

Colin O'Brady: Cultivate a Possible Mindset and Break Your Limiting Beliefs | E43

You're listening to part two of my incredible conversation with Colin O'Grady a 10 time world record adventurer and incredible motivational speaker. If you haven't yet listened to part one be sure to check that one out first. Now without further ado here's part two of my amazing conversation with Colin. I want to switch gears and talk about one of my favorite topics which has been one of the main ingredients of my success which I've been teaching for the last 20 years. Preparation but not the kind of preparation most people think about. It's what I call extreme preparation. 99% of the time I'm always the most prepared person in the room which means that when someone prepares one hour for a meeting I'm usually preparing at least five for that same meeting. Sometimes 40 hours. Can you tell us how important preparation has been to your success and going a step further. How important is extreme preparation going way above and beyond. What would be considered ordinarily great preparation to our success. And as part of this can you tell us about spending more than 50 days in total solitude at Buddhist retreats with no reading writing or eye contact with other people and also tell us about the year in a food science lab creating formulas that measure the carbs and protein of organic coconut oil cashew butter organic apple powder amber honey organic rolled oats organic buckwheat flour and more than 10 other ingredients. Yeah. So you know in all of my large pursuits um you know personally you know world record breaking expeditions you know preparation. It is certainly very key you know from the mental to the physical. Um. And you know it's one thing to you talked about the Explorer's Grand Slam and you know setting this world record which was you know there was some level of a blueprint for it. I was trying to go faster than Richard Parks who you mentioned. Um. So I could look like ok so what did he do. And how can I improve on that. And how can I make that faster. And there's a lot of preparation that went into that project in same amount of logistics. And obviously as we talked about just raising the money all of that you know something like the solo Antarctica crossing is an interesting one because it was a world first right. No one had ever done this before. Literally you know people had tried but no one had successfully completed the solo unsupported and unassisted crossing of Antarctica. And so when thinking about that project there wasn't someone to call up or someone's book to read about how

they did it right there was literally like a blank canvas and that can be very discouraging but also it can be you know sort of enlivening But preparation that's where preparation is so key because you don't know what you're gonna encounter out there You don't know what you're gonna face It's like you being in a in a meeting or a business meeting or something like that you might prepare for five hours four of those hours might be on topics that you never even talk about in the meeting but you're prepared you're prepared If the if the conversation goes in this direction if you need to pivot or if you need to bring up a new idea you don't just have sort of 11 bag of you know one arrow in your quiver so to speak And that's how I looked at Antarctica It's like I'm gonna be out there in Antarctica for 54 days alone I have no idea what's gonna happen to my mind body soul spirit So I need to prepare myself across all of those boards You know you you mentioned two sort of important uh elements uh uh the the mind in that you know long before I even dreamed of going to Antarctica and spending that much time in solitude I started working on my mind and my mindset and one of the things that I've done over time um is uh something called Vapo Meditation Uh which actually your producer of this show is an avid Vios meditator I don't know if you know that or not I do Um but uh it's uh a really an incredible practice which is you know sitting in silence um for these retreats for 10 days at a time No reading no writing no eye contact And I'm a uh I'm a very social person very extroverted come from a big family you know kind of always around people So people think oh wow like you're gonna go sit in silence for 10 days call And that's really unlike you But it's been some of the most important pieces of my mental training to actually take myself so far outside of my comfort zone to actually you know uh push and pursue my mind in that way And like I said unbeknownst to me it was like when I got to that point of thinking about it aa I could visualize it because I had done the work because I had done like well most people be like well I haven't even spent a day alone How could I spend 55 days alone And I was just like well I spent 10 days alone multiple times so I could start to kind of build on that mental side Um In terms of you mentioned the the food prep you know I looked at what had been done in Antarctica and I thought no one has really taken food and nutrition I think to the next level And that's kind of the the factor with that expedition particularly because it's something called unsupported So no resupplies of food or fuel along the way So whatever you get dropped off with on the edge of the continent you that's all you got the entire time which meant the weight is an issue You know if you had £1000 of food you'd have

