

The Purple Sessions - Anastasia Elliot x Robert Mack

Hello Purple Cult Welcome to another episode of the Purple Sessions I am your hostess Anastasia Elliott independent artist singer songwriter producer visual creator just creator extraordinaire Um This show is where I interview experts of all fields about mental health and creativity and wellness and how they all inform each other today's guest If you're here you're in for such a treat Rob Mack is an Ivy League educated positive psychology expert celebrity happiness coach TV personality and author and the most amazing light of a person Just you're gonna see it Today's conversation was one of the most the most fulfilling and impactful conversations I think I've ever had and one that I desperately needed this week as I was in preparation to release my latest single called London Check it out on Spotify or any streaming service if you haven't already And there's my dogs barking Still going Rob's work has been endorsed by Oprah Maybe you've heard of her Vanessa Williams Many more Anastasia Elliott You know no big deal I actually met Rob two years ago He interviewed me on tour on a morning show in L A and I just fell in love with who he is as a person This is his book Happiness From the Inside out the Art and Science of fulfillment I read this book again in preparation for this interview and it helped me so much to shift out of the kind of black mindset to abundance mindset which I kind of let let's slide a little bit if you're looking to cultivate more happiness in your life more positivity or just you know get a little mindset shift or boost this book is for you and this conversation is for you I'm so thrilled you're here Get ready for lots of wisdom If you haven't already please make sure you like and subscribe so you don't miss any episodes There are so many fantastic guests that I have lined up to come on the show Thank you so much for being here Thank you so much for being on my show Thanks so much for having me Excited to be here Yes Um For those of you watching Rob interviewed me like two years ago now when I was on tour in L A right before the world shut down And after I met him I became like obsessed with his socials and like you're one of my favorite accounts that I follow because you in view so much positivity in my day and like you know social media feeds can be not the most positive places and I always get a little negative positivity from you So when I started this show on mental health and creativity I was like you have to be one of my first guests because you're Mr happy Oh my goodness I need to come on here more often just to get the could use it That's fantastic Thanks for sharing that You know that feeling is so mutual Um You know

ever since the first time we connected I always feel um and and and felt uplifted I mean you have such an uplifting um and really inspired a presence So thank you for that Thank you so much Well first I wanna start by you telling everybody a little bit about yourself and you know do the whole bio thing So you know who they're listening to Yeah So I I work as an Ivy League educated positive psychology expert which is a big term for just a happiness coach I work work mostly as a a celebrity happiness coach Um But I see people from all walks of life um including you know um entertainers and entrepreneurs um athletes and everyday people alike And I mostly help folks live happier healthier wealthier lives from the inside out based on time tested face valid scientific principles and also timeless you know transcendental wisdom Um I'm the least likely person probably in the world to do what I do because I was so unhappy for so long Um But yeah that's the short of it I wrote a book or two happiness from the inside out and not from the inside out There It is There it is Yes it is There It is brilliant Everybody should read this book Oh my goodness I just read it again this week in preparation for this And I you know like obviously you can reach places of happiness but like you talk in your book like sometimes you need a recalibration and I've definitely been in um recalibration phase right now And it was like the perfect kind of slap in the face Wake up call bit of inspiration that I needed this week to be like uh I let some of these things that you know used to be kind of my cornerstones in life It's easy to let it slide I mean life is busy there's lots of noise out there and it can be um a slippery slope because you let one thing slide and next thing you know you might find yourself uh spinning or spiraling a little Um So yeah you're not alone there I think it's been a tough few years for most people Yeah it has So my first question for you is what's the secret to happiness I'm part I'm partially kidding But like if you could kind of sum up and like uh like just quickly like what is like one like one nugget like I wanna start with like the best little nugget takeaway you could give people Yeah So we give you 22 for the price of one OK Yeah Yeah Yeah Um So there's two myths around happiness that we want to bust immediately And if you bust these two myths and you can see through them you'll discover the truth about happiness The first is that happiness is in the past or future right Happiness is not in the past or future Happiness is always and only available here And now the second myth is that happiness is in something or someone outside of you as a myth The truth is that happiness is always inside you Um And only you right here And now so if you can really believe me um when it comes to uh you know

with respect to that you're already halfway down the journey That's the first that's the first thing Um Second So so so in other words it's about looking for happiness where it exists and really lives instead of looking for it where it doesn't exist and doesn't live In other words the world and other people and other things outside of you Um So that's I'd say the most important thing to remember Second I'd say if you can remember that by prioritizing happiness you're making success in all life domains and life arenas much easier for you and also much more likely for you You'll get even further along in this journey right So most of what I wanna share first is just that it's incredibly important to prioritize happiness above all else and to remember that happiness is now or never and within you or nowhere at all Mhm I think that's that's amazing And but I think a lot of people live kind of the opposite Like their own happiness is kind of the last thing that they think about and you know success money relationships making sure everyone around them is ok especially you know as a woman we have like that kind of caretaker like you know family and our relationships and our jobs and we're very you know giving beings and happiness is kind of one of the last things on the list So that's like a total like inverse way of thinking about living and mindset Absolutely You know I'll just say because I get that I was raised by you know my mom and my dad but I spent a long time with my mom and my sister and I have historically been a people pleaser to the nth degree I mean I love loving people I love um you know being able to be charitable and kind and generous I mean it comes sort of naturally just because that's the way my mom is And you know you can uh deplete yourself pretty quickly that way And if uh love is anything it is your self love shared if happiness is anything it is um your self love shared And so you really do need and want to prioritize yourself Um and prioritize happiness within yourself If you care about other people like happiness is your gift to other people Um And so love is really happy to share it right You're happy to share it and just to support that just so you know um why I say all of that lots of studies have been done thousands of studies over decades and we know that success doesn't lead to happiness but happiness does lead to success In other words happy people live longer 6 to 7 years longer than their unhappy counterparts They make more money about \$600,000 to \$700,000 More on average over the course of their entire lifetime than their unhappy peers They get married earlier stay married longer and are happier in all relationships whether they're married or not than their unhappy counterparts They experience less job burnout they're more creative productive efficient effective and

