

## GDL Steven Benedict

Welcome Welcome back to Good Day Live I'm Michelle Mira along with Kyle Trueblood and our very special guest Mr Steven I'm good Thank you very much for having me guys I appreciate it So you're an athlete You're a motivational speaker You uh wrote this incredible this book I'm trying to say good morning good morning superstar We intentions at the tone but habits allowing you to shine this book Um You also um have a fostering system You do a lot How are you I'm busy I'm busy but all good things all good things can't complain all great things Um I I've read a little bit about your story Um And I don't want to share I want you to share it Can you tell us a little bit about how this all came to be How long do we have Do you have I'll give you the highlights of things but uh I was raised in out of foster homes I was put into foster care twice once at four months uh due to neglect and abandonment and then put back into my mother's hands Then my brother was born and we were living in a motel room very unstable situation very volatile We were being abused by her boyfriend at the time So it was uh a rough uh period of time for us and our grandparents found out about everything and tried to take us in for a short period of time But being elderly taking care of two toddlers was unsustainable for them So our next best thing was to be put back into foster care and we were put back into foster care for about another six years where we bounced up and down around the east coast and then landed into a semi permanent home for the latter part of our foster care experience And then we were blessed enough to be adopted at the ages of eight and six by two amazing individuals Yeah And that was kind of like the door for us of a second chance of life You know my mother was a second grade teacher my father was ex Vietnam and then worked at Merrill Lynch for the stock exchange So the dynamic there was really different for us Um and they exposed us to everything from everything from education to sports to music to art and just really helped us to become pretty well rounded guys Yeah that's really nice Uh So you're uh do you you do it all you ride you you you you talk about the foster system like how OK get me to the book I actually what rewinds where did the mindset come from Because you came from you know uh a background where a lot of us may not have had Um but sounds like you see the like the blessings of all of it Where did you get that mindset to see Like what you went through was like great for you The uh that's a constant work in progress you know it's not it it didn't happen overnight There was a lot of pitfalls and a lot of valleys that I had to walk

through and continuous You know there's still things coming up that I have to re experience and ask myself questions or try to find out answers because my past is very there's a lot of question marks I didn't have a whole lot of knowledge of who my birth parents were I had no uh relationship with my father He died when I was very young So I don't even have a picture of him My mother um we didn't I haven't seen her since uh I was 10 And when I went to go reach out to her I found out she passed So there was a lot of loss and a lot of that experience you know and you know fast forwarding a little bit further You know our time with our adopted parents was very short lived as well and we wound up losing both of them in our mid twenties to two extreme situations So you know not many people can say they've lost two sets of parents in in a lifetime Uh and uh but we look back on it uh especially for myself I look back on it as you know if if they didn't step in and they didn't adopt us at that particular time I wouldn't have been able to do the things that I'm able to do So they've served a very very extremely important um you know peace in my life And so everything I do I really try to honor them in that space And in answering your question that my child was very accelerated and the sense that I had to step into roles at a very young age that I wasn't prepared for like being a father figure to my brother Um have he we're 2.5 years apart So yeah So um at that time we were eight and six So um in having to be very socially aware having to have environment mental awareness Um uh and just to be very protective and these are not capabilities that you know you develop at eight Yeah Yeah very much And so trust was a big issue for us Um understanding what the word family was uh was a big issue for us um learning how to love each other Again you know all these things were kind of developed at a later point where all of the self preservation things were developed at an early stage So those things helped me uh kind of develop the foundation of discipline and you know due diligence and resilience And those have played a very big uh piece in what I do on and off the track Family is a big question Uh My best friend in the world has adopted as well and we spoke about it so much um for you what was uh like a shining moment that really helped you understand like what mattered more and the blood or the love you know kind of the things as a Yeah I think when we were adopted and I remember some of the very first things that happened for us is that we had a huge adoption party and the whole family was there you know cousins uncles you know pieces that we didn't have before and they really accepted us with open arms as we were already there and part of the family So that made our transition that much

