

Regular Guy Friday ep. 121: Why Trips ALWAYS Change Us

Hey friends So Macy's as you may or may not know is a place I used to work at a store I still shop at and have been incredible supporters of our show for all of the above reasons Be sure to visit Macy's dot com backslash heal squad and explore my favorite finds Thanks to my newborn little Athena I added the most adorable baby clothes including some super practical baby gear stuff that I have in my home and is on my personal wish list and I invite you to take a peek But whether it's for your baby your own fashion or home Macy's has got you covered Head over to Macy's dot com forward slash heald for all your shopping needs Happy shopping friends Time go spice So slowly slowly time go spice so slowly slowly go spice So slowly through time goes back so slowly through go back It's so sunny comes back Six I'm laughing for a different reason you guys but I'll let you know why Wow starting the show with a need of the groin I will say by Kelsey Alexander Mineer uh which will be a need to all of your collective groins punched to the throat Do you wanna put it Wow Happy Friday Everyone We fooled them again Made it through another week Friday is your day We know that they have the people And um uh before we get into your like just a little pipe bomb that you just dropped out you're ok But um Sam punk for Steve the steamer would understand pipe bomb on me But before we get into the pipe bomb we have to do our weekly disclaimers We continue to get bad reviews Another amazing stellar one star review about a about weird music and a guy with a creepy voice And for that reason and I think they even had the Mr Wonderful which I love using the shark tank Mr Wonderful And for that reason I'm out best of luck But I think a lot of people you know they tune into Hell Squad they want the healing they want Maria they want all the high-end guests in them Why randomly you see regular guy Friday you click on that and I keep saying and I went to and I said please take us off We just cancel us put us out of our business Queenie was like no no it was interesting Very interesting She said um you know Kevin not everyone's our frequency and she said people who are our frequency they get us and the ones who aren't don't And that's it And when you think and you think of like the majority of people today who are let's say the most or the opinions that are the most popular today the the extreme is we see that's the most popular Um yeah I'm I I don't vibe with them I'm not on their frequency Neither are you

And uh but they're popular and everyone else is so we're not gonna appeal to everyone but still I think it is important to have that disclaimer And Maria also said she said you gotta read your good reviews every week Have Kelsey read the good reviews So next week Kelsey you can read our good RGF reviews that we get But yes this is our Friday show We we worked all week Monday through Friday We learned our lessons we did everything we need to do on Hell Squad Monday Monday through Thursday Excuse me this is our Friday show which is we're breathing we're relaxing We're having we do have our lessons but we just learned them a little differently You know maybe it's more for remedial studies I like that I mean I think really Kev it's just we like to learn through the regular guys failure laugh laughter you know I don't know if we necessarily vibe as hi as our Monday through Thursday guests So like Kevin said if you are here for heel squad you are here for Maria We have only 600 shows in the library Don't are you judging against me You've got Gabby Bernstein you've got Ed Male You've got all these amazing people on the Hill squad Yeah Friday is Kevin Kelsey So don't get mad at us Sorry Sorry 670 Thank you Natasha 670 All the way from South Africa here just for the show So here I am on this Friday Ok Uh-huh suffering from jet lag went on my trip and as we say often every time you go on a trip you come back a different person I'm definitely a different person especially weeks before becoming a first time dad Um and little round from that one star review So I'm like OK I gotta start writing these shows again I have to start focusing I have to So I'm working on them and I'm doing just fine and then all of a sudden out of nowhere to the seat next to me Kelsey blurts out and again everybody if you have Children around I urge you to get them out of the room if you are you know how they have the new things that come out if you're sensitive to light activity right For artistic people Ok I'm gonna say if you are just one of those people who's supremely sensitive um I'm giving you the disclaimer you may just want to fast forward 15 or 30 seconds for the thing Kelsey's gonna say it's not swearing by the way But if you are a fan of regular guy Friday It's gonna hurt your heart It is a pipe bomb of huge magnitude Even Wendy's got her eyes closed Ok Kelsey I'm sitting there and I as I said I'm prepping for the show I'm trying to put myself into a positive mindset I want to deliver value to our patrons Maybe a couple of laughs along the way Why not And what did you what did you just blur it out Kelsey just share it with the class Well I was scrolling on Instagram and I said I'm tired of seeing Queens I don't want to see Queens anymore I'm over the Queens Ok So I understand you're under a lot of duress right now I know

hot girl summers right upon us I think there's a lot of there's just a lot of factors You're sick I saw Kelsey She's not as she's radiant but not as radiant today She's got tissues I'm gonna just so we're just gonna we're just gonna I'm not gonna I'm not gonna react to that if I was in full Kelsey and I'm going to give you the week to think about it I don't know I don't know Here's the thing I'm really over it Queen everywhere You know it was it was 11 p filter picture too many and I was like I'm out with the big lips so it wasn't even a peace sign It was more just like a smolder with a filter and like kind of this like angle of the camera And I was like yeah I'm good I think I'm out and OK I should have see I was too shocked in the moment but I would like to have known the caption because the captions to me are amazing You know what's funny though Its cryptic captions Yeah that but Queens are not as much throwing him This was actually a story It was a story about what it wasn't Every day is not easy and there's days where you just need to be honest No but that's what I mean like Queens these days no caption really always it's like just the picture and the story because it goes away after 24 the like like the Instagram stories instead of feed So it's a picture we click on it and then we would get a video No no no no Like a collage on Instagram You have your feed post that you always have a caption But then you have your stories that are just like quick little stories that go away after 24 pictures No you can just put one right So just one it was just one like picture of her just like purse lips and her little sports bra like living your best life Yeah And I was like I'm over this So I'm with a bunch of boomers over increase and um I forget what I sent to you guys You sent us queen picks at the oh ok So by the way shout out to the Daily Mail of me and Maria on the yacht doing the soft smile peace signs together in the daily mail An Sleman is gonna be so excited One of our heel squad members loves oh I troll to millennial and the Gen Z community showing the soft smile I just have a quick cave up My favorite is when it was Maria's announcement of her cancer And you were in one of the publications doing a soft peace sign for 70 years old I literally was like oh my God big moment was when I literally got a billionaire in Greece to do it with me on the and I sent you guys but here's the bigger win was when I said I was with Tamar Geo who's the you know dog starts Oprah's first Friday name drop is Oprah's dog trainer trainer to the stars She's brilliant woman Um But great sense of humor And you know because at first she was unnerved with the Wait what And then when I explained she's like oh my God that's so funny But then I uh I was like yeah but look at the response from my team and it was like you Elaine everyone was like Slay