efficacious at whatever they're doing uh than they're unhappy friends and uh partners and colleagues They are rated as more attractive right So physically rated as more attractive and it's not the other way around You know it's not that they're attractive and therefore happy they're happy And there's something about a douche shed smile a kind of smile that you have the one that you can't fake that's real that is perceived as uh attractive Happy people are much more charitable kind generous they donate more time money energy blood Um and resources to social causes and to other individuals right So happiness actually makes you in some way a better person right And so if you're wanting to be a good person and you're wanting to give to the world and to your friends and colleagues you wanna make sure that you're filled with happiness Um And then when you share it's not with an expectation of reciprocity it's not a quid pro quo kind of experience you're sharing without any strings attached simply to relieve yourself of the burden of carrying around so much peace love and joy inside all day that that whole that whole little sound bite that you just gave was like the perfect elevator pitch for happiness Like like it sounds like it's just life all around just better when you're happy which is you know kind of an obvious but it's obviously very difficult which is kind of where I want to start with you because I know in your book you talk about you know the dark places that you've been And I think when people think you know oh this is the happiness coach or like they don't maybe think about the fact that you've you know probably been to hell and back more times than you can count What started you on your journey to discover happiness And can you kind of talk a little bit about those you know maybe not so happy times in your life and maybe kind of how you dug yourself out of those holes and then I'll share the same so that we can kind of I don't because I I started getting questions from certain fans because I give mental health speeches to you know students and and kids and I started getting messages that was like you know things are so good for you for you all the time Like I wish that I could have your mindset And I was literally I read this message when I was like in my laundry room crying and kind of having a meltdown about things And I was like maybe I'm doing everyone a disservice that I'm only putting out the you know positive parts of my life or you know I'm only sharing that which you know gets into the whole you know social media culture But yeah like we are not always happy you know it's a process it's not something you can achieve It's something that's a constant journey and it's very difficult So yes I want to start with the difficulty of it I I love you sharing that uh by the way And um there's another

reason why you and I um connect Um So well I again am the least likely person in some ways to be a happiness coach because I've spent most of my life being deeply unhappy at least the first half I mean my first memories of being alive are memories of being depressed deeply dysphoric self loathing self hating full of anxiety stress and worry all the time And I always just thought and assumed that as I got older I'd grow out of it You know I thought well I'll eventually make some friends I was very shy I'll make some friends and I'll hopefully become a professional basketball player That was always my dream didn't happen obviously And I'll even go on to make me make some money and I'll do well in school the whole night Well a lot of those things happened I did uh really well in school I was a little in my high school class I made some friends along the way had an incredible uh girlfriend early in life spoke five languages very talented And um despite things going so well athletically and academically and even relations to some extent despite having a big five management consulting job I just became unhappier and unhappier more and more depressed to the point that I began to experience suicidal ideation daily dozens of times a day I thought about killing myself more than I thought about anything or anybody else in the world I was obsessed with the idea mostly because I was coming to a recognition that first nothing was making me happy Everything was making me less happy It was that second I was surely struggling to feel gratitude about anything Even the seemingly biggest things running water roof over my head a healthy family or a healthy body And then I was also deeply disturbed by this existential anxiety crisis really you know we're all thrown on the planet without really a rule book or guidebook for what to do and to how to make your life worthwhile And we work so hard at achieving and accomplish and acquiring things and loving people and getting those people to love us all for to one day end and be ripped out of our hands by something called death I mean that just destroyed me I just so disturbing such a dark thought you know and I couldn't So anyway I got to a place where I decided to do something about it I went online did some research and look up the ways that people kill themselves And I discovered that a lot of the means and methods I didn't have access to a few of them that I did have access to felt very violent and almost too dramatic So I just thought I was gonna slash my wrist So I got a kitchen knife and tuck it into my wrist Still have uh suicide test marks near my wrist to this day But something very strange and unpredictable happened in that moment Uh So as I was digging this knife in you know on the funny thing about being in that position is that you're trying to end your

pain I didn't like the idea of more pain Right So I didn't go on in as aggressively as I could have And in that moment for no good reason without any of my external situation uh conditions or circumstances changing Remember I had a pretty good life I felt this inexplicable peace and love and joy just wash over me for seemingly no good reason So that was mind blowing to say the least So at that moment I just decided to postpone the suicide for like 10 or 15 minutes A very tall order At that time I didn't think I could even make it past five minutes But I decided at that point to start doing a different kind of research and one thing led to the next and it's been several decades later and my entire life has changed Well yeah that's quite a story Yeah Kind of wild kind of wild life is wild Life is wild it's wild which will kind of pull me into my story I um I grew up in a an amazing family We were very close but um it was definitely not an emotionally intelligent family or environment It was very much the like you know everything's perfect nothing's ever wrong Like we don't really talk about feelings kind of family And when I was 18 years old I was in a plane crash and I had absolutely zero skill on how to handle something like that Like it through my own healing journey My family has also matured when they watch those Um they're you know very different now But um when that happened I just remember having like tunnel vision anxiety like I didn't know what to do with myself I didn't know how to fix that And literally the next day like they were taking me to shopping to like you know it was kind of just like this everything's fine Like we're gonna make this OK Like we're not really gonna talk about it And that really catapulted me on my journey to find absolutely anything to like make sense of life and make me feel better And I started you know meditating like crazy and I dove into yoga and Reiki and you know studying every self help book I could find hypnosis And also I wasn't really a reader before that I started you know I became like 65 books a year I was guzzling and I hated spending time outside before that And I became you know an outside person and you know learning how to heal myself And that really was the thing that kind of sparked my journey My name actually means resurrection And so I think I was like destined to be somebody that was going to have so many hardships I had to dig myself out of And so you know from there I was actually my plane crash was on my way to finish writing my song crash landing So it was like this very crazy meta experience and then a few years later um I had my like my dream record deal like the the thing that like every artist wants to achieve in like two weeks before I release I was caught in a regime change and you know was literally like here everything you just