a ton of calories but you'd never be able to move the sled You know on the first day I ultimately had a £375 sled which I could honestly quite quite literally barely move on the first day but I was able to move it Uh just just enough to keep going And in that sled I filled every single ounce every single uh with with calories essentially you know of course I had to have a little bit of gear tent sleeping bags and things like that But I took as little bit of that as possible and as much food as I possibly could which was still not nearly enough Um to give me enough calories every single day I lost a ton of weight I was burning 10,000 calories and only eating 7000 But I didn't just put any random food in my sled you know and I you said I I spent a year in a food science lab you know developing custom food and nutrition that specifically matched my body and also within the parameters of what I was working with which is what is the highest calorie dense food that also has the right macro nutrient blend of proteins fats um carbohydrates to propel me on this And so basically they came up with these custom bars um that I took with me and that was the primary sense of my diet But the the point being is you know I prepared a lot physically mentally emotionally before getting dropped off there But what I will say as a caveat to that um all of that I think prepared preparation is important and and clear I'm very impressed by your preparation just for this podcast So I could only imagine uh how that has played out in the rest of your life Uh very impressive Thank you I also think part of preparation at least and the sort of the intangible part is preparing to not have the answer What I mean by that is also saying hey I prayer as much as I possibly could for this And then also acknowledging but when the whistle blows or the game starts you're dropped off the edge of Antarctica or the business meeting begins this also could go in a way that you didn't exactly prepare for And I think that's the one fallacy in preparation is when people get you know go like oh I prepared for these 97 questions but I didn't prepare for the 98 And now I don't know how to answer it You still need to be able to think on your feet And that's kind of what I said back to even when we're talking about education where I said yeah I came out with a bunch of facts in my brain but mostly I came away with a framework of how to think about things One of my key factors of preparation is preparing for the unp preparable for lack of a you know made up no no word word um Right The the preparing actually acknowledging things are going to happen out here that I would never have expected to happen So be prepared to deal with that when it comes let's talk about the importance of competition as a motivating factor on our path to success So I just want to go back to soul

cycle because I used to be a three day a week soul cycle writer and I used to be in way better shape than than I am now this is 78 years ago and David Beckham would ride next to me every day and I put the best riders in the front row So I'd be on the left he'd be on my right And the first time I'm sitting there looking at David Holy shit I mean this guy professional athlete one of the best soccer players in the world ever And I got a ride next to him and uh it was very motivating to me to be a better writer And eventually I earned his respect because we'd come in each day we'd get a fist bump and he knew what was going to happen And it was it was awesome for me to do that It helped me become a better writer and it helped me to get into much better shape at the time you did something or had something similar happen to you Let's go back to October 2017 when you set out to be the first person to cross Antarctica alone without any type of support There isn't a Delta flight that can take you to the edge of Antarctica where you need to leave from There's only one plane it's a cargo plane that flies there only one time a year and on the ride over you find a big surprise You're shoulder to shoulder with a bad ass ex British special forces guy named Lou Rudd who's a very prolific and accomplished polar explorer and is going to be trying to accomplish the exact same thing crossing at the exact same time Now you're not just racing history you're racing Lou you did a bunch of interviews before you left So now the pressure is really on at first you were intimidated by Lou and rightfully so because he started off kicking your ass you couldn't keep up with his pace But on the sixth day you caught up to him when that happened he started talking to you which you didn't like because you're so focused and don't want distractions And then when he sort of starts trash talking you really didn't like that either You not only beat him you made the journey in an incredible 54 days in search of excellence How important is competition as a motivating factor to our success And is it necessary to bring out the best of us Yeah I mean that was uh an unexpected twist and turn and talk about preparation You know I prepared to be out there racing history How many calories do I have in my sled et cetera et cetera And what I did not prepare for was uh I you know I thought I was gonna be racing history and I didn't prepare for a head to head one on one mono mono 1000 mile race battle Um And not just with anybody but with one of the most accomplished polar explore military bad asses uh to ever walk the planet Um intimidating to say the least So of course I had to readjust my mind as you mentioned he certainly did kick my butt in that first week I thought after the first day I thought maybe I'll never see this guy again because he's just that