icon queen So I said so yeah everyone guys all you I was explaining to them too I'm with these older people all the week and you hear their perspective So I always hear your you your generation's perspective hearing their perspective how terrified they are for a whole other set of reasons And you know I just I was like guys by by day seven you know II I think especially when I'm caffeinated I'm on And I think like a lot of people that grew up a certain way and maybe you're um you're a little you're a lot insecure you know the way you just when you're when you're around strangers or certainly when you wake up or whatever you wanna be you you just wanna bring entertainment and laughter So I had I was just nonstop but the jokes and the peace signs and so by the end of it they you know they were curious because he always liked this and I said guys here's the thing like you know I I if you really wanna you know look at the media and the news in the future and yeah like it's it's pretty not so good Um but if you stay in the present and you just the more logical thing is just yeah just laugh like be good in your micro transactions as best you can be Um and just laugh and just have fun No you're right Well you were good about that Kel but I'm saying like they were they needed to hear it and then did they do you think they actually heard it Well they also needed the shake and not all of them there's a couple needed the shake of like um and by the way it was interesting because uh Mary's brother who you know he's he's uh he's not in their uh financial class He's you know he's a middle class working um a worker man And you know both of them even though the different perspectives and different points of view it's like um guys like ok I look to my left I see blue water I look to my right I see blue water Oh damn There's no blue water behind me Oh It's just a beautiful mountain scape I'm like guys like life's not so bad and yes like from that perspective but for most people I'm with I mean some of the videos I see of when I see young people doing bad things which we all did when we were young Sorry But you know if I would if if someone was going to tell me it's because their lives are so bad they're all dressed really well They have you know like oh my God Yeah I I don't know We just for that reminded me I had something to tell you There's just a lot to be grateful for and um in the moment and um yeah I think you just have to remember and then when you know I was teaching them about comedy must rule when you know you're cornered and everything just seems like you're e and it's hopeless Right Then let's just laugh it let's just where's the comedy in this So what we gonna say I was just gonna say it reminded me when you said that life is not too bad So I saw a queen I was driving down PC H the other day which is Pacific Coast

Highway I was driving with my friend in Malibu and I saw a queen I literally this is my this is how it went down I was like wow that's a nice but and then I was like wait but oh my God that girl's butt naked walking down PC H taking selfies of herself with an iphone And then I put it on and I had a couple of people be like oh yeah she's there all the time They did Actually I just explain the story and Natasha excuse me just a little pop quiz in the booth again Natasha this is just um it's just a quiz not a test So you're not it's not gonna go towards your final grade But Natasha what's what's what are the two most important things in life would you say Just curious And if you don't know it's fine what would you say my perspective in life No no no no not not yours don't be a narcissist like the rest of you know you South Africans I know how you foreigners are not like us Americans We make it about everyone but ourselves it's like and and I don't know by the way you know in most schools are 50 today is like a 70 75 Yeah Yeah that's that's a bit Oh good All right So good job Now it is It's about likes and being popular Ok So you so this naked person how old was she I would say Yeah And just butt naked walking on PC you know taking selfies with her iphone But it made me laugh because at first I was like oh my gosh she maybe she is homeless But it's like she was taking selfies with her iphone you know and it just made me think of you Kev because you're always like oh really Everybody you have a computer in your back pocket Like it's not that bad I mean come on like my father in law's phone broken So I usually have to get on the phone and deal with Verizon because we have a lot of phones with the accountant Every time I send someone in there they walk out with like 20 new phones 10 new ipads and like and our bill didn't go up at all And the guy said oh is that what the guy said The lady say what did the kids say Yeah Ok And then I'm after you know I'm done it's like the next month It's like yeah now you owe 900 a month But even when I was I I got on the phone and the you know they were like yeah we'll give you 700 off your phone And I'm thinking to myself of of a new phone you have an upgrade for And I'm saying to myself great like ok let's upgrade to a new phone And like so you'll only have to pay 800 And I'm like I got one I mean iii I mean I I finally just went from the sixth to the 10 or the 11 only because Maria had the 11 and I took the 11 from her But no it's not it's just not but this but by the way it's what I always say the devil's idle hands It's they say the devil's playground But I'd say most of our issues go back to we have too much too much free time too much too much good too much fun So it's like you know you you know and again I just go to our beautiful Housewives of Beverly Hills or one