made your dream record you just made all this stuff it's all going away and but I left and I took ownership of all my content and it was this like big blessing But it at the time it felt like the end of the world I didn't get out of bed for like two weeks And then shortly after I cut my record I got a vocal injury Um I was allergic to the spice time really randomly and I ate it and it caused this blood vessel to create basically too much space and air was getting through and I wasn't able to talk or sing or anything for 75 days I spent in complete like monk level silence and you know was questioning my I my identity my because my identity is being a singer I I still struggle with that today That is literally that is just who I am And so that was like oh you may never do this again Like you just cut your dream record and you may never perform it You may never you may never have this thing that you've literally worked your whole life for Luckily my voice is better than ever but learned a lot during that experience And then you fast forward a few years and I was in an eight year long relationship and it ended with sexual abuse in certain ways And um I kind of over that time had shut down my inner guidance system Like I would just wasn't listening to that voice inside and and then I started to lose it and it wasn't talking to me as much And I had kind of a actually at the beginning of COVID was when that all blew up for me And I started you know gaining that back and practicing you know getting my authenticity and my individualism and all of that back in that process I lost uh you know a kid that I spent 10 years raising and it's just been a crazy 10 years But also in that process I've been working on this album and project that I'm about to release And you know I'm this week is like the first single in two years The the start of the start of this roll out of this baby that I've spent 10 years crafting which is you know like as you talk and you talk a lot about you know success and happiness being tied As excited as I am to put this out It's absolutely you know 10 years of my life is about to go out and I have expectations and I want it to do everything in the world that I want it to do And so I am fascinated with kind of the the dark side of happiness and the PTSD and like trauma recovery and kind of the tragedy that you need in order to have those highs like you have to have those opposites and kind of the the darkest times in my life have become my favorite times in some ways because that's where I really found myself That's where I really started to grow And that's where like I feel like those are the times that uplevel you like like I feel like when you meet somebody that hasn't really been through much their little surface like there's not a lot there and the people that you meet that are usually you know the ones that you

may perceive as the happiest or the most you know they've been through some shit and they've dug themselves out So I don't know That's my little my little quick story on my own journey through tragedy and happiness I am so deeply grateful and in awe of what you just shared Like thank you so much I did not know any of that I actually this is maybe my first time diving into um a lot of those stories for a long time I didn't want to talk on my socials I was very like you know kind of detached from that and and now I'm I don't know I'm just feeling like the the calling is the story And so I'm here for it I'm here for I'm here for I'm here for you with you I had to say like and I wanna um just speak to the really profound insight you shared there which is um so many of them but one of them was um the contrast effect It is it is the contrast of life that makes it so beautiful in so many ways right And it's uh as the expression goes you know it's not a setback it's a set up for a comeback kind of experience and it's so true right And um there's a great quote by Elizabeth Cooper Ross I won't get it right But she basically says that it's the people who have been through the most who become so sensitive and that's what makes them so beautiful and that beautiful people don't just happen right They're the ones who've been through tragedies and trials and tribulations then they come out triumphant in the end right And that is so you I mean you are just a living walking uh talking testament to all of that Um And I am too right And and there's also a happiness that I would say you probably that we all feel um that I would call non dual or non sort of dual happiness So there's the happiness that's the sort of dualistic kind of happiness which is like you know you kind of only know it because you experience the opposite of it Right So it's like the tight shoe and you take it off Oh there's relief there And then there's that deeper happiness there too that I know You know Well uh very well yourself which is that peaceful aliveness that's always there underneath even the worst of experiences the worst conditions circumstances the worst of thoughts or feelings or emotions There's a there's a peaceful aliveness there that undergirds or under scores even the most challenging or adverse circumstances conditions thoughts emotions sensation perceptions in your life and getting in touch with that peaceful aliveness is underneath all of that is probably one of the greatest tips tricks and tools in your happiness or in at least in my happiness journey Right So anyway I just wonder there's no way we could unpack everything you shared there because it's all good Yeah Worth unpacking that Oh definitely But I I think when you when you kind of get pushed to those places that's where you find that kind of like low level hum of happiness that

you can connect to But I even see it in my relationships Like I I became a way less reactive person and a way more responsive person through all of that because you kind of I think learn how to become more of like an outside witness to everything and you're not so in the throes of it because I think when you're when you've been through through the muck and you're in the throws of it and then you get out of it you're able to kind of stay out of it and keep backing up I think it's totally et cetera Someone's had a lot of meditation Right And then because that's precisely it it's um being able to observe and not become lost in your thoughts feelings sensations or experience of life um others or yourself even Right That this sort of detached sort of dispassionate observing or witnessing sort of presence Um You know if you can observe it you're not it if you can observe it you're not it So the challenge isn't really when the boat is in the water The problem is when the water is in the boat right How can we live in the world and not yet not be of the world like live in the crazy confused chaotic world but not let the crazy confused chaotic world be inside us right That's the challenge and opportunity And um you clearly are living that more and more trying to yeah all of us We're doing it Yeah Doing it doing it Do you are you a fan of the Ingram And if so do you know your number I am I'm a nine a peacemaker I see I'm a three I am the uh achiever If I don't have success I'd rather die I could see that you know but you're you you like our real mellow pool Chill it Like you know you don't read as like I'm the three with a lot of self work Yeah But it's there I mean that that constant um achiever mindset is something that I battle all the time which is I was loving reading your chapters on on success because I was like oh this is my greatest my greatest pitfall It's a tough one It's a and it's a seductive one and so much of it too is just yeah sure There's there there's a piece there that's all about nature right We have a brain that's built to succeed period OK It's built to keep us alive and uh hopefully thrive But then there's also the nurturing right We got a lot of conditioning around um success and happiness and the ways in which success is supposed to lead to happiness You know that too And then I think sometimes um and all that really invites I think at least invites has invited me to redefine what success means to me like what's authentic success What's the kind of success that truly makes my life better off It makes me feel better off for having achieved it And I think that's um probably a space and place that most of us could explore more deeply Absolutely definitely Um Somebody asked me this question and I I wanted to ask you what your your thoughts on it are But when things are going well and you've kind of like hit