easier Uh Not to say that we didn't have to still deal with things as we grew through high school And you know some of those things that I think we all can relate to is that we're all very good we internally suppress things and we're we bottle things up So I was very good at that and a lot of that stuff starts to overflow as we grow and we get into situations and we get these triggers So but initially it was the acceptance piece and that was a huge piece for us to just step into that family environment again It's great That is great Do you find a lot of uh freedom when you're running or when you're playing um sports Like did you find like that you are more free to be you and to feel all your feelings Yeah running has become a cornerstone of obviously of who I am and what I do But it's become a meditation piece for me as well When I'm out on the track I feel I get um the clearest you know and I get the most answers that I need when I'm asking questions you know so I find that to be kind of an outlet to also expel and exude the things that may be causing some tension and stuff It's it's an outlet for me you know and I think everybody you know has their own particular outlet whether they go to walk or whether they're going to martial arts class or beating somebody up or something that you need an outlet to get it out So is there like a common denominator you would share with others that are going through or might go through what you've gone through So like that you found out the meditation uh I think you know one of the biggest things that I speak on there's there's two aspects that I've kind of had self revelation on is one is that our emotional aspects and our emotional language is a universal language It doesn't matter what my story is what your story is or we can all relate to emotional pieces whether it be loss fear abandonment love you know those things correlate to everybody And you know our stories are just a platform in which we can express that depending on how we're expressing it whether we're expressing it from a victim mentality we're expressing it from you know which I've been in that position and I've had to shift the way I've talked about my story and not come out from that perspective to make an impact Uh And know that my story is no more important than yours Uh It's just the social piece that we're all relating to Um That's one and then the other ones are what I call the four awareness is you have your environmental awareness your spiritual awareness your mental awareness and your physical awareness Um And all of those at some way shape or form when they're all incongruent then you're in alignment and you're really kind of elevating yourself and you're performing at a high level but it's very hard to have them all in alignment all at the same time right So that's the battle So we can get 23 in

alignment at a time and you're in good shape So yeah the constant cultivation of it Exactly And it's an evolution you know we're always learning about ourselves we're put in different environments and more so now than ever and the better we can adapt and the faster we can adapt the you know the better we're gonna perform So talk to me about how this book happened and um I haven't had the privilege to read it Yeah I know I'm gonna get a copy Yes I have two of them on order for you guys Thank you so much Um Talk to me about how this came about So this book is not about me It's kind of this actually happened when uh COVID happened and we are on lockdown and within six months I uh the first six months I knocked this out had to print it and whatever But uh it's basically a bunch of notes that I've had and I've asked myself questions Um there's a quote on one side of that So there's a every day you're gonna it's a 90 day book and it's a self-help book So it kind of sets the habits and the tones for your day or closes out your day because the 1st 20 minutes in the morning and the last 20 minutes of your day are the most absorb as far as when you're either expelling your thoughts or whether you're setting the tone I like to do it in the morning because it kinda just really puts me in that space of productivity and setting the tone on a on a good thought Instead of being worried about what happened yesterday we're trying to predict what's gonna happen tomorrow So it's a very easy read And that's what I wanted to do is have it you know super easy for people to just implement whether you're putting it by your sink in the morning and you just read through a quote And then on the opposite side is my thoughts on that quote how I was impacted by that my personal notes And then there's two take action questions which I feel that I'm a big believer in asking ourselves better questions for better results Um Now it's 90 days you know and the good part about it well one of the special parts about it is that all the proceeds from this book are going to impact foster families for sustainable holidays That's amazing That's so amazing It's incredible how when we're forced to sit down especially during the lockdown or whatever 20 so much amazing I know So we talked about this the other day there were so many things that happened that were not so great and uh I feel very lucky and blessed that like you know my family was safe and I was safe and I know so many people are affected in a negative way But uh during that time I was able to see things so clear and be able to be so creative So it's cool that you came up with this too Why do you think that um there were no distractions and um I didn't have to stay busy Like I I'm the person I am such It's so funny because uh my friends and colleagues here know that like I'm a very