of them and you see these women with so much and then you see how unhappy they are there You know it's like but side note they recast the entire New York So no Ebony I'm really sad The whole show they recast it They just went for a whole new game but is fine That's our second name drop from after Buzz TV My former co-host That's right Is it Uh yeah she's fine She got what she needed Um but yeah I digress So you saw our Queen Oh yeah Yeah No it just made it honestly just made me think of you talking about like we just have it too much time We have it too and and with that all that excess has compromised our um mental health It's not just ok we're all miserable spoiled brats You know I saw this Starbucks video this video of a boy working at a boy He was a man he was a college I I think an Ivy League student he's bawling his eyes out um to social media about the having to work an eight hour shifts straight on the weekends He worked 28 hour shifts and they only have three people on the floor and and he's bawling over that and you know I just you catch me five years ago I would have been like yeah I would have been mad at him but I'm really mad at the parents It's just I'm telling you parents out there like no he was failed you know because you know in his world he that really is a massive assault battery violation you know in his world somehow because he was not prepared And again I I am not a parent so I I really shouldn't be judging throwing stones but I I wanna to verbalize it for myself to check myself I know it's hard I know it's hard you know to see your your your baby be you know But again shout out to good old Deb and Doug Kelsey goes she's exhausted I don't mean that I know that's why you and I vibe so well because they were like no Kelsey you're like I'm a queen It's me Kelsey Like no no you're not I will say to Kevin this is where it'll be it It's gonna be really interesting though watching your daughter grow up because I have a friend who works at a very like prestigious high school in Brentwood and she every day is having to have meetings with these kids because they're using chat GP T to write all of their stuff Guys you can't use it to like just write all your stuff like so it's really they're not having to do any work I I put it on my second phone and I started messing with it and you know what I will tell you It is a lot of it's inaccurate Yes Unless I really have been nominated for a daytime Emmy Awards No I worded one question one way that said I am Uh a lot of bad bad bad things like that would have me canceled in a minute That I worded a question the other way and the right would cancel me because I'm like the super progressive of all progressives But then there were actual facts like he's a he's one day eight daytime Emmys And I'm like Wait what Yeah So just no one's

checking it So that's no well you know how it is everything is just yeah you read it you believe it right But it's it's just interesting because it's like when you actually now it's becoming like they don't even have to do that work Like yeah So um yeah Ok So so humbling on the on this boat So I just with all these really good diverse group of people and um diverse minds and everything about them their financial backgrounds It was really interesting one guy on the boat Um So he gave me this thing for perspective on life He was like you know if the amount of time the dinosaurs were on earth he's like if if if we could make a comparison they were on earth about seven days And if we were gonna compare that to ratio wise if if the dinosaurs were on the earth for lived on the earth for seven days mankind has lived here for about six minutes Whoa that's crazy Right And then and he was like oh he goes he goes I'm sorry I don't want to bum you up but he's like I look at life this way He was like back to the caveman days If one guy you know was violent with a club and went out to kill people he killed like 10 people before all the other people with clubs could stop him He's like and then he took it through like the bow and arrow and the spear and then like the gun the pistol and then the machine gun and then the and how that ratio kept growing and growing He's like it just a matter of time before he's like we're gonna it's wild to think about even And I know this might sound stupid but like I was like were dinosaurs really on the planet Like I know they were but it's kind of crazy to even think about that I mean listen he he if someone and I was like you know really it's like the song says we we're just all another brick in the wall I'm like actually we are not even a grain that goes into this event That is the mortar for the brick that gets laid in the wall I mean like it's just honestly deep did say that that's why like there's a sign to me it says just be your best queen No live the lie Honestly just go just I no I the ones who can just live it and but the thing is that I think it's just a I don't think no they're not happy I know a lot of them and they're really not They're really not I did I posted some Queen pics the other day though All right So we're back I mean I don't know if we're really back but I did I didn't have I've been seeing the symptoms of me I've been seeing it on the show every week and I've just been into you know and I'm just too overwhelmed or too busy to but I've been seeing it Natasha if you saw the Kelsey was in Connecticut with me when we had to take over the show and this music would come in and the original song from Ava Max would play I mean Kelsey was so the the it was like it was like someone who was in a church You know one of those southern churches where the people just go crazy and they dance and the

power the power of Christ just comes all through their body That's how it used to be The music just went in not even her heart into her soul into her very essence and she would just sink away the eyes close the lips pierced the the um the hands just up in the air just she was just swept away And like if you listen to the old RGF si would crack up every every time every time This is amazing and little by little what we did is we chipped away at it Sadly this is what this is what society does Here's my Catholic guilt I must have had a hand in it A little too much too many lectures Too much of my like stupid like hard work pays off bullshit Kelson But I chipped away because I've been noticing in the last it's this started about a few months ago where it's just kind of just tired and the head just kind of no like nodding or her she's on her phone doing another job or task I really think you're aging out I know I don't know Kev I think you are evolving past It Be my apartment alone I really do I really do I know I know But then it's funny because when I do get if I'm in the right mode a right mood when I'm around the right queens I get energized but I can only do it little doses I mean I will tell you like I would have to be very drunk No 100% Yeah But it's like I don't even really drink like that anymore So it's like I can't do it It's hard Puts me out for a couple of days You think it's easy to be a queen I wish we could get do you think Do you think And Natasha I wanna go to you because you aren't as um poisoned cho Um Yeah Um by my words as poor Kelsey is but question Natasha if you if we know a queen if they're aware that they're a queen does that negate them from being a queen there Do you know what I mean Like is there such thing Is there someone be like oh my God I'm of course I'm a queen I have all the lingo down I I'm following all the best Instagram posts I'm living my best life I I kind of think that they're not that that if they're aware they're not a queen But I'm gonna ask you Natasha I think I think you can't be but you do know that you're a queen like at the same time you know you're you know you're one but you don't see the I don't think you see the you don't see it Maybe they don't define queen like we do right They're just living their life They're just living their best life They're just being a queen They're just being like the royal queen You know what though I South Africa has their queens right there was we had a Russian tour guide on one of our trips and um she was talking about growing up in Russia and she was saying you either get you know someone like her who's really smart and hard working driven or you get a beautiful Russian girl She's like who's just or a guy who's just completely dumb So funny She's who's the queen like so who's into all the Yeah I used to live with well I think social media is just right They just I