a stride where you're feeling really positive about life How do you deal with feelings of like anxiety of like wanting to hold on to that and like wondering what to do if it goes away You know a lot of people I think get that like and then that can lead to sabotage and stuff And what I tell people when they ask me that is that things are gonna suck again Like there's no question like you will you will hit a point where things are not going as good But how do you how do you deal with that and not not letting that just completely destroy everything all all your work Oh What a great question right And what a great response Gosh Anastasia I mean um such light and wisdom in that response I second that So what what she said and and I would say you know two you don't want to invest your happiness in ephemeral temporal and fleeting condition circumstances experiences and acquisitions You it's just you don't want to route your happiness through other people and other things right And so you want to practice when it's easy So when things are going well enjoy by all means celebrate and savor the experience that you're having and all the wins and achievements and accomplishments um and make sure you're taking time just to feel into the peaceful aliveness in your body the happiness that exists that is independent and not contingent on what you have or what you've done or what you've achieved or how many people are impressed with what you've done and achieved You wanted to spend time and that's what meditation is for That's what prayer is for That's what um taking joy and small pleasures uh is for You wanna practice when it's easy Um You know success can be a setup for conditional happiness right We don't wanna experience conditional happiness I wanna experience happiness as much as humanly possible no matter what else is happening around me And you'll notice that even when you're happy like you said you can feel an undercurrent of anxiety or stress or you can begin to worry that the happiness is gonna leave But that's an invitation for you to base your happiness on that which is eternal and infinite and is not fleeting is not ephemeral That is not shake that is not conditional that's critical it's a critical practice um to spend more time um investing your happiness only in that which is infinite eternal and um and shake and unconditional Yeah And so that's not gonna be the world and that's not gonna be other people just so you know Right Yeah I think we're both aware of that Um But that's a critical practice because it's easy to be seduced into thinking that your happiness is going to wax and wane based solely or mostly off of whether or not you're successful in in in one moment or not It doesn't have to Yeah Absolutely Um what is what is working with a happiness coach Like like what what do you do for people

And I bet it's fascinating working with celebrities Like what's a really common like theme to unhappiness and celebrity Yeah So I always think of those tabloid covers that say celebrities they're just like us or stars they're just like us and that's really mostly true I mean um it's the same themes and topics almost no matter who you speak to the difference with Um you know public figures or folks that are popular well known is that there's often sometimes more trust concerns and issues and lots of paranoia you know you think when you have money um it does and it does in so many ways it improves your life and it doesn't make you happy but it does make your misery more comfortable Right So um the challenge with the stars particularly is a lot of paranoia around who's their real friend who's not their real friend what's gonna happen if everything goes away Um You know is this relationship um really authentic or someone just faking it Uh They just for me you know from from so all that kind of stuff But at the end of the day it's the same challenges we all face It's just that the fame and the money of course puts a magnifying glass to the problems and concerns that we all have Um So most people you know um they care about being successful they care about money they care about love they care about their health Um down deep underneath all that They're more evolved Folks are uh worried about dying What happens when they die and what happens when they get old Right And then there's a even more evolved uh maybe uh perspective that has dropped concerns for all of that and is living a truly happy life But yeah great question And um it's fun It's awesome It's a lot like this Anastasia Um not always as evolved as this conversation is But um it's the same kind of experience which is just two people who genuinely want to feel good Mhm Yeah I think I think everybody wants that just it's I don't know I think it's it's on people like us to help them get there like to give them something to to hold on to absolutely fun part in this world And as you know that's why I love this conversation with you Um because you know um we could use the light use people's light you can lose use their happiness and peace and love and um it's too easy to get distracted um by an unhappy world that seems to be always in conflict And if you're distracted by that then you will let that world dim your own light and then you can't be a light for anyone else Yeah Absolutely Yes But in your book you have Principles of Happiness which I think are like so fantastically sum summarized I'm gonna read them I'm not going to quiz you on your own book I'll probably fail I'll probably fail there Smart smart energy investment non attachment positive focus self appreciation appreciative thought and language constructive response to