social person but I like to be home I like to like go out do my thing and then go home But you know before that it was like go come here go do this And like I would say no all the time and then I would feel bad that I said no And it was the first time I was able to just kind of like do whatever I want truly when I want it And a lot of thoughts and I had very vivid dreams like very like I was I would ask a question and something would happen like immediately So I feel like I was just not surrounded by outside noise for the first time Yeah totally agree Obligation didn't realize how much it had on us until there was Exactly I mean I thought I did to be honest Yeah like I thought I did but getting that I mean and shout out to all the families that you know were with you guys that experienced you know hardships Um But you know I was just getting a lot of rest and I didn't realize how much I needed you know I it was like the first two weeks I just like well there was nothing to do just laid in bed and I was like oh my God I need more rest and I realized I was actually chronically tired but you're just like going and going and going and you really don't realize it Right Yeah Yeah So my question for you um was there a moment in your athletic experiences that led you to this book Uh I think you know me being an athlete one of the biggest pieces for us is the mental piece right And it's always trying to find that edge always trying to keep yourself within that flow of just you and not worrying about running the race of the person next to you Uh Because that's when you're taking yourself out of the game So it's I'm always doing my kind of internal work and always doing my due diligence to find that edge and to keep myself maintained in a space of focus and focusing on my cues So I think it kind of got pulled from that and the book that I uh is coming out that will come out for that's how my story is is gonna be kind of pieces of that But it's going to be really I want to have it in a story setting and be have it to be relatable to everybody But this book is more about my mindset and more about you know my approach to that and how I feel other people can develop habits and the first thing in developing habits is consistency and by doing 90 days you that 90 day threshold mark really starts to break old habits and implement new ones Yeah Same thing Right Yeah One that you read one page you read about it and how it affected like a Chinese emperor or something Same deal really structure Yeah Yeah It's very simple very straightforward There's not a whole lot of like in between of hey you gotta write down all this and you gotta do all this and wait six months and do it like like start implementing little things Just start doing like yeah and I think that every in our society right now we're we're over thinkers right We're we're

both over thinkers Yeah Yeah Yeah What was your favorite Uh What what should I say How do I say it Uh what's your favorite uh race to run I I concentrate on the 200 m So that's what I trained for now is 200 m 100 guys I'm a 200 guy He looks like a sprinter but not like 100 100 dash Yeah I've run any I've run anything from the 100 to the four right now My coaches uh my programs uh implemented for 24 guy So that mid yeah I used to cross country but then I would wave and talk the whole time and so my coach was like uh what are you doing social bug like the meat And uh I just remember like my mom saying I really hope this whole talking thing gets you somewhere because I would just talk all the time at the most inopportune times Like like running Who does that There you go There you go There you go Definitely Born for this I love this so much Um What is your favorite thing Out of all the things that you do I mean you know you're helping the foster care system you've got this great book Uh you you're a runner Like what is what is the thing that brings you the most joy Is there a thing Yeah I I really like to be able to bring from my standpoint and my life experiences I like to really bring those life experiences to bring value to other people and to watch people's so to say like light bulb go on from an experience So from like if you don't know me you don't know my story or you don't know the integral parts of it you would think that oh he's an athlete he's got everything you know set in stone and everything was like easy and along that way and it was hardly from that And then once they hear the back like pull the curtain from that story then it's like oh he's human you know he's just like it So it's a humanistic standpoint and being able to relate to people and understanding from an empathetic standpoint with them Uh and then being able to portray that and be like hey you know what I've been there I know that you know and this like I'm not saying that it's easy right now but there's a way out of this and you know it does get brighter So that's great That is great I wanna give this a book to my best friend Actually he struggled with it He wasn't a kid and he was just like uh uh you know well how do I know that they love me or you know my the parents that uh let me be adopted how do like you don't know what it's like because that feels like they don't they didn't love me or I wasn't enough and he struggled with that and it was wild to see I mean I'm everyone has their own struggles even people in that quote unquote stuck with the family they got you know what I mean Because people didn't want to be I was like I have abandonment issues and I wasn't I don't think I was ever abandoned Maybe you grew up with both your parents So like it's it's interesting how like we all share common um struggles and trials and Yeah