much stronger than me He he was more more uh experienced uh stronger in the first you know week or so than I was And of course I did catch up to him I stayed in front of him after day six but there was not a single day between day six and day 54 that I didn't quite literally look over my shoulder but more importantly emotionally look over my shoulder in that it was windy it was cold I mean the average temperature is minus 30 minus 40 in Antarctica the wind would blow you know 50 60 mile per hour you know in my face regularly day after day after day And when the weather gets terribly bad in Antarctica the general rule of thumb in all polar travel is take the day off I mean it's usually bad but when it's really bad you're like ok hunker down the tent wait a day wait till tomorrow And every single time that urge happened for me to like you know what maybe I should take this day off I thought to myself what would Captain Lou do I'm ahead of him Now what if he goes and I don't go I worked this hard to stay in front of him on one day just because I wasn't tough enough or strong enough or brave enough He goes And so this imagination of him my competition getting out of his tent and pushing in these horrible conditions got me outside of my tent every single day I quite literally didn't take a single day off in all 54 days Even though my plan originally had been to take some days off I finished on basically my last bite of food and I had been you know way on a calorie deficit Long before that I had a just back from 7000 calories all the way down to about 5000 calories for the last you know 15 days And I still didn't really have much food when I got to finish But I guess that basically my last bite of food what that means is had I taken those days off had I gone even a couple hours less per day I know we're gonna get into my book the 12 hour walk I originally thought I was gonna go 10 hours per day but because of him upped that game to 12 hours I never would have made it to the other side I never would have made it to the other side And Lou and I you know in the heat of the battle was an intense competition really fierce Um but we've maintained a friendship afterwards I actually waited for him at the finish line and he completed his crossing a few days after I did um which is a hugely proud achievement for him as well Given the fact that no one in history had ever been able to do this before and as the competition is subsided and what's been replaced with is camaraderie you know between us you know there's 8 billion people on this planet There's one guy who knows what it's like to make this solo crossing Um and you know I'd like to be able to call him up from time to time and we've maintained a a cordial uh friendship uh over the years since and one thing we both agree upon and I and I can't overstate this

is that I don't think in both of us don't think that either one of us would have made it to the other side had the other person not been there meaning the competition that that looking over the shoulder that encouragement that you know the subtle weird comp competitive encouragement in these really really brutal conditions That's actually what took us from being good to great that's actually what lifted up um our you know truest truest potential to let that shine through Um And without that I think it would be very easy to take it a little bit easier on a couple of other days and ultimately would have led to not making it to the other side Let's talk about the phrase the possible mindset which is the first page of your awesome new book the 12 hour walk You tell us what it means and how it can change our lives in a search of excellence How important is it to remove the limiting beliefs we all face in our lives And how do we get over the fear of failure which prevents too many of us from ever trying or starting things and from reaching our potential living our best lives I mentioned this with my mom in that hospital room in Thailand You know I didn't necessarily have a framework or call it this at the time but I've grown to calling this concept uh a possible mindset and I define that as an empowered way of thinking that unlocks a life of limitless possibilities And you know I fundamentally believe you know before we take any action before we take any steps before we send any email Um success really uh is dictated by our our minds You know I think it really starts in our minds in our in our souls And having a what I call a possible mindset is is hugely important for that you know this belief in self this belief in the limitless possibilities I think too often we are held back by limiting beliefs And my new book the 12 Hour Walk really focuses on what I found to be the 10 most common limiting beliefs that all of us face And I found that people face this you know at all different walks of life young old you know financially successful not not financially successful It doesn't really matter these limiting beliefs kind of cross cut across a lot of different um you know graphics and they're you know I'm afraid to fail as you mentioned or what if people criticize me or what if uh I don't have enough money I don't have enough time I don't like being uncomfortable Um I don't know what to do you know Uh You know I'm not uh fill in the blank meaning you know I'm not this identity I'm not an entrepreneur I'm not a runner I'm not a whatever you know fill in the blank and you know of course the the book the 12 hour walk goes into this in much greater depth how we can really overcome and make these shifts uh in in our mind and our minds But you know ultimately I think it really um comes down to uh well I know we're