think yeah I think you get them everywhere Um Wow I would love to see a South African We take breaks on the show Let's take a break I'm gonna come back and I'm gonna tell you about again on this trip I learned about the superpower that most of these politicians have and then most of these influences have that we don't Oh That was very interesting how it was put to me Um And then um biggest cost to unhappiness biggest cost cause cause uh uh I should say of unhappiness And um yeah and then something really mystical about words that really moved me Um Yeah all that and more on this regular guy Friday edition of his squad Hi Friends Summer is in full swing Hope you're enjoying it But we're already heading towards fall Not to worry Macy's and I have your fall fashion and home needs covered Starting to add all my fall favorites to my curated Macy's list So go check it out at Macy's dot com forward slash heald More exciting news from Macy's They just launched their all new brand on 34th now have cute brand to choose from when I go there on 34th was designed by and for incredible women like you each piece is made to fit your body match your style and adapt to whatever your day brings mix and match effortlessly with everything in your closet Practical convenient and stylish with so many fabulous choices to browse through I have them on my page Macy's dot com forward slash heald I'm wearing they're a denim romper right now It's perfect here in the summer because it's cold inside with all the AC but it's light and fresh enough to wear in the heat outside Oh And if someone you know is a new mom like me I've added the most adorable baby items They're so cute I can't help myself You'll also find everything you need to make this fall your best Head over to Macy's dot com Forward slash heels qut and start getting ready for the fall season Remember Macy's dot com forward slash heels guys kid you Not one of the staples of my family's diet is wonderful pistachios I have wonderful pistachio bags in my backpack Every time I fly in my kitchen cabinets in my office and even in my glove compartment of my car So when my agent reached out saying wonderful pistachios wanted to support the heel squad I was all in wonderful pistachios are both delicious and nutritious Trust me Wonderful pistachios is a true nutritional powerhouse A good source of protein with zero guilt Each one ounce serving has 6 g of protein Got to get our protein at over 10% of your daily value There are so many delicious flavors of wonderful pistachios too Roasted and salted are my dad's favorite lightly salted Kev's favorite No salt which Kev actually mixes into his yogurt sweet chili salt and pepper and my favorite seasoned salt Whether you're working at your desk watching TV hitting the gym going for a run or you're just

looking for a nutritious boost with delicious satisfaction Wonderful pistachios are there to elevate your energy and keep you going strong So why settle for the ordinary when you can experience the extraordinary and treat yourself to wonderful pistachios and unlock a world of labor and goodness visit wonderful pistachios dot com to learn more My first language was actually Greek and now thanks to Rosetta Stone I'm improving my Greek while Kevin's actually using Rosetta to learn the language now that we've become Greek citizens So whether you want to learn a language for business or travel living abroad which is happening more and more now or you just want to improve your neuroplasticity Like we've learned here on the show Rosetta Stone is the way Rosetta Stone is an immersive learning experience So say goodbye to tedious memorization and mindless drills with Rosetta You're going to learn how to speak like a native speaker You'll match audio from native speakers participate in meaningful dialogues and practice other practical language skills Say hello to fast tracked fluency I can't wait to hear it Kevin for three decades Rosetta Stone has been the expert in learning language and now they're more accessible than ever The program works seamlessly on your desktop or through their user friendly app Plus you can download lessons for offline use making learning possible any time anywhere I like doing it on the plane and in the car here's the best part with Rosetta Stone's lifetime membership You'll never have to worry about renewal fees Head over to rosetta stone dot com forward slash heal squad and claim your 40% off and enjoy unlimited access to 25 language courses for the rest of your life Don't procrastinate on your language learning goals Friends There's no better time than right now to get started Rosetta stone dot com Forward slash heal squad Yes Waiting waiting for some love The last Donna summer I think HBO is doing a a document documentary about her and performers Incredible I love that they've been churning out some good ones I love the dogs like that Everyone It's regular Friday Friday Oh and here we are Kelsey our first rerun last week Yeah I was just gonna that's so funny You just said that because I was just about to say did you listen to the rewind And I had fun I haven't had time but I I listen I I think uh I don't want to get in trouble but there was somebody one of the Hill squad members and I don't want to script the name did recommend called it a regular guy Friday Refresh So regular guy Yeah I like I like that too More fun than the right is good but I feel like refresh is you don't necessarily think that it's an old one You're just getting a refresh Yeah I like that too But yeah No we had a lot of fun and it is funny to like have Natasha listen to it for the first time and give

me like she she got some good takeaway out of it even though it was like a very silly one It was good It was good It was yeah it was funny So good stuff Well there may have to be more of those with um with uh child on Way child on route Um are you excited Yes You know I haven't been I have moments where I am but then it's you know I I'm still trying to do things getting SD um get things ready I think it's gonna do a lot for Maria more than me I oddly feel like the dad gene has been fully exercised for the last 30 years for so many people Um obviously it's gonna be different when I see my own I'm sure But I just think for Maria to be able to you know um I think she's just gonna focus on the baby and her feminine side and I just I think that's what's because you know Maria is not I think I've always said this one of the biggest misconceptions about Maria is that um yeah she looks like one of these killers girl boss killer types and a lot of people think she is and she's not you know at all II I will say that I have been by my own admission I've been the stage mother I've been the push push push push but you know I've always said um she made it very young So sometimes with that becomes a lack of awareness of how good you do have it And uh 100% of the people I've seen walk away in the middle of what they need to do or in the middle of their careers or um away from the blessings you know uh 100% of them were were unhappy in their older years And so I have to go by that And uh yeah I just didn't want that for her and I always said like you know you gotta if there's a way to do this with less hours which we've had figured out now and then I'll figure it out But you don't walk away from uh how's that line in entourage The garbage man doesn't throw out the winning ticket to the lottery not them I mean I'm the garbage man but I mean but um but yeah you don't you know you don't walk away And so but I but I I think what's been missing for her is that and it's gonna complete her and improve her And uh yeah and it's the change in me is that yeah I now need to you know um I need to assert myself more than the front lines you know get myself out there and uh yeah be a little more serious about um making money and keeping money Yeah I think this is a lot Yeah And so uh yeah I'm I am super excited but I'm really excited for Maria I'm excited for both of you I feel like I am too I mean it's just gonna be like we were talking about yesterday I think Definitely a pivot for yeah you're like the roles are kind of going to shift as you've been the caretaker and the one taking care of everybody for the last I don't know corporate housewife Exactly For the last I don't know Zillion decades and now it's going to be a little bit more Yeah And Maria has a cancer mood Let's not forget she's gonna be cancer No one wants to listen