adversity inspired actions and self empowerment in relationships And I think that is just the best list of eight things to like put up on your mirror and remind yourself of every day I don't even have a question around that It's just like how you develop the principles of happiness Like what like what brought you to that list Yeah So question oh What a great question And by the way I'm gonna be you paypal and tell you and your cashier's check whatever you want Um So thank you for that I I you know for me when I was really going through it and I decided that I was gonna at least try to postpone the suicide and I was gonna try to become happier by studying the most brilliant minds on happiness I decided to start keeping a journal So like you I'm an avid book reader I love books You know I there's been times in my life when I had to choose between a meal or buying a book because I had so little money It was like I can afford one or the other but not both And I've consistently chosen books because books continue to feed me Um you know after which a period the food wouldn't And so I say all that to say when I started reading books on happiness and on peace and on self love I started keeping a journal And in that journal I started tracking what did and didn't work for me And that journal eventually became happiness from the inside out of you know went through a number of iterations and phases Um It became that book And so those um eight principles were really gleaned from what I discovered in my life but also supported by science worked most consistently to bring about a recognition of the intrinsic ornate happiness that is always within us Hm Yeah I love that When I asked um I asked Instagram um what they would want to ask a happiness coach and money consistently was the answer of the financial stress So you there's a quote in your in your book where you say if you have any external circumstances have the ability to make us lasting happiness Um And even though money may not be like a route to happiness financial stress is obviously a real thing How do you strive for monetary goals or even like goals in general without being in a lack mindset and like how you flip into that abundance mindset when you're just trying to figure out how to live Yeah for sure It's tough you know and I will say to your point it just a little science to contextualize this phenomenal question If you level li live at a level below subsistence meaning you make less than \$75,000 a year and you're having trouble paying your bills and affording basic necessities right Heat and running water food and shelter Um Additional dollars will mean additional life satisfaction won't necessarily mean happiness but you'll feel more comfortable and that will feel like happiness to you At \$75,000 you start to experience what we call the

diminishing the law of diminishing marginal utility of the dollar long phrase That basically means you get less happiness bang for your buck and you start to plateau in terms of how much happiness you can get for your buck So I'll say this um when you're going through it and you're feeling really strapped the best thing you can do is start to think about the ways in which you are steeped in abundance already but it may not take the form of money or cash or credit And so one of the things I did early on was say ok in what ways am I wealthy already In what ways am I successful already And it would be simple things like well the great thing about not having a lot of money is that I don't have to worry about losing a lot of money I don't have to worry about losing a lot Right Also I'd say I'd look at my life and say you know I have an abundance of ideas I also have an abundance of energy A lot of motivation around you know creating something really powerful and successful and uh rich in my life I have this body and that has all these organs and I wouldn't trade any of these things for any amount of money And so in lots of ways the life I live now the body that I have now the friends and family that I have now the health that I have now is actually all perfectly priceless possessions that I wouldn't trade for any sum of money ever And so if I look at it real closely and I'm really clear I'm rich as anybody who's ever walked on the planet already And I'm as abundant and as steeped in as abundant in abundance as anybody ever has been And so you start to begin to look in more at your life in more prosperous sort of abundant ways And so it's just entertaining that you don't want to say I'm a multimillionaire or a multibillionaire unless that really works for you If you can really get there and feel that consistently sure do it works But for me I had to look at all the other ways beyond money that I was rich and successful and abundant already And I would do it just to feel good if you do it to try and trick the universe into giving you something or whatever that doesn't sit you know tend to work for very long It has to be authentic And so I look for the truthful better feeling story and tell the truth a better feeling story to myself and other people as often as humanly possible especially when it came to money and abundance That's great advice Um Yeah I love that It's it's a hard thing to do I mean it it takes it takes a lot of mental strength to to get to that point But I think starting I mean as baby steps I think just that noticing when you're having that kind of negative storyline in your head and finding a way to flip it Exactly And and we're all rich in something We're all rich in something You might be rich in time you might be rich in energy you might be rich in friends you might be rich in um creative ideas You might be rich in

uh you know passion or purpose whatever you're rich in Focus on what you're rich in and keep your mind off all the other pieces You know another way of saying that is focus on just doing your best to enjoy yourself as much as humanly possible where you are no matter where you are and believe it or not that happy healthy wealthy tuned in Captain turned on vibration is extraordinarily attractive It's attractive to other people and it's attracted to opportunities So just try not to focus on the things that make you feel bad when you focus on them try to focus on the things and people in places that make you feel good when you when you uh focus on them and you'd be surprised that inch by inch day by day it'll become easier and easier and easier because your brain rewires itself to do it automatically And then before you know it your life is beginning to turn around but you do have to be disciplined about it You can't we're all a little too tolerant of mind wandering That's kind of how like a lot of like manifestation gurus will talk about how like you you can't just think it like you have to feel it like you have to feel the feeling like if you're kind of projecting something that you want you visualize it But if you don't tap into that feeling you're not going to tap into that attraction energy And it's probably also that you're not gonna get that spark to like make the differences that you need to get to that future thing that you want not just solely you know universe attraction but it's it's also the change I think that happens inside the the little motivation spark You nailed it you nailed it And one thing I'll say there because that was so powerful so good You know there were plenty of moments in my life when I'm like I'm rich and I really dug in and felt it and often things would just show up out of it out of nowhere And there were times how I did it and maybe I didn't do it as effectively or whatnot but things didn't come or I just couldn't feel into that kind of like rich abundant prosperous energy And so I'd say that as I began to think about more and more it's like you know really wealthy people It's not that they run around super excited about their wealth It's just a natural occurrence and feeling inside them It just just peace just comfort Right And so you do and want to make it something that's a heart experience a visceral experience as opposed to just being a mentor or intellectual one And it doesn't have to be you know puppies and ice cream cones and rainbows either it just needs not to be this like depressed anxious desperate needy a vibration or experience Right So as the expression goes needing nothing attracts everything it's more like that It's like it'd be nice if this came and I know that bill collectors calling but you know it'll show up in good timing and I won't I don't need it I'd love to have it have a preference