gonna talk about what the 12 hour walk actually is but it comes down to finding exercises to actually flex and develop our mind You know we we we know that if you want to take uh you know you want to get big biceps or you wanna um you know have six pack abs or something like that it's like well you gotta go to the gym you gotta you gotta you know lift the lift the weights you know lift the bench press whatever put in those reps But I think it's so funny that you know I fundamentally believe that the most important muscle any of us any of us have is the six inches between our ears our minds And I say that word muscle very intentionally here and so that people can equate like oh right I want to strengthen my mind I wanna overcome this fear of failure these other limiting beliefs I might have Well I probably need to take my mind to the mental bench I need to do the reps on the mental bench press um to actually flex and develop that muscle And so the 12 hour walk the book itself is really you know through the lens of edge of your seat story telling through the richness uh of that story And really through this call to action of inviting people to take a 12 hour walk of their own is a guide of how to unlock your best life your best self your truest potential through actually flexing and developing that muscle your mind Let's talk about the book the 12 Hour Walk which is incredible new book We could spend 10 hours on this because it's awesome But unfortunately we don't have time for that What is the 12 hour walk And can you briefly very briefly describe the 10 steps we need to get there Yeah So the 12 hour walk um is uh a book Um but more than a book it's a really what I consider a global movement or a concept and a call to action Um My goal ultimately is to inspire 10 million people to take the 12 hour walk which is something that is accessible basically to every single person it's free it's outside of your front door and it's in a matter of between sun sunrise and sunset a way to transport yourself and really have a deep deep positive impact um on your life You know I was walking 12 hours a day when I was crossing Antarctica That was my daily um cadence of what I was pulling my sled and in those moments you know I had deleted all my music all my podcasts was in solitude and silence And as my body you know kind of got weaker and weaker Strangely enough my my mind got stronger and stronger in those last few weeks in Antarctica even though I was so beat up and had frostbite and my body was falling apart I found these places inside of my own psyche that were strong and powerful and deep flow states and and deep inner peace And I kind of carried that with me for many years And then during um COVID I was locked down in my house and I actually lost that equilibrium you know doom scrolling the news

you know being all upset and worried about what was happening in the world trapped in my house I found myself depressed anxious afraid Um and I thought back when was the last time I had this sort of full uh you know equilibrium presence of mind and it was from walking Antarctica So I said you know what I'm gonna recreate this as much as I can here I'm not in Antarctica I'm on the Oregon Coast But I walked outside my front door and went for a walk for 12 hours and stillness and silent told my wife I'd be back around dinner time turned off My phone walked took breaks but I took a day alone No music no podcast alone in my own head and solitude And as I came back I had regained a lot of that equilibrium And I walked back in my front door and my wife says to me she goes you're back And I said yeah I told you I'd come back around dinner She goes no no no I can see it in your eyes You're back you're back And that was sort of when this 12 hour walk idea was born To be honest I didn't think that that was really for anybody else other than me I'm the guy who walked across Antarctica alone in silence So sure I like walking in silence No big deal but I did recommend it and I suggest it to a few friends and a few more friends after that Um And a lot of people started taking me up on this idea Uh We walked out the front door during COVID um and would go on these long 12 hour walks And I tell people I don't care if you walk for one mile or 50 miles take as many breaks as you want My 77 year old mother-in-law did it by walking one time around her block in North Carolina Um and then sitting on her front porch but maintaining that stillness and silence for an hour a break and then walking one more time around her block Um you know she's not doing it any better or worse than my ultramarathon friend who goes 50 miles uh in his 12 hour walk But more than anything it's an exercise of the mind And each one of those you know 10 factors that you mentioned Each chapter of the book is around one of those limiting beliefs Like I said I don't have enough money I don't have enough time Um I'm afraid to fail I don't like being uncomfortable But the 12 hour walk rather than just reading the book the book is powerful and sets you up for the walk of yourself But I find that lessons imprint the deepest when you have a somatic or a lived experience yourself And so the 12 hour walk the walk doing the walk and completing it yourself is actually a way to imprint these lessons And the book again you know we're speaking briefly here but the book again gives guidance how the walk itself act lends you to overcome those limiting beliefs And I've seen it you know I've had thousands and thousands of people complete the walk at this point all over the world I think 30 or 40 different countries People have done the walk uh