Very maternal So it'll be interesting I'm excited to watch her go into mom mode because we saw it a little bit with Lisa and remember both of you and I were like wow very nurturing Yeah at the end But the masculine side at first was like mom come on come on And um you know it's interesting because her you know but that's past issues with their relationship too It's funny because her brother got really really definitely ill in Greece It started as food poisoning but he threw up so much that then his sugar went really high and then um he I mean he's a tough kid So he was on all fours in the shower sweating and just throwing up um like red which means like blood He's like breaking I mean it was horrible And um yeah I just jumped in because I knew I've been there you know I've been food poisoning is like the worst and then I just didn't it just wouldn't pass And when I finally got him to the hospital it was because his sugar and uh you know again that's the role I've always been in So I stayed at the hospital with him and I work I work you know but um it was good because him and I both you know I was like listen new patterns new beliefs new behaviors here You've got a chance here to really your body is talking to you You cannot keep pushing yourself You're in your mid forties you can listen or not If you don't listen you're gonna be like my dad you'll be out of here by 50 If you do listen you can be here another 45 years Um but that was something in my life how I had to make the change and stuff But Maria you know was just you know it yeah she's just tougher and I'm like no no no no no not now He wants to be nurtured I know he doesn't have a mom you know and the dad's like Maria and I knew he wanted that wild wild how evolved you are though Kev if you ever don't think if you ever are having a moment where you're like no I'm not this is this is Peter who wanted to kill you like try to and look at you being and you've always been that way though So I think that like if you're real questioning that of you thank you Very evolved Funny We had a moment and uh he was just like he was just so close to he felt I mean I said I said your body probably was your organs were shutting down Um But he said to me he's like you know I will I would never do that I will never do anything to hurt you ever again And he's like and I just want you to know like no matter what happens ever with you Maria like I am yours You know and and just he had a moment he just like just like his tears around face like I'm sorry Kevin I was like 28 I'm like it's like it's OK and then I said to him but come I go Peter listen to me in gang life because you you know I belonged to several gangs of life So very familiar I'm very big in the gang community but in gang life now Natasha do you know the best way to get into a gang There's

two ways you can get in I have no idea You can be sexton OK Or you can be beaten Oh OK OK Now if you choose to get sex in OK It may seem a little easier but you don't really get the respect Ah you get beaten you get the respect He says Peter like you guys beat me into this family and that's why you respect me You said that That's funny Like stop it please I'm tired Like I was like yeah that was funny But you know also I will tell you this though For friendships you're gonna and all of you guys both You my my little cos my little Nady and even little Vicenza they all my girls he has already experienced this You're gonna have like certain friends you meet him and it's immediate immediate besties And it's amazing then uh could be a week a month It could even be a few years The mask falls off and they just tear your heart out So sometimes it's better to start out like that and then come up start as enemies or start in a bad way and then come to that place and then it's like you know your friends are life now bringing it back to Rob Robert the robber or whatever But but it was funny because everyone was like you gave him money he robbed your place cost you guys \$10,000 worth of damage And you gave money and Violetta you know who runs our house and is just such a straight g everyone's like you gave him money Now you're crazy Na na the ATM machine And Violetta said he's gonna be your best friend now you know So sometimes you know what I mean Like so uh by the way same thing there was a guy in Greece we had so many problems with this one guy always shooting his mouth off and finally I was just like all right he's not like he was in group Uh he just he was a Jason he's friends we have over there He just would show up and just would be obnoxious and um and I just and bad and toxic and just a dark and I was like no not gonna be around him And it came down to really strained our relationship with some friends over there because they're the peop people Some of the people we know over there are you know have like 30 or \$40,000 saved in the bank Cash money cash money Yeah like almost like 42 grand Yeah And they're not used to they get their way and I'm like yeah but it's me and I don't care So if you have to go and then I I have my hologram of Kelsey come out and what it happens I by the way taught everyone on the trip about Buy b he's like when you meet Kelsey she'll show you how to do it The hand and the lips and the eyes have closed Bye bye bye I just love how many people we have saying be now like everyone all my friends Hey b are you blah blah bla And I'm like God I love it so much It's so funny Well listen it's the it's the new batch So we went to be um you know Jez is very sensitive I even said it for the first time last week Did you did Yeah Listen at the end of the day we all want to be popular And

um but I this one part I I will and so finally after like five or six years in the penalty box I said OK it's ok now he can come around and they were like no wait are you sure And I'm like yeah it's OK And you know and when I was questioned about it I said no no we'll now be my best of friends You'll see it Yeah of course because it's like OK I see you I get you like we're good So sometimes it's like in relationships you you it sucks when you start out that way But literally you can become yeah the best of friends That's why I try to tell a lot of celebrities that I that I work with and I coach I'm like listen I know you've got you think this person is your mortal enemy I promise in 20 years you're gonna need them and they're gonna be your best friends It's very rare that in today's world it continues very rare you know as it goes full circle I look at again more name drops Sylvester Stallone and Arnold Schwarzenegger Mortal enemies doing er from what I understand Schwarzenegger doing a lot more behind the scenes to hurt sly from what I hear but just biased because I'm you know I know sly better or I don't know the other guy I don't know the other guy Listen to me I don't know Arnold But anyway the but the point is now like Sunday every Sunday when they're in L A together they have dinner together and they they know the best of friends because they so like I feel like saying to the rock and Vin Diesel or like some of the guys because what happens is then you get to see the young all the young ones coming up the ladder who are just disrespectful or whatever and you're like you just kind of see how nasty the world is Like wait yeah and we see each other We know each other Yeah So sometimes I'm like you know God you can really speed that up Now It's funny though that you say that because even like I remember um in the story in college I was always so but her I was like I would call my mom and be like all these girls are like instant besties and I don't like I don't have that And she I remember her telling me Kelsey I would be worried if you did Yeah Thank you Deb And I like I know why now because they all turned on each other in about 0.2 seconds which by the way the turning on each other it's again I always say life's like wrestling that's called the he he oh my gosh Also Kev speaking of heel turn I learned the other day when I was with you you were advocate for Mercedes her match quite the match If you see how it ended tragically you see Kelsey in there escorting Mercedes back as that thing But I did learn We had a we had a great time up until that I mean she was such a trooper She's so strong but it was funny because I was hanging with all of them in the back and her friend who was also in WWE and I don't know anything about wrestling and so they were all cracking up at me watching it because I

