even say that I'm making I'm still in an exploratory stage I don't think that ever ends But I think as you go through life and you go through life stages you start to get clearer and clearer on who you are what resonates and what allows you to shine as your best self And I'm curious if you've noticed that shift in you through stages without question I mean life is to your point It's a data gathering experience it never ends I mean you know it's endless it's a never ending story And uh just when you think you've landed or arrived at the one thing you'll do for the rest of your life the one thing you will you will love or enjoy for the rest of your life it changes it evolves it deepens it you know so you want to stay open to it I

think um you know the other piece of it and this is where um I feel like there's a lot of opportunity for most of us to get clear on I think of um most of us as having two purposes I know I have two purposes So there's the purpose I think that we all share and that is an inner purpose and that's the inner purpose of fulfillment or happiness Um You can go by lots of other names but there's that um the outer purpose is how that inner purpose is manifest or expressed in the world So it might be like it was for me initially it was like I want to be a professional basketball player and then I got pneumonia in my senior year and that just went out the window and then later it was like I'm gonna be consultant and then I realized what that was and I was like oh that's not it either you know And then I was like OK I'm gonna do this modeling and acting thing that was amazing and incredible And me that you can make a ton of money having fun Right Just having fun Like you know working less than ever And I was making so much more money paying me for this Yes exactly I'm just going to some secluded island with beautiful people and have great conversations and just you know be a prop and I get paid But I realized that when I get crystal clear on my inner purpose first and I prioritized that first then whatever out of purpose manifested from there I was satisfied and fulfilled nonetheless when you get it the other way around So in other words if you try to clarify or get too clear on your outer purpose before you get clear on your inner purpose you can succeed with your outer purpose but still feel deeply like a failure in because you failed to find fulfillment right So you know it's like success without fulfillment is failure So the one piece of encouragement and one thing I remind myself often is like prioritize this inner purpose thing first Rob And therefore when you're out of purpose manifest from there it'll be something that you intrinsically love doing for its own sake and therefore will be a lot more persistent with it You'll you'll persist with it a lot longer Um You'll do it and it'll feel like place you'll probably do it a lot longer and go a lot deeper with it And that emotion that you feel around it because you're so passionate is um it sells itself sometimes in that in that particular fashion Uh But yeah my life and my life purpose the external one has evolved over the years Um but it's evolve evolved in increasingly satisfying ways when I've been clear about my inner purpose which is fulfillment and happiness Yeah Love that Well and it does it you know we've seen different um videos read about different people in all different professions It doesn't matter what the profession is when you can find your sense of I'm I'm making a difference regardless of what what you are doing I'm making a difference I'm having an

impact and sometimes it you need to be creative in terms of how how you see that But every single one of us is making a difference in someone's life Oh no question about its significance And you don't know That's just uh that's the other thing You don't even you can't possibly see in every direction through all of eternity The value of a simple act or comment right You can't see it I had this experience once Um I was at I was doing a morning show for a couple of years and I would go after the show and I had to keep up with the wardrobe thing So like people remember if you wear the same thing more than once So I would go So let's buy clothes I return or whatever And I was buying something and I was walking out the store and there was this gentleman and he came up to me and he said oh I just love what you're wearing you know And I said oh thanks so much And then I um we started talking he said what do you do And I started to tell him what I did and he said why do you do that And then I got a little bit into the story that I got into with you I got you know I shared that story with him around the depression and suicide and suicidal experience And um I fell off a son right to my right there was a a young man standing there with him and I didn't really notice right away and uh apparently it was his son and someone was getting really upset really worked up And I thought I had said something to offend him or insult him or you know upset him in some way So I so I said I'm so sorry you know are you ok My friend like did I say something that upset you I am so sorry Please let me know And he said no no no he was like Rob you don't know like you just shared this story and today was gonna be the day and I was like today was the day for what he was like Today was the day that I was gonna kill myself Today was the day and his dad looked at him I'm like shocked of course And dad didn't know And he's like yeah I was you know but and I said oh and and how are you feeling about it Now I didn't want to put any judgment on it but of course I didn't want him to do anything to himself I said well how are you feeling about all that now You know he said well I'm I'm not gonna do it I'm not gonna do it because you know I I realized that if you can get through something like that then maybe I can get through something like that too Now eileen that is just for me my belonging It wasn't anything I really had done I'm just having a conversation in a way that was authentic and I was sharing my heart not with any and it had this ripple effect on this kid I don't know where that kid is this to this day But that's a perfect illustration example of like somebody whose life has changed at least for a moment by just being yourself And again not a testament to me It's just this happens all the time with us And often we don't know because