at this point and growing every single day and you can do this any single day out your front door I've got a website 12 hour walk dot com You sign up it's completely free Um you can download my app that helps track your walk and tell you how far you've gone et cetera Um but more than anything people come back and again all different cultures all different parts of the world all different places they come back change Wow I've never done something like that Wow It was the first time I was able to dive into my psyche in a way without the distraction of phone buzzing or people talking to me Um You know it's a a walking meditation of sorts but it is a very simple but very powerful medium and I'm really proud and excited to continue to share and per this idea we'll talk about a couple of these Now I do a lot of mentoring and coaching as a passion of mine And one of the most common reasons that people come to me is they ask me for advice because they don't know what they want to do what they should do after they get out of school or for the next job if they're ready or if they're already in the workforce or for a new career if they don't like their current one or in their personal relationships with a significant other but you think this is sort of a waste of time You said that everyone really knows what they want to do Can you explain that You know obviously there's there's a time and a place to make a pros and cons list uh a dos and don't you know what you like what you don't But I do find um that we all actually do have a pretty strong inner knowing um that we do all have a strong uh intuition Um And so I found and I I recommend this to 12 hour walk and then I won't share the story here But uh a story of where my intuition saved my life in a really uh significant climbing disaster in Pakistan Um You know I say to people like you know here's an example You're you're in a you've been in in a relationship for a few years and you're thinking oh is this the person I should marry You know you're lying in bed at night thinking that this person lying next to me the person that I should marry and you have the answer and you go oh well he or she's from a good family And then as you start playing all the pros and cons this and this is their job and this is their likes and dislikes and whatever and all that's just like data and that sounded like noise And I say like look you know deep down you know the answer to that question So the 12 hour walk is an invitation to say like go for a 12 hour walk and stillness and silence of your own brain You are gonna come back more connected to your intuition and your inner knowing And so again I can apply that across all sorts of big decisions and decisions people make But I I fundamentally do believe particularly in the the big questions the kind of heart fail Um you know fulfillment level purpose driven types of

questions that we do have the answer We do have the answer inside of us and only we know that But I think in a busy noisy world sometimes it's easy to be distracted from your deeper truths Um And so tuning into that stillness and silence can be a really powerful way to unlock that another limiting belief we have is I don't have the time and and on the flip side by the way when someone says I'm busy and I can't do it and I don't have the time I think it's one of the greatest insults in life I think it's disrespectful It means you're not important and everyone has time for things that they believe in and that they want to do We all have the same 168 hours in a week What's your brief advice on this for people who think they don't have the time to go out and do things take a walk uh I struggle with this all the time I work uh 70 hours a week typically minimum seven days a week including four hours or five hours on Saturday and Sunday Both And I need to it's one of the things I need to work on Of course I have the time to work on I have time to hit my Peloton What's your advice to people who like me say I don't have the time to do certain things Yeah I mean I think you know it's it's certainly one of the most common pushbacks I hear from people when it relates to the 12 hour walk Um I think that it it's kind of funny I agree with you when someone says oh I'm too busy for that It really just means I'm not prioritizing that And if they're talking about something like you know oh sorry I'm too busy to meet you for dinner anytime in the next month It's just the fact of the matter is take it for what it is like oh you're not a priority to have dinner with this but like that that's just what it is because we do make the times for the things that are at the top of our priority list And then honestly it's important to filter that It's actually important to know what to say No to also that's really really really fundamental to this So you shouldn't just have whatever silly example but dinner with every random person that invites you to dinner because maybe you actually have other priorities Right Other other things that are more important than you know catching up with whomever um that month But we do have to all have the same 100 and 68 hours And one of the things that I I go through for people in the book I'm like ok so you don't have enough time But I ask people like you know have you ever seen Game of Thrones And most people in you know American culture are like oh yeah I love that show I love that show I'm like cool So there's 72 hours of Game of Thrones somehow you figured out how to get in there you know watch all of those episodes even though you don't have enough time OK Um Or you know social media we all know this I use social media you know I'm guilty of this myself But like the metrics on the amount of time people spend on