just kept making all these comments that all the girls were like oh my God you're so funny to listen to because it's their world not mine But I was told that I like the heel guys Ah ok They were like that's why you that's why we get along And I was like what does that mean They said the bad guys and I was like interesting I like the heel guys better Yeah Interesting Yeah I guess that's so that's what I learned about myself So I was like I have to tell Kevin I have no idea what that means But I kept saying oh I like him and they were like oh you like the heel guys as I've gotten older I like the heels Yeah better But although it's gotten blurred you know Steve Austin was a wrestler who kind of he became an antihero So he talked like a heel but he was over as a face meaning as a good guy and really we're going down that route but we don't want to do I will say you know another lesson I learned on the trip Um As I'm an advocate as I'm advocating for one celebrity I am talking to this group of billionaires that have a project that they want this one celebrity I'm working with to work on If one of them in particular is just she's turning to be a really nice friend and is really just a nice caring person And I mentioned it to another one of the well off people that I was on this vacation with my God I'm like this guy I'm dealing with I'm just like he's just like the nice he's the nicest guy I was asking him do you know him You know I'm thinking like maybe there's like 10 billionaires in the world they all know each other but believe it or not a lot of them do Um But he said you know and he and he said no no I don't know him I'm like oh God he thinking why do you ask him Well he's like so nice and he I got my need of the groin Oh what they say He said ah and um Kevin because he's rich he can't be nice Oh that oh wow I am a man without a country No wonder both sides hate me What I was thinking Yeah of course That was my tone It was like I was like God like he was like I mean the subtext of my tone of my statement was I can't believe for a guy that well off He actually is that nice of a guy who cares and is a but I'd say that I just I just I just can't believe what a nice guy he is He's like he he like he actually cares He's he said oh and because and I was like wow And I said thank you for that Interesting Right Yeah I like that What do I say I'm sure you've heard about probiotics we recently partnered with just thrive Tina Anderson is the mastermind behind this extraordinary product Why do we need a probiotic The world we're living is so disruptive to our gut health from antibiotics that we take from roundup that's sprayed out over our food supply to stress We see symptoms like gas and bloating diarrhea constipation skin rashes autoimmune issues and allergies mood disorder So anxiety depression all of those types of issues are stemming from our imbalance in

our gut And the thing about just probiotic is you don't have to refrigerate it to be a probiotic It needs to be alive in your intestines not alive in the refrigerator And most of those probiotics in the refrigerator actually don't make it to the intestines alive which is the goal if we couple the just probiotic and the just calm what do we get You know the probiotic alone is helping with the leakiness of the gut and helping all other types of things in our with our overall health But we know now we have the just calm that's helping with our mood guys just thrive as a game changer If you're ready to take control of constipation bloat and stress and live your healthiest life yet you can get 20% off your 1st 90 day bottle of just calm and just thrive probiotic today Just visit just thrive health dot com and use the promo code heal squad You won't regret it Ok So you know my new scam Kelsey let's tell So if for people who want to do better in their lives business growth mentor at business growth mentor on Instagram has come my way and yeah there's there's I feel like it's a really good 21st century site for business because I feel like 21st century business really understands the success is more than dollars It's it's everything it's your health it's your wellness it's it's well rounded that Yeah And it doesn't even have to be money if you're living your joy But I find so many great things and the one I had sent you the first one the Bruce Lee one about you know when we I know I'm somebody who's always self deprecating Um and I do it all the time and then I just came up in my feed and it really spoke to me and if you know me and you know he'll squat on the show I feel like someone out there is trying to tell me something whether it's from the other side or whatever But um Bruce Lee said don't speak negatively about yourself Even as a joke your body doesn't know the difference Words are energy and cast spells That's why it's called spelling change the way you speak about yourself and you can change your life what you're not changing You're also choosing so true But the fact that it's a spell and that's why they call it spelling That really moved me Um And then when I ran it by my brother-in-law he went so far He's like oh my goodness he's like Kevin even the alphabet all of it It's based on spells He's he's like and then you know he he went off about age He's like you know if you like doesn't Miley sa not celebrate her birthday or her birthday or I know Prince didn't you know there's a only only because age in time is a manmade It's a it's kind of a manmade thing and by recognizing every year you actually age But if you don't you know you don't age or age as quickly All right I'm never celebrating my birthday But again about the words being a spell And so I'm really working hard not to you know even in joke about myself words are