people don't always say I was so lucky and very grateful that he shared with me in the moment the effect that that conversation had on him But we don't know the ways in which our love and our reaching out to people are connecting with people conversation like this um can have a positive impact on somebody's life Yeah I I can't tell you how many times I've had chills up and down my spine by hearing your stories and what again just how you're showing up in the world and that that ripple effect it has And what I want to highlight is the story you just told had nothing to do about your work And I think we forget our day to day moments when we connect with the person in line when we connect with the barista when we connect with the person um at the dentist office whoever it is we have an opportunity to to make a difference And I as I say that every day when my girls would go out the door and there were there were two reasons for this When they go out the door to school I would always give them a little um a little pep talk and I'd always end with and you make a difference Be the one who makes a positive difference in someone's life I say I did it for two reasons One is I know that some of that stuff could be helpful for their their mind body spirit More importantly they couldn't stand it So I got them out of the door quickly looking out of the door as I was giving them my sermon And so it was it was twofold But the but I always did end with and you remember you make a difference and it's every single action we have we can make a difference That's exquisite There's no question about that I love that you plant these seeds I mean um in your kids' lives and it's um you're right Something that we could all be doing more of right We can all be doing more of that And the other thing is and a little you said which is I think the thing about energy management and flow state and lazy intelligence is that it's often counterintuitive it feels counterintuitive right Um It's not really counterintuitive but like by being relational instead of being transactional which is what you do extraordinarily Well I mean I mean you connect with me about something related to business but it always feels relational that is so much more effective and efficient and enjoyable Um For me I know it is let's say for most people and therefore it's good business it's good business to be relational right And that doesn't mean you can't still make the transaction In fact it helps to lubricate or facilitate the transaction And so what you're saying here is just so profound there's um such intelligence in authenticity and being relational in self disclosure and confident vulnerability um you know uh because they're contagious uh you know and uh they really help to pre pave um the kind of connective experiences with yourself and with

others that allows other things to happen in ways that they couldn't otherwise  
Yeah Uh Thank you That's so beautifully said And you're right when you  
show up and you care about the person whoever it is your energy is gonna  
feel good you'll be managing your energy you'll be in sync with who you are  
and who you're meant to be Yeah we know that we know that um emotion is  
the most contagious element on the planet It's more contagious than any  
virus that we're aware of You can pass it through a computer screen you can  
pass it 3000 miles away through a glance or through a photograph or through  
a text message People pick up on the emotion that you are feeling yourself  
right So yes um no question about it You know if you want to uh affect  
others in a positive way uh try to find that place within yourself or you're  
feeling and experiencing that what you most want to feel and experience  
which is peace and love and uh joy And uh it's a sort of miraculous and  
magical the ways in which it opens up opportunities in your lives Um And in  
my life it has in ways that I could have never scripted myself that oh I love  
that we try to script ourselves and it doesn't end up that way and it can end  
up so much better So I love that All right I could talk forever But now I'm  
gonna ask you if you'll play 123 with me Yes of course Excellent OK What  
is one mindset shift that you hope our listener takes away around managing  
their energy commit to happiness It's the cheat code or the master key to  
everything else you want in your life We've got decades of empirical data to  
support that You also have your personal experience I have my personal  
experience and all my professional experience So commit to and prioritize  
happiness or fulfillment above everything else Hm Yes Number 22 ideas or  
facts that you hope our listener takes away happiness is closer to you than  
your own hands and feet closer to you than your own breathing Um So it's  
something that's within you and not something that you'll find in the future in  
the world in anybody or anything else So start there That's number one And  
number two it doesn't have to be hard work You don't have to make hard  
work of it It doesn't mean you have to invest in it Uh But like for me I found  
it when I just stopped spending so much time worrying planning plotting  
scripting every moment of my life And uh I think you'll find it too over time  
Whoever you are out there if you can spend a little more time quiet in your  
mind So stillness and silence are superpowers Yeah definitely Just  
mindfulness Yeah Being able to absolutely last question Um three actions  
that actually it's not my last question I I didn't tell the truth on that one but  
the three actions that you that our listeners can plug and play with I always  
like things to be actionable There's so much um information that can feel