around it and I'm sure it's coming in divine timing But as soon as you really relax about it all then start things start happening on their own There's something very magical and miraculous about relaxing Relaxing becomes the most difficult thing in your life Yes Yes But you you talk about how you know happiness is in your control even though it may not feel like it and that you can focus on like the voluntary factors of daily behavior state of mind consciousness What is in your like daily practice tool kit that you have that makes you happy And do you have like a based on how to find those practices for yourself Because obviously different things work for different people and for like starting that process when maybe life doesn't feel great Is it a total overhaul or is it you know small things and setting yourself up for success versus discouragement Yeah Um in the beginning I was so depressed and doing so poorly that I basically you know in school well at least back in my day they have opposite day opposite date right Ok So for me I was like I'm gonna have an opposite life here Like I have a corporate job I hate Stanza That's exactly what I started watching Seinfeld I've never seen it before and I was dying laughing when I read that new book because I was like I just watched that episode like the last time that was me I was I just started doing everything And so um I would say that the hanging fruit is to first identify what I call your happiness islands Those are things people face activities that allow you to feel inspired uplifted energized happy to be alive for very little reason Right And with very little time energy and effort you wanna schedule more of those things into your life And for if you struggle with that you can also identify your happiness styles Those are things people places activities that make you feel drained or de energized or exhausted Even just thinking about those things you want to schedule those out of your life For me my happiness is and what my day looks like Generally most days and I'm not recommending anyone else do this Just what works for me Figure out your own thing But I'm I wake up super early so I'm I'm 3 30 am get up Yes I know I know It's like a little painful and I always feel funny saying it But yeah what time do you go to bed Um It sort of depends but usually I turn off my phone by like 7 38 man Yes I'm impressed Yeah it's hard for a singer you know you're out playing you know big and stuff and so you can't always pull that off Um But yeah so I do 3 30 I wake up I first thing I do is I practice what I call Like it's a meditation but it's also called practicing the presence of God I just feel into the peaceful aliveness in my body that life force and life energy in my body And I just spend time filling into that for its own sake Like the way I would spend time with you Anastasia or my mom or you

know a good friend or a partner Just just just to feel good Not because I expect something from you Not because I need anything from you just because I like being in your presence So the first thing I do then I do some reading and I go to the gym and I see clients all day And throughout the day when I have a few moments I generally return to that practice practice of the presence of thought or what I call micro meditation which is just breathing from the stomach It's only one breath only for joy's sake I do it as often as I can and I pretend like that one breath I'm taking that one moment is the last moment I'll ever get on this planet So I really try to juice or milk that one breath in that one moment for as much joy as I can possibly get out of it Um So yeah I'm also big about going to the beach if I can go to the pool Um I love being out in nature I love being in sunshine Um But yeah that's what my daily routine mostly looks like I love that because I think sometimes when I think like I can get really caught up in like having you know the perfect morning routine like and I was so strict with myself for a really long time and kind of living in an overachiever mindset thinking that I was just like nailing self-care But in actuality I was not I was I was overfunctioning and not really um doing what I I needed Um And I never you know I was always proud of myself I I never missed meditation I never missed my journaling I never miss this But like I don't know that those practices were actually fulfilling me So now my approach to having like a morning routine or a daily routine is I like know all the things that bring me joy and I just kind of pick what I need that day and it's not so structured So my my like opinion on morning and evening routines has shifted great greatly But I I like the Happiness Island approach a lot more than like your set routine that you always stick to when it is I mean obviously discipline to some extent is important and people human minds like routine but I don't know that mine does And and I agree to I I love I love what you're you're saying And sharing here I agree I think for lots of us self care is almost a synonym for self punitive or self condemnation Or self judgment It just becomes one more way that we beat ourselves up and torture ourselves on the way to happiness It's totally unnecessary And you do want to check yourself and I just love your self awareness around that and you trusting your intuition because self care should be care it should be love There should be a sense of experience that you're feeling more relaxed and more at ease and happier right And we can use almost anything to further our overachieving mind right And to further this self punitive experience that we often um mistake for self-care or for self love So yes I'm with you there Um I think it's important to care like

my what I choose to do changes on the capacity that I have because I mean any given day as an independent artist I'm doing 15 jobs and there are not enough hours in the day for me to get nearly enough done that I need to And so sometimes like my self care is staying up till two in the morning watching The Punisher because I freaking feel it Yes I love that Is it You you remind me of something that was really great like it's alignment over achievement bottom line it's alignment over achievement So whatever makes you allows you to feel good is going to not only feel good that's the point of it all anyway it's gonna also help you do good do better than you're currently doing and we do live in this infinite universe where something hangs the earth on nothing rotates that earth around the sun or rotates on its axis around the super hug star we call the sun has been doing this for millennia Whatever that life intelligence is obviously a lot more brilliant and brighter and wiser and intelligent than our own finite mind That same life intelligence is within all of us And I think we can go we can partner with that I mean I think we're one with that but we can partner and cooperate and collaborate and co create with that infinite intelligence But that requires alignment you have to give it space to operate So if you relax by watching the Punisher or relax by taking a bubble bath or relax by going for a walk or whatever it is it's perfect for you Whatever it lets you tap into tune into and turn on to that infinite life source that feels more like alignment than a desperate needy effort to achieve is going to actually help you achieve so much more in your life That's what a flow state is Flow state is a loss of self-conscious like loss of time consciousness where you're so deeply consumed engaging and and enjoying what you're doing that you have no time to evaluate how you're doing So any activity that let you take your mind off all your problems and the need to achieve so much so fast is gonna let you feel and get aligned and in your alignment you're gonna find more achievement I love that So you heard it here you can take some time off It's OK I promise the world will continue to go on This brings me to success So you say like the pursuit of success is actually a thing Uh It's actually um oh my God I can't read my handwriting It's that you're it's a thinly veiled pursuit of unhappiness There you go And that happiness based on success is a moving target Um How do you balance a desire for success and achievement with non attachment And how do you like you talk about setting intrinsic versus extrinsic goals Like how do you work on setting goals for yourself that are intrinsic but also kind of like obviously having career goals is important like how do you have those goals without them being extrinsic goals if that makes sense Totally Totally Oh Yes