Yeah Yeah What uh do you feel like his because it sounds like he's got you know he's definitely questioning his his current position and which is a very common thing Yeah it's a very common thing for adopted Children to feel that way especially you know feeling abandonment or feeling acceptance and one they're stuck in their past a lot and they don't know how to break through or filter through that because all they focus on is well they're they're trying to figure out reality from current purpose uh and what their purpose is and their past reality is like my real parents so called real parents didn't want me And now these are my fake parents because that's what society says Exactly Right Um And what I've been in that situation I had to grow through grow up through that through the public school system And I remember blatantly at lunch when I was in middle school one girl was we got into an argument and her rebuttal was well at least I'm not adopted and I have for parents right So it's like that type of stuff going through the Yeah But yeah but you're strong enough apparently you're strong enough to understand your own value system your own self worth right You know I mean it it's been a work in progress right You know and you had to have good people around you you have to have good environment around you and you have to be willing to kind of peel back those layers and go into that space right And go deeper in that space where it doesn't feel so good you know Um you can have spiritual awakening You feel like what is that Like mentally breaking down but like breaking through So like every time like this morning I was listening to uh like the I am um that Joel Osteen did and I was just like listening to it and I was just like like it's so interesting how just like even when you like feel like things are falling apart they actually really are falling falling into place as terrifying as that is right He tried to communicate that to my friend I was just like you know like uh love is way thicker than blood kind of a thing right OK Sure Like your blood parents whatever That's a different story than like look at the parents you have they're like amazing they love you so much There's people with blood parents that don't get that love right So like what really matters here and I was just trying to come at it from that standpoint but I don't know if I yeah I you know it it sometimes in the current situations of you know just in this particular realm of foster Children and adoption Children coming at it from So if I'm if I come here and you guys are already TV hosts and I'm here and I'm I'm projecting my values and like oh you guys should do this and whatever and I've never even sat in those shoes I'm like I have no clue from practical experience right So somebody else coming in and trying to give that perspective they some of

them are not socially emotionally um aware enough to accept outside perspectives I mean like hey this is how I see it from out here You know you were blessed in this particular juncture of your life You've had people come in and actually accept you for you and wanted to bring you in and give you a second chance at life or you can hold on to the past and be like well they didn't love me and why would anybody else love me And what's my purpose What are my questions like We make up our own narratives in life and then we hold on to the ones that we want to place the most value on and that's where our weight is Instead of trying to find we're very good at finding the negative spots because our brains our brains are shifted to find out you know for every negative thought we have we have to have three or four positive thoughts to override that right And our negative experiences wind up striking us emotionally deeper than our positive because we let them go quicker like oh that's great Like hey we get a promotion right now Now we're all automatically looking on to the next promotion instead of reveling into that and and celebrating the the minor wins or the little wins I I so to say and those little wins If we celebrate those they accumulate to the bigger ones But we're not patient enough in society right now and we want everything now So this is our whole topic Yeah it's all And like you were saying everything is relative Like we all share pieces of everything in a way you could find relative experiences in almost anything And if we don't share the same past right I call them the breadcrumb trails you know II I've I've done that in my life and I've had to do that more so lately than the past two or three years is when I've been really searching for answers on my past which I have a lot of question marks and I still do and I may not have all the answers come to me at uh at any particular juncture in my life But I know where I've been you know blessed and saved in in a lot of situations and given a second chance And those are the things it's like I try to hold on to and it's like all right I've given this chance here What am I gonna do with it or am I gonna repeat history or am I gonna do something better and make an impact and and and go that route So those are the things I I really try to hone in on and and not every day you know because obviously we're trying to live in the present but you know yes kind of every day and try to remind yourself of those things like hey I've made it we've all made it past COVID We've all made it past you know financial situations and we're still OK So why wouldn't we be OK moving forward Right So I like that We're all gonna be need to read that sentence is for Instagram for sure we're all gonna be OK Um So as as you said that living in the present I hate to ask this question but I want to ask