social media or scrolling random stuff on their phone is astronomical I mean if you took back 30 minutes of that every single day you would have so much more time And so it really comes down to filtering and prioritizing that But as it relates to the 12 hour walk specifically it feels the 12 hours Wow that's so long Or that's so long to be alone or that's a whole day but here's the thing how many days in the last 365 if you're listening to this podcast do you even remember You know what did you do last Tuesday What did you do A month ago What what did you do Six months ago Most most of us myself included couldn't just answer for you All of these things that you've done just like you know laid that out The 12 hour walk is a gift to yourself It's an investment in yourself The the subtitle of it is an invest one day uh conquer your mind and unlock your best life And I say to people this 12 hours although in the very short run mean like you might have to sacrifice something or for you not work four or five hours on a Saturday or find child care for your kids or whatever your hangups are around the time that 12 hours has such an exponential benefit to the rest of your life that it is worth it it is worth it And when people have these limiting beliefs whether it's any of the ones we're talking about I don't have enough money I don't have enough time I don't know what to do et cetera when they apply that to the 12 hour walk What I love is when people hear about the 12 hour walk for the first time right now whatever limiting belief pops up in your head Let's say it I don't have enough time Be aware of that because I say the 12 hour walk exercise happens not when you step out and walk out your front door to actually do it The process begins when you hear about it for the first time because your mind can't help but have some reaction to it And the reaction might be like that's the stupidest dumbest waste of an idea I've ever heard I'm gonna delete this call The guy I'm gonna block Colin o'grady on Instagram because he's just the Charlotte's in you know that may maybe that's your reaction But you had a reaction right More often than not people say oh that sounds kind of interesting But then fill in the blank limiting belief And here's the thing I'm holding up just by inviting you to the 12 hour walk whether you do it or not I am holding up a mirror to you of your own limiting belief your own limiting beliefs And what I found more often than not is if I don't have enough time or you know I'm afraid to fail or I don't like being uncomfortable is what popped in your mind first It's likely that that's the same limiting belief that is looping on your brain in all sorts of other things all sorts of ideas all sorts of opportunities that are coming into your life But if that that first thing that comes into your head mind is I don't have enough

time But then you go wait I want to find time for this and you prioritize it then you take the 12 hour walk on the other side of the 12 hour walk some other opportunity comes up for you and your mind does the same thing It goes I don't have enough time and then you go wait a second I remember the last time I thought I didn't have enough time but I still found the time Oh right I don't have to listen to this So it's not necessarily that you'll never have the thought of those limiting beliefs again at least in a knee jerk reaction But do you realize that you have the agency and control to actually make those shifts when I'm without my phone for an hour or two It happens sometimes when you buy a new phone take it into the Apple store you have to download all the data I feel naked without my phone I feel scared without my phone When if something happens it's a security blanket And for so many of my friends they feel the exact same way I mean it's to the point where we put it on the dinner table when we're out at a restaurant Um I have a rule now it doesn't come near the dinner table Uh when I'm with my family and I make my kids put their phone in a cell tower when I'm when I'm with them as well But like you said one step at a time And I think if you just start with little micro movements 30 minutes one hour and just kind of build up to it It's something that I'm gonna strive for and I am gonna complete the 12 hour walk That's a promise for me to you And I think it's a great great concept Let's talk about money and it's important in our lives You do a lot of public speaking and when you ask the audience what is standing in the way of them living their best life The number one response is I don't have enough money Can you tell us about the two different mindsets of scarcity and abundance and in search of excellence where should money rank in our pursuit of happiness and goals in life Yeah it's a it's a great question you know certainly I in in researching this book and kind of really diving into all the concepts and writing this book You know I wanted to find out from people what what was standing in their their way What was their perception of what was standing in the way of living their best life And you know I have a you know decent size social media following So I asked you know the hundreds and thousands of of followers that I have the same question what's standing in the way of living your best life And I thought you know maybe I'm gonna get thousands and thousands of different answers but it turned out that I got the same answers thousands of times Um and the number one answer was I don't have enough money This perception that if I had more money I would be more close to living my best life Um and look I I have been in that same head space myself Um and it's not to belittle money In fact obviously we