So um number one it's by so an intrinsic goal is something you enjoy for its own sake right You have no doubt about it Love creating music and performing for its own sake Um You would do it even if you didn't have the tens of millions of people show up you would you would still do it you would you do it your shower you do it you know any time you have an opportunity to do it you do it for its own sake because you enjoy it so much in in intrinsic goal Extrinsic goal is something you do only for the result you get So if you only did it because you wanted to be famous if you only did it because you wanted to make a ton of money that we call that an extrinsic goal Now here's the beautiful thing when you are motivated and focused on intrinsic goals and doing those things that you find joyful for their own sake that energy is so attractive And I say that not just from a spiritual like platitude place but from a real scientific place We know that happy people are rated as more attractive right We also know they experience um the best that life has to offer and more opportunities short for those people who are happy than for people who are not happy And so if you're really wanting to achieve in the world you're wanting to make sure that you get aligned on the inside by prioritizing what you love doing for its own sake If you don't focus on what you do love doing for its own sake you're not gonna be able to compete with people who do love what they're doing for their for their uh for its own sake while you're there trying to force yourself to get to the studio or get to the gym or get to the laboratory they're gonna be there because they love it they're gonna sleep there all day and they would do it all the time because it's in their blood They'd rather be there than anyone else You can't compete with those people It's nearly impossible Right So that's the importance and the value of focusing on intrinsic goals Now Yes you also will have extrinsic goals I'm gonna love to make this amount of money and I would love to you know achieve XY or Z you could set those goals you should set those goals It's fine but you want to have these high expectations or high goals but you wanna hold them very loosely meaning that OK if I don't make 10 million but I make 50 million am I gonna be upset Or if I made you know 8 million of the 10 million can I still be OK It's like if you're genuinely truly loving what you're doing the extrinsic thing isn't nearly the problem that it would be otherwise if you were only extrinsically motivated Um So that's like I guess wrapping your extrinsic goals around your intrinsic goals So they're kind of like your core motivation behind them Absolutely Absolutely Like you know what an intrinsic goal I wish I had is is loving to be on tiktok Oh you and I in general like I really really really struggle with it

and it's not that I hate being on social media It's that like the overwhelming amount of content that has to be created and messaged in the right way and pushed towards the right algorithms Like I struggle with this so hard because like even tiktok is like OK you gotta find your niche And I'm like I'm such a niche person like not name for this platform but it it's kind of it sucks how like uh a business right now like it's such an important part of the business and community building but it's a hard thing Like I think social media is so difficult and it's like one of the things that equally makes me so unhappy but also makes me happy Like when I do get to connect with people that I really love or people that find me on there it's awesome But it is the like when I find myself crying over tech talks or like crying over having to make like certain social media content I know my work day is done for the day I'm like I got I got a break I can't even make anything in this state who's gonna wanna watch this So you know when you start cracking up and lose your mind spiraling over social media you know that's the time to check out and you're right that's when the day is over Um You know I am the same way like social media is the bane of my existence That's why one and I have a role generally I don't always you're you're good at it You're consistent you've got you've got your structure Let let me tell you why though This is why and I appreciate that But so first I only you know I've always I kind of get into my life although there are exceptions to only doing what's fun OK And if it's not fun I won't do it If it's not fun or I can't make it fun So that's the 1st 2nd thing So social media to me isn't interestingly fun But I have found little things here and there to make it more fun that has worked Now that's not quite enough Always So I've discovered that I have to hire people who do love to make it fun or it is fun for them I I literally hit the point this week where I was like I'm watching so many hours of videos and of things to try to like learn certain things that don't make me happy And I was like I like this is if I have one hire right now that's what it has to be It's somebody that can that knows that but eats breathes and sleeps and loves that because it's bringing me too much unhappiness right now I got I got somebody for you So we'll take that off Amazing I got you I'm on the search Yes I got you The other thing I'll say real quickly too is like look um it's great to have a social media presence and lots of people do really well that way And most of the most successful people I know don't have any social media presence at all And so success and opportunities can come through lots of means and directions and angles As much as I've worked on continuing to build I've got a long way to go build my social media presence Like most of the opportunities In fact almost

all of them they come to me the real big ones never come through social media ever like ever ever So everyone's a little different and I know we can all feel like it's the one and only path to success or to brand awareness or whatever But I would um challenge those of you out there in the world who think that to look around and really start to notice the people that are crushing it You might not know they crushing it but they're crushing it and have little to no social media presence So there are lots of ways to be successful and it doesn't have to necessitate that you do things that you hate especially and including social media Yeah Aliens of that Yes Yes Um You say that when you were reflecting back on your journey the one thing that made all the difference was that you stopped letting other people tell you what you wanted Um I think like humans naturally care about whether thing it's kind of like part of how we're wired How did you start to move away from that and more stuff into your authenticity Yeah Um I looked at my life and saw the results I wasn't getting by and through my self sacrifice First thing second thing I saw and looked at my life looked at my life and I saw the results I wasn't getting for other people by being so people pleasing and self sacrificing And what I mean by that first of all I couldn't stand on my head enough different ways to make anybody or everybody happy all the time That was exhausting Ok The second thing I discovered was that in my attempt to please people and to sacrifice myself and to compromise myself I initially thought I was doing a good thing like oh I'm helping to improve people's lives They seem happier when I meet their expectations But if you look deeply into that you'll see how when most people say to you for instance you're selfish what are they saying They're saying you're selfish for not getting into my selfish needs Think about that you're selfish for not getting into my selfish needs The other thing you discover is that when you're successful and effective in your people pleasing you're actually doing them a great disservice and injustice not just yourself you're doing them one And that's because you're leading them away from the source the infinite source of peace love and happiness that exists within them all the time So you're actually trading them to depend on you for their peace love and happiness That's the greatest injustice you can do You don't want to set people up to be weaker You wanna make them stronger and you want to make them stronger and more self sufficient and self reliant It doesn't mean you don't support people But when I started to see that that second part especially when I started to see through this quote unquote selfish thing and came to realize that I was actually doing the other person a great disservice