what's next next Well um and I overheard some of the stuff you guys were talking about marriage and stuff that I just got engaged So I just got engaged Yes So I'm I'm excited about that Yeah Yeah Uh Yeah Yeah So we met uh last year we met last year I was actually overseas in Rome and I was training competing there She was here and we had mutual friends for a long period of time but we never connected and it was really funny and you know we were friends on Facebook and her birthday came around and and uh July 1st you know so March 15th So yeah Um I don't know Leo Yeah there you go Yeah so I don't know you know one of those um so her birthday came around I reached out to her on Facebook said happy birthday We never talked before and um um yeah she was yes she was cute You know and I I've seen a picture on Facebook a couple of times and I always just like oh I should talk to her and I didn't and I was doing doing something else and getting stuff and the birthday Yeah birthday was perfect Right That's what I thought you know reached out nonchalantly We started talking and like I said I was overseas and she was in Hawaii at the time for another wedding And then we started talking and and what was great is that we had so much distance between us So we we had to rely on communication So we would talk on the phone we would face time for our first four months of our relationship And it was it was a really good platform for us And I think we have a very unique story in that our strongest foundation is communication We've worked through a lot of things We've had a lot thrown at us and um then I was back overseas this um this last summer and she came to visit at the end of the latter part of my uh um trip there And when she was in Rome I proposed to her in Rome And you know so yeah it's it's been good We we have a great relationship and uh she has a great family Uh They've been very acceptant of me and uh it's you know it's um been like another additive of family for me And yeah they're they're a great group of people and uh I look forward to what this next chapter is going to unfold Yeah Yeah This is gonna be in the book right Yeah Yeah This will be in in in yes this will be in my book my story star There's a movie coming out of you You know that that's something on the back thing that I've wanted to put out there and I wanted to really sit down and get uh get it written out But I really want to take a different I don't want it to be like a documentary I want it to be a like I said a humanistic approach to a movie something like you know the book of Eli or like uh or or the Shaq or something like that I was getting by Yeah Yeah Yeah I love I love that There's love and um and just Yeah OK Yeah Yeah Was in that he he Yeah it was amazing Yeah Yeah Uh So wanted to be something that is that will kind

of make people think and make people sit back in my not so much Yes It's it'll be my storyline but the storyline of life like situations peaks and valleys and being overcome and triumph and know that you know there's always a light at the end of the time That type of question how did you know she was the person for you she asked me this question all the time Well it's gotta be a girl's question Yeah she asked me all the time not to be like that It just why why Uh so my life hasn't been easy right And my life is not easy for relationships living in an athletic life and having to travel a lot and you know a lot of instability Uh I don't work a 9 to 5 My sponsors are involved with everything So and she has been so accepted and so supportive and knowing that this is the tail end of my career and and then we're shifting to something else but it's been so easy Uh It's been easy as far as relationship Like we just meld we're you know we love to joke We're um you know just she's the joy of life She's always smiling and uh you know it's and I feel like she's been waiting and I've been waiting and you know we've both have done mic and vast stories and um you know we both had to kind of like clean up ourselves in order to I feel like we've been preparing for each other for a very long time Yeah that's awesome The clean up parts Yeah Yeah Both kind of took your red flags and like let me get this Yeah Yeah I mean I lay out your red flags like you're like this is me This is and she was like this is me Yeah I think the first the first four months of our relationship was a lot of kind of uh you know you that's the only platform we had So it's just like a Q and A that's constantly like asking each other questions asking our backgrounds you know asking you know um what is my journey been What's you know um you know how's my faith in certain things and like all of these areas and it just gave us that platform instead of you know the typical hey let's go out to dinner and then you're sitting at dinner with somebody who's a stranger for an hour and you forget what to ask next and then it's like ok is this over or do we like like you know that type of deal Yeah Yeah So are looking for their person You would like to get to know the person I would suggest So there's a few things So and no no Yeah So I mean it it is it is the day and age that you know that's the easiest way to meet people But I would say when you're going to the date thing to make it easier in the sense of atmosphere wise go do something active like go miniature miniature golf go bowling or something So this way it's like there's always a break in asking questions and it gives you that kind of hey it gives you something else activity wise to kind of focus on and then ask and then you guys can joke with the the space of like oh yeah a really good job Or you're really athletic like you get to take