talked before I had this massive goal and the biggest thing standing in the way of me even attempting that first world record was having the financial resources to to pull it off Um The book goes deeper into this so I won't go through all of this But you know basically there's a framework that I have in there of you know setting a big goal you know having this belief in abundance versus scarcity having a belief that actually if you if there are financial resources you need to uh have to to achieve whatever you want that they exist they don't exist like knock you over the head by a lottery ticket exists but they exist by that perseverance that pursuit uh that dedication and ultimately that belief um in in the abundance mindset you know furthermore the the thing that goes that I think is more important question to answer in this moment is is your second question which is about how high should money rank in terms of of fulfillment Um I you know I've worked hard in my life I'm proud of the financial success that I've had I was certainly growing up without a lot of money was something that I was curious about and and wanted to pursue um and continued to pursue it in a number of ways that said one of the reasons I'm so excited about the 12 hour walk itself is that it's free Yeah it costs you 12 hours of your time but you can do this out your front door You don't have to travel anywhere to do it You know assuming you have a pair a pair of tennis shoes they don't have to be brand new Nikes or brand new whatever you know literally just whatever shoes you're wearing take as many breaks as you want The point is that it's accessible And one of my funny uh sort of laughter during this COVID moment was you know I went all the way to Antarctica and I had this epic adventure of walking across this continent and don't get me wrong I'm so proud of that I wouldn't take that away from it It's one of my proudest achievements and amazing experiences I've ever had But ultimately the feeling that I was looking for with that was the sort of depth of fulfillment this presence of mind this calm this peace And I found that also walking by myself out my front door on the Oregon coast during COVID cost me Nothing I didn't have to get on a plane I didn't have to fly to the ends of the earth to have this lesson And so I do think that there's one of the reasons that I am proud and excited about the 12 hour walk and really spreading it as widely as I can around the world is that many of the most incredible things in life Um Don't cost anything you know II I love this Uh I love this phrase no matter where you go there you are Sometimes we think if we have more money or the biggest house or we can fly to this exotic destination on the other side of the world we're gonna somehow be happy but no matter where you go there you are if you're not

happy with yourself on an internal level uh intrinsically that fulfillment is not gonna come by some sort of financial gain or reward on the other side of the world or bigger house down the street in the neighborhood or something like that I'm certain of that So speaking of money and its importance I think one of the most important things about money is the ability to give back when you have a lot of money you can influence friends colleagues and sometimes people you don't know to give money and support the things that you believe in that leads us to philanthropy which is hugely important to you as it is to me let's go back to the Explorer's Grand Slam and the inspiration behind it and what motivated you to do it Can you tell us about beyond 72 and his missions and in search of excellence how important is it to get back to our community Yeah You know I think that one of the things that really rang true for me I was so excited about my triathlon pursuits and trying to make the Olympics in that phase of my life But I also recognize that if I won a race or I lost a race it was sort of like it was good for me or maybe my sponsor was happy or if I lost a race they were dissatisfied but it didn't have like a broad reach of impact And as I kind of made that shift or that pivot from racing triathlon professionally to pursuing my first big world record project uh with the Explorers Grand Slam Jenna and I and my wife we sat down and we're like what are what are our values just in general Forget about the sort of achievements But like what are our just our values What legacy do you want to leave behind And was like you know I still want to push myself as a professional athlete at this phase of my life But I also hm I'm thinking about that like oh I also want to have impact greater than myself I want my actions and my energy to have a multi multiplying effect and an exponential effect on others And both Jen and I have been really passionate about kids and kids health specifically Um as you know probably everyone's well aware you know the childhood obesity epidemic the the unhealthiness kids sitting behind screens not moving bodies um is really detrimental to to health and mental health Um And so we said let's do let's make sure whatever we do next has a tie in to that And so really you know one of our largest goals and when we started that Explorer's Grand Slam World Project we we found a non nonprofit which we still have today called Beyond 72 the seven and the two Stanford at the time it was the seven summits and the two polls but wanted to have impact beyond that And the goal and it continues to be the goal is to really um I inspire young people to get outside move their bodies live active and healthy lives and in a lot of ways um although not specifically directed at kids that the 12 hour walk is cut from the same cloth You know I