yeah based on hearing that I know it's just I don't know it's really moved me I don't know if it moves anyone else Well it's funny I was listening to so you bring it up now because this morning I was listening to um a podcast and Shane Mitchell was talking about just the power of words too She's like I am very and Shane for those who don't know she was pretty little liars She now is the company beast Um But she was like my entire life I was always very very careful about what I said like choosing my words because she was like they hold so much weight and I believe that you really can manifest with what you speak and what you say And I was like it's so true and we all know this but it's like I don't know it really it really hit me Um And I was like yeah you're right I need to be more aware of what I said I remember Here's the cool thing guys we have control over this right So one thing we can control right Um it's uh it's funny I know one of my very good friends is working with her works with her on her brands That's awesome Yeah she's really cool Yeah we'll have to follow up on that That's I you wouldn't have just said that randomly speaking the universe Um ok there's another one overthinking is the biggest cause of unhappiness So here are eight ways you can beat overthinking The problem is really the problem 99% of the harm is caused in your head by you and your thoughts 1% of the harm is caused by reality I always say that you know where are we with the things we worry about Never really come to 1% of those Yeah Um 1% of the harm is caused by reality What actually happens in the outcome most of the time The problem isn't the problem The way you think about the problem is damn well Yogi Berra taught us He was like get out of the like he called it the bad neighborhood of your mind He was like get out of it I'm tired of my bad neighborhood Get out of there Yeah No there's so much crime and it's terrible and it's like and we catastrophize it all It doesn't ever really come to It's like it's a wonderful life It's part ah not Bedford Falls Sorry Kelsey I'm like what we need To work uh to avoid self rejection Don't think you deserve that opportunity Apply for it anyway Don't think your article is good enough Publish it anyway Don't think they'll reply to your email Send it anyway Never overthink yourself into self rejection I see that a lot Silence and time the truth is most problems aren't solved with more thinking they're solved with less We've talked about that take that bath You know that's the guy who learned about the theory of volume because he got the yeah to relax and they show his brain off Oh look But you know for me going on this trip so many breakthroughs um It could be long showers it could be you know when you're working out or doing something but any any kind of mindless activity

Uh So if you feel guilty sometimes when you're not actually working uh don't because that's when the breakthroughs will come And I will say we have you know if I will say one of the mistakes Marie and I made is that we did overwork And I think and I've talked about this before I think the um the benefits of that overwork were incremental maybe 5% 10% better off But the breaks who knows what that could have led to I could have lived with the five or 10% less taking those breaks but those breaks would have led to the breakthroughs So I know with Maria every time she gets a break It's she starts seeing things and things come to her But the same with me Um yeah you'll find most of the answers you're looking for in silence Um if you can't solve the problem stop trying to Hm Ok An important question when you start criticizing yourself for past mistakes or seeing disaster around every corner Ask yourself is there anything I can do right now to change the past or to positively influence the future If the answer is yes do it and take action If the answer is no be at peace let it go You have to take action and let it go Everything else is self harm totally agree with you The power of now You're not gonna overthink your way to a better future You're not gonna overthink your way to a better past All you have is now and what you do with now can make right of your past and make good of your future Make peace with yesterday Let go of tomorrow Grab hold of now Six Fact check your own thoughts So it's probably like what's his name The who's Dr Raymond Actually True Yeah your thoughts will create scenarios in your mind that reflect your insecurities fears and worries So it's important to always fact check your thoughts before accepting them because in highly emotional situations your thoughts will tell you stories that aren't true Fact check yourself Acceptance is peace no matter no amount of anxiety will change your future No amount of regret will change your past Peace is found in acceptance except in perfection except uncertainty except the uncontrollable You don't have to understand tolerate or even forget something But if you want peace you must accept it And then lastly health starts in your mind You can and this is the one I tell me all the time You can go to the gym you can eat healthy yoga drink water take vitamins But if you don't directly confront the negativity in your thoughts you'll never truly be like quote unquote healthy Our health isn't measured on scales by the size of our muscles or by the width of our waist True health is measured by the quality of our thoughts and the Peacefulness of our mind Health starts in your mind And I believe that I I feel every time um any illness that comes our way I'm always like OK come on can we get to the you know God even with what poor Maria has

been through Um I I think for me tell this cow but it's like you know you can um have all the circadian rhythms and you can do all that all that stuff you want it You know you can eat right no sugar all that And I think it's gonna make it's gonna get you maybe five more years of health But if you really go to the core you know the emotional traumas and the things going on in your brain And if you get to that um that is kind of long long life long Well we had a clip go viral of Doctor Joe talking like literally saying exactly that and kind of listing it Like you just said he's like cool you can eat whatever healthy quote unquote diet you want you could drink all your green juices move But like right if you don't take control of your mind like you will not be healing you will not heal And I really think that like you know even like looking at my stomach stuff or like my blisters that I get like it's all mental It's all mental Like and I know that I think when you can get some time this summer obviously hot girl summer comes first priority But then for me girl summer but under the umbrella of course of course of course I know Really I think yeah but I think that yeah it's a lot more it's gonna breathe and see things and yeah there really is all your mind Ok Nine hard pills you must swallow by the way to un f yourself Um It's funny when you put in like hard pills to swallow on Google you get so many different great hard pill to swallow But here's this is one from business growth mentor to someone out there Natasha someone out there who's less way less qualified than you living the life you want simply because they took action you will never make lasting changes until you forgive your past self You don't need to change the world around you You just need to change how you see it Those last two or so Me oh my God Scorpios I surrounded by Scorpios and I really have to change how I see the world So so watching like fight videos fire fight videos probably not helping me Let's go back to Ted Lasso No no You know what I do is like I there's a lot of special needs videos that keep popping up just liking them I'm like dog videos I'm just so I'm like please please I know I know youtube and A I I know you're smart enough that you know the real me you bastard you know but I'm trying to Yeah I'm trying to outsmart them OK Social media is a tool to distract yourself from a life you don't enjoy Yeah OK If you really wanted it I say this one all the time If you really wanted it you would make time for it Word true Being selfish isn't a bad thing Fill your own cup before trying to pour into everyone else's also hard but true Yes The problem is I think is I think culturally speaking the generations have just gotten so selfish but it's masked in selflessness You know what I mean It's like oh my God you know my problem is it just I just