those little uh pot shots but it makes it lighthearted and not so serious Like hey I'm sitting down and you know I'm gonna hit the buzzer if you have a wrong question Like you know they don't even tell you they're like telling you behind a Yeah And then you get a text after and like oh it was nice meeting you but I don't think this is gonna work out I'm like ok well you could have told me that halfway through and we get Yeah Yeah Exactly Yeah Exactly Uh-huh Right Exactly Yeah Uh-huh Yeah I love Mac and Cheese We were gonna play red flags with you but you're such a you're such a romantic Uh could we could we still uh I don't know I'm always down to play games We were talking about there was two hosts that um a lot of a lot of a lot of tea has been spilled Gosh I get a red flag and everything They are down there Ok So usually we oh wait um so we're just gonna bring up a topic and then we're gonna say red flag or not Go get to know each other better Do we want the cards for this Oh no I think we can just yeah Yeah Yeah Absolutely Ok What Oh me first Yeah first What's my favorite one Oh here we go If you're talking to someone on a date and like you're you're engaged right Ok We got back up a couple got it got it How long have you been together October 22nd was our first year So and we uh yeah go back almost two years now Um you're on a date and she says that she hasn't dated anyone past the first date in 10 years Yeah that's right Yeah Ok Well that's a red flag All right I think I think I think it was like uh I think it was like a little half because uh maybe like she or he well she sorry she uh uh knew that like she wasn't in the right space It was like you really can't get this out of your mouth No Um when my mom was really sick I was not dating anyone I went on a date with one person and I like I just shut it down so fast because I just like just was like no but you are out of your environment You haven't been in that environment in a while So it was uncomfortable and yeah so you weren't committed to the process anyway Very smart It's interesting though because I forced myself to go Right So I knew that I probably shouldn't but I hadn't been on like a date in like forever Not 10 years like you said you were not in your element at that point I was not I wasn't comfortable How many times have you spoken to him before before that date happened Uh like a handful via text or on the phone Uh both Ok Well I mean not enough to get to know the person right Not enough to get So like I shut it down before like I could be like green black What was the reason you shut it down for Uh they were just ridiculous things like so ridiculous Yeah Ok So why then wouldn't that be a red flag for you Then if you if you know by personal experience it should have been like oh I shut it down before It's a red flag I think it's you know what's actually

interesting is like had I not gone on that date Like I probably wouldn't have been open to like going to other date and like experiencing more life and then being like cleaning up my my side of the street there was a girl that I dated to TV the same but it was a little longer She had a thing where she's like oh well I never dated anybody past three months and I made it to four So I was like I was like so do I get a medal or participation trophy or something Yeah I don't know It was it's like it was the weirdest thing It's just like not even three months Yeah It's like you're you're taking a car for a lease and it's like oh I gotta turn it in for a new car I was like ok Yeah Yeah So is it I can I can't do it Got it let a let a no no no Oh I guess you can use like the thing the people um on the show Do you think it's a red flag to date somebody that you work with Yes Yes Yes Because yeah like the one with the people on on the show The what Oh no Just like a private investigator just released like all this footage of them hooking up and it's like millions of people have been watching this too Why do you think it's a red flag one because a situation just like that you know and two so in the same manner speaking like in the athletic space if you have a camp and you're in that camp you have a very tight niche and it's very easy to kind of cross paths with another athlete It's it's easy to just date somebody within that camp You see them every day But and I've also seen the negative side of it where there was other athletes that were dating each other and it went sour and it came to the track and then it contaminates the whole camp because we're there to do something and there's negativity there and they're fighting on the track like throwing things out each other and we're like you know coach you want to step in here and like break these two up or get them out of here Like right now there's a t like Seth famous saying is like you know don't yeah where you eat Yeah exactly That over here uh plug away tell how people can get in touch with you how they can um find out more and all that Great Sure Sure Yeah you guys can all find me mainly on my website at WW dot Stevie B dot com That's stvieyb dot com The new website is just about to launch with all the things that I'm doing dates that I'm gonna uh be at events and you know you can get my book there and future books and podcasts and all that stuff Um also links to fostering success which is my nonprofit organization and I just wish you guys a good day and just keep yourself positive live in the present moment and knowing that everything's gonna be ok Thank you and thank you for making our Friday so fabulous For more information You can find him on Instagram on his website Hope you find it good in your day and spread it to me You may have a great weekend We'll see you guys on Monday No

appreciate it guys