overwhelming So let's just dial it in What are three takeaways that they could do today Yeah first and foremost clarify what you're optimizing your whole life for It doesn't have to be happiness or fulfillment I I don't I don't care what it is whatever it could be money it could be millions or billions of dollars It's great I love it You know it could be being a best selling author it could be you know being um Academy Award winning actor or filmmaker whatever it is Clarify that number one what are you optimizing your whole life for and recognize you can change your answer in a pretty good day OK Second reverse engineer out everything that doesn't directly essentially contribute to that primary or principal goal as much as you can You can't you still got to pay your taxes on whole nine but do what you can to reverse engineer out all those deserts and then reverse engineer in all of those Happiness Islands and Success Islands So all the things that you genuinely love and appreciate and enjoy doing that energize you and inspire you and all the things that you're effortlessly gifted at doing without very much time energy and effort spend as much of your time on those islands as humanly possible You know you still have to pay the bills and and and whatnot But I'd say those are the three primary actions for me It's like just clarify what you're optimizing your life for second Try to get away from or out from underneath all that stuff you don't want to be doing You have to outsource or delegate reduce or eliminate automate or regulate and then finally try to spend as much of your life as you can doing those things that you uniquely love and are extraordinarily good at Hm I love that I what you just said makes me think of people will often add on their to do list And I also ask clients what's your undo list What's on your undue list And you just nailed it You we've got to get rid of stuff or at least just minimize it the stuff you've got to do There's stuff that all of us have to do that's not our favorite thing So do that so that you have space to inject all that you want That is a tweet you have to patent that or copyright that whatever it is It's so good I love the undo list I'm gonna create undo list for days I love it All right My very final question and I hate to draw this to a close but my very final question what's possible when somebody decides you know what I really am gonna start to manage my energy in a much more effective way What's possible Um The highest deepest fullest expression of your signature gifts strengths and talents and the highest deepest fullest experience of peace love and happiness you know um so much be so much beyond anything you could possibly imagine Um or think or plan or plot a script for yourself I promise Um You can experience uh So yeah um there's nothing that's not possible Everything is possible Yeah

Wow Oh I love that And when you do that everybody else wins around you That's the beautiful thing about it right It's um this virtuous cycle the happier you get the easier you get along with the easier other people are along to get along with for you right So um you know your happiness is contagious It's your gift to the world Um You're a better problem solver better creative thinker Um You donate more money time energy and effort to causes that matter to you and individuals you're more charitable and kind you're more generous I mean it improves not just your life it improves everybody else's life around you including those folks that you don't even or haven't even met Yeah 100% Robert I'm gonna give you one chore to do I'm gonna put it on your to do list call your publisher ask them to stock your book something else you're gonna be selling out after today So oh I love and appreciate you so much Eileen Thank you for that Thank you for being here What a treat I It's been great spending time with you I appreciate you Thank you