love asking this question sort of what your Everest because Everest was my childhood goal And I love to ask that question to kids and adults and business people no matter what phase of life you're at What's your Everest what's your Everest And people always ask me Colin what's next you know and I I have certainly ideas for other big expeditions or big adventures or things like that on on the horizon in my life no doubt But you know right now my passion and it's a derivative of my you know philanthropic work with beyond 72 is to inspire people all over the world to take this 12 hour walk to get outside their bodies or start to get outside their house their house move outside their comfort zone you know take take this risk and really tap into the power that we have within us And so that is really interwoven between my nonprofit work My work with kids in schools the the 12 hour walk et cetera which is to have impact that is just greater than my own sort of personal success failure You know I'll conclude that thought by saying you know in the opening part of the 12 hour walk you know I share stories from my life You know I have some pretty exciting fun edge of your seat Uh You know stories to share with the world but I very explicitly say I just make no mistake I'm not the hero of this story You the reader or people listening to audio book you the audiobook listener are the hero of this story I'm just sharing from you a few experiences from my life where I've learned a thing or two about you know a thing or two about stuff about mindset et cetera But really in the hopes of my goal empowering you the person receiving that or listening to this podcast to take that into their own life And that's the impact that I ultimately care about way more so than my own personal success or failure in search of excellence How important is it to get back to others in our community I think it's hugely important to give back to others in the community You know I think that uh as humans we have such an amazing power to achieve things ourselves but more importantly by living our truths I think we have this ripple effect of positivity And so I think about even the 12 hour walk I think about you know if I can inspire one person to take the 12 hour walk that person takes the 12 hour walk And as a result of that they're a better uh husband wife spouse partner colleague parent et cetera What's the ripple effect What's the compounding effect And I believe you know as we can sort of up level uh the the impact up level the consciousness of each other um we can all raise the tide together And I think it's hugely important um that we all look for ways to give back um whatever that might look like uh within our communities within our families etcetera Because I think that's really um one of the most beautiful gifts of being alive before we finish

today I want to go ahead and ask some more open ended questions I called this part of my podcast to fill in the blank to excellence So are you ready to play Yeah When I started my career I wish I had known Mm uh Let's see here build uh excellent teams The biggest lesson I've learned in my life is never give up My number one professional goal is I I feel like I've achieved it and I continue to achieve it So I'm very happy with where I am What's your next expedition Have not announced anything publicly yet The one thing I've dreamt of doing for a long time but haven't done this Well hopefully be starting a family here very soon So uh that'll be a big one If you could fix one thing in the world what would it be Um You know if I had a magic button I might turn the internet off just saying you know I think we I think we were better off before the internet If you could be one person in the world who would it be Hm That's a good question Uh I'd be pretty excited to sit down with Barack Obama The one question you wish I'd asked you would be your your questions were extraordinarily thorough Perhaps the most thorough and prepped questions I've ever ever had So uh you know a kudos to you you you asked them all Thank you you said that if you have one wish in the world there would be no social media or internet Why You know it's a funny thing I just I I love hypotheticals and I I say to people oftentimes people like oh so my phone is you know detriment to me or whatever And I say to people I say great So imagine I hand you this button it's a red button you can push it right now And if you push the button the entire internet is shut off And I was like but you know obviously like medical records aren't like immediately destroyed the power plants don't go off Like you know it's not like a huge like infrastructure crisis because of course so many things that we have going in this world are now run off the internet So somehow that's all solved So you're still the water still works the power still works all these things It's part of pushing this button in this crazy hypothetical stance but the internet is gone Um You know it's it's a silly hypothetical Um For me uh you know I I'm an old millennial so I'm 37 I was born in 1985 So I do remember life um before the internet And obviously there are so many benefits of having the internet the interconnectivity the fact that we're having this conversation right now the proliferation of ideas the deno democratization of information all of those things are so so so so so beneficial Um But look this is anecdotal I feel like people are more anxious I feel like people are more afraid I think people are more polarized Um I think uh although we feel like we're connected to so many people because we are at our fingertips in a way I think people have forgotten how to connect Look

each other in the eyes you know ask a neighbor for help um Things like that And I do think that kind of coded in our tribal DNA Um You know going back in the thousands of years there is something about that deep interpersonal human to human connection that seems to be more and more and more lost um over time as the internet scales And so uh again uh I I can see the pros and cons to both but if you handed me that red button I think I'd hit it and take my chances with the no internet world Colin I'm in total awe of the things you've accomplished They are truly inspirational You've inspired me to push myself further and you've inspired millions of other people to push themselves and help them realize their potential And I'm very grateful for your time and for sharing your story with us you know Randall I've been interviewed hundreds of times done hundreds of podcasts live TV et cetera And you quite honestly might be the most prepared interviewer that I've ever had um you have clearly dove deep into the preparation and the details and uh I I'm astounded Thanks for having me me and um I'm very excited for you to take the 12 hour walk uh and look forward to hearing about your experience uh when you complete it I I'm I'm gonna try to go 30 minutes I gotta just turn this thing off It's that bad Thank you You're you're awesome Have an awesome day You too appreciate it Bye