give so much of myself I'm empath I give so much myself to stop No you really don't But like like I said before yes you do like and comment I'll give you that You give the like you give the the amazing comment to all your friends but really outside of that No no no But it's like like like we have talked about this the pendulum swung right And now it needs to like kind of find that middle ground I don't even know if the pendulum swung the pendulum fell off and it's not the fault It's just we just it just kept self-care We've just been so in just in consumerism and just you know the more we more material things we get the happier we'll be and just and you know and then with that comes more work and then you're not and then you know being maybe too tired to raise the kids correctly So let's put them in front of an ipad or you know or or you know or um because I didn't have let's say you know all the activities as a kid Well I'm gonna make sure my kid you know doesn't have the awful life I had and I'm like well like really that you turned out ok you have you know you've been you know so I yeah I think that uh anyway it's all I don't know I think we're 30 years away But and it's gonna be that I don't like that group that's coming 30 years later I feel like and I don't know maybe this this when I say will be archived and when I'm gone 30 years some of the that crazy Italian from Boston said it But um unfortunately the way I see it is um there's gonna be an extremist group that is gonna like this the way this generation's lighting the Boomers on fire Um And the Boomers can take it because they're more self made They have more resilience They didn't pass it on to their Children But I'm really scared for your generation Kelsey because when you're 60 something the young generation now is gonna blame you guys for everything and we won't be around to blame anymore That's why I say to any of you your age any of your parents who have the little house on Lake Winnepesaukee I'm gonna go mass with you Maybe a house maybe a little two bedroom house down the Cape down Cape Cod Yeah Any of your little lake houses whatever the moms and dads were able to afford back then tell them never sell them because you'll be there hiding because the that we're that is gonna come is gonna be angry and you know yeah they're gonna go you guys were you did this and now you need to pay and you your generation unfortunately which is our fault because you don't have the resilience You don't know how to uh to cope the deal to overcome Again not your fault It's suicide rates gonna be through the roof homelessness through the roof And I and again I I hope this time the crystal brain is wrong And I'd like to think that I'm saying this in a way that maybe it'll get out there So people go no that's not gonna be us No

we're gonna we're gonna be self-sufficient We're gonna you know uh dependent we're gonna take care of ourselves We're gonna you know so uh I digress the move You're most scared to make is the one that will change everything for you True because they're just scary But the but the yeah but the one you're most scared to make of all those moves Yeah I got you too You guys are both making major changes in your life It's all good You know you have to get over the fear of Uncle Kevin's here Put up the padded walls which I'm very grateful for I was just telling you my brother in law that too because God he's still fighting with his dad like they're living in the same house and he's 14 and I just was like your dad acts like he's 40 you know works like he's 30 looks like he's 60 but he's 80 It's up to you You've got to change and you can do the healing sometimes you know when you do healing and you're not getting along with a parent or child or even a sibling If you do the healing and do the work I promise Mhm That will heal the relationship because you do the healing for both of you But I was saying to him you know you have to make the changes You have to he's like but if he doesn't listen to butter sugar I'm like he's 80 he's defied everything And you know you you most you all you do is fight with him over the sugar You just always you know and and I had to tell him the story of the farmer and the pig The farmer lecturing the pig stop pooping in the rest of the yard just pooping your pen stop 34 or five different lectures And at the end he was like all I've managed to do is waste my time and annoy the pig Like you know your dad is not listening you're aggravating him So what do I do I go padded walls He's got his padded walls He's got a caretaker We're all here Let him run the sugar down to 40 then say no have it But Peter is like when he's like uh 90 he know Peter knows it's gonna drop So he starts on him just you know I remember when Jimmy the little crack baby was saying to his That's right He was telling Jimmy Senior is not Jimmy What did Jimmy Senior lovingly say to his crack baby Jimmy Junior Do you remember He said shut the F up Of course of course And he said it multiple times He's very relaxed Just shut the F up Jimmy and Jimmy just continued to ask for nacho when they came in to scam Well they when dad came in to scam us for money shared that with everyone on the boat too Well because they said shut the f up Like wait what who's Jimmy They didn't understand I go when I say that Maria will go I was like talking and rambling and he goes he goes for the back of the boat Jimmy I'm like oh sorry It's like wait who's Jimmy Like imagine explaining to this Like these like scientists and once we got them there I'm like so sometimes we just say shut the f up Jimmy because he's just like shut up You're a broken

record Like shut up If you won't start today it's a tough one for people Now these ones I don't suffer from but if you don't start today you won't start tomorrow either Yeah So when people are in that camp of like tomorrow I'll get to it later I'll start worrying about that later that I know that what I can do all the other mind ones I have a difficulty with But Kelsey now you know but don't they make you think Absolutely Absolutely All Right A little shout out to tomorrow never comes That's what I've always been told Oh but it does though That's kind of tough I doesn't really resonate with me but no but no no no no I'm not taking away from you but to me like like oh I'm gonna start tomorrow that tomorrow Oh that tomorrow right of the tomorrow You know what So let's say this the tomorrow of change that tomorrow never comes Yeah that makes sense That really does Ok So we'll finish with this that the one superpower when we get confused by people in this climate today you know all the politicians we see out they're pontificating and on both all the sides this one guy said he goes yeah the one superpower they all have and it's true the celebrities a lot a lot of celebrities and influencers too They have the superpower of being unembarrassed Oh great superpower to have that superpower rights really are Oh yeah they really don't care Yeah I I think um I think certain of the older presidents cared to a degree I I actually think Obama cared Um but no I think a lot of them and it's not just the president I think a lot No because think of how they live think of the things that they say are just Yeah and it's utter yes because it's just all about them but it's an utter contradiction You thought about that when I see billionaires who are like you know super progressive I'm like yeah but you practice nonprogressive principles to get that billion I'm sorry And then when they move out of the state that's super progressive to go to the nonprogressive state to take advantage of the taxes I'm like don't you see and when I was confused with this one person that's when the other person came in and said unembarrassed they don't care and and same with the other way you know with the with the hard right I'm like but you see the hypocrisy and what they're saying and it's like unembarrassed dang soft smile peace signs for everybody Well listen kids I want to say then it's away from a uh an important zoom meeting just really quickly everyone um keep on our socials today because we have some good stuff coming that Kevin doesn't know about So it's fine All right So keep an eye on you guys Everyone have a great weekend Uh Just try to remember why we're here We're here for hot girl summer summer Maintain our queendom likes in popularity And what do we say here God I can not be nice People make good choices Is ours is uh more mistakes Help each other

and how you left along the way Perfect I'm gonna I'm gonna grab my data
here and