and injustice by people pleasing I was able then to take back my control and give people back their control and power and be a little more discerning in that respect And so nowadays I kind of joke but it's only a half a joke Um because I want to disappoint people as quickly as humanly possible that you're disappointed with me The better off we both are you know I'm not here to live up to your expectations you're not here to live up to mine You know if I can't love you in a way that you feel free is that love I said no I wanna love you in a way that you feel free And I want people to love me in a way that feels free And if I don't have that and I don't give that I can't call it love and I certainly can't call it happiness I'm definitely a recovering people pleaser myself and was like so much of a people pleaser I think it consumed most of my brain space And then when I really broke out of that and now I'm particularly in my relationships I'm only I'm in a relationship and in including friendships and stuff Only in relationships where like for the first time in my whole life I don't feel the need to people please But if I ever like get if something ever triggers me and like puts me in that like people pleasing mindset I see it now and I'm like oh what's that Like why did I offer that Why did I do that Like don't do that Like it it's but it's funny and you're like shifting from like and and and being able to recognize wow I did that all the time Like that was me all the time Like how exhausting No wonder I was like you know having writer's block and having all these things that were like you know made the rest of my creative output or my creative life harder Like it's exhausting brain space Yes I mean think what you can do and notice what you now we all can do with that brain space freed up right You know and you said something else too which is that it is exhausting It's totally exhausting it Yes And it doesn't work you know we don't wanna we look back and I'm like how the hell was i such a high functioning individual with with what I was doing on the daily Yes I'm same deal I know I feel the same exact way It's like it's pretty incredible how we will take the long scenic exhausting approach to everything Right So I'm a huge fan of a lazy intelligence Like what's the Laziest smartest way I can accomplish my goal and help other people accomplish their goals and people pleasing is not that way You know that is not the answer Yeah it's not ever Culture is a struggle for you as a nine Well yes it is And you know to your point we often think people like us because of what we do But the truth is especially people who truly love us they love us in spite of what we do Yeah if they do a lot of people yes I definitely learned that that I've probably shed more people than I ever have these past couple of years and and I'm glad for it because I'm left

with the people that are that are really here for the the true essence inside and they and they get the they get the bad days and the good days and they don't make me feel bad for the bad days Like that's the best part It took a it took a long time for me to like ever feel OK actually calling a friend and being like I hate myself today like I'm in a really shitty place Like come on like help me talk talk me off the ledge Like because for so long I was kind of like yeah everything is awesome Everything's going really awesome But now like if my tools if my mental health toolbox fails me because sometimes there are days where it does and you go through the list of things and then like nothing's really helping the people in my life Like they're certain friends I call for different things but like certain friends like they're the they're like the backup like emergency uh emergency net and they are amazing and dig me out of more things than than ever Like it's it's a cool thing and I I really put a lot of weight now on you know encouraging people to develop good relationships and especially for women I think women have a hard time developing good relationships with other women It took me like honestly the last few years was like the first time I ever think I had good friends like really good friends Um it's not an easy thing but I think it's so important Why do you think that is What do you think Um well I grew up in in Houston and very um kind of in the like social Houston circles and I think it's a lot of people not really living in their authenticity or knowing themselves And so you have a lot of people that are kind of I guess walking around with blinders bumping into each other or trying to make friendships But like when you when you're kind of not at that at that core it's hard to make decent relationships And I and you know I'm including myself in that too I don't think it was until I started going through like really heavy dark dark shit that and like kind of seeing who stuck around for that or who I don't think it was until then that I started to develop really deeply meaningful relationships and to to find people too that were not maybe the obvious friend choices for me Like a lot of my friends are significantly older than me Like I was a very old soul Like I mean I I didn't ever really vibe with people of my age and so I was always the really young person with older friends And those are the people that I got though Like those are the people that I feel like understood me And it took I finally now have friends that are my age but it took a second I think for people to kind of mature I guess Um no doubt Right But it also is totally my fault too that I didn't have great friends because I think it was that like lack of wanting to be vulnerable or share and like lying to people and kind of living in this like you know Yeah things are

fine Like I'm doing great and I'm a singer This is what I do like that's that's like everything about me to then being like switching over to that vulnerability phase and I probably went like totally 180 started over sharing Like I know I can do that And I have had periods where I've told strangers like the deepest darkest details gorgeous details of my life and and I think that's kind of what happens when you go from being completely closed off and then you're like who everyone has some problems and then finding finding your balance because who you share your shit with you do have to be cautious of your of your energy uh Sometimes So I don't know I think all of those reasons are kind of why it took me a long time to build community I'm glad I have it now though Huge you know and the reason you have it is because you didn't and you learn all the wrong way Right Also I love the point you made about the rubber band kind of effect It's so true We sometimes over index and over rotate into the opposite extreme but it's necessary because you need to know where the sort of limits of it are and the boundaries of of around it um are so um yeah how powerful the other thing I I have very band I I mean I've just kind of been going through one now Like uh when I was kind of in that overfunctioning relationship and then that ended during COVID I definitely swung the other direction and I started eating things that I like was not eating and I stopped exercising and I just kind of like went into the I'm exhausted from this scaffolding I've been holding up for so many years of like trying to take care of others and deal with other people's bullshit And I was like screw this I'm checking out for a bit and maybe for a little bit too long But now I'm finding my middle and I will eat a cookie and I'm not gonna beat myself up about that because I used to like I I mean I had like autoimmune issues and I healed myself through food and like food became like a very amazing like journey for me of self healing But I I was so strict and had to be so strict to heal myself But now I've kind of realized I can have some things and I won't I'll be fine I'll be OK So it's finding finding middle But that's kind of what I say is like you never are done with that journey because they're always gonna be something that's gonna smack you back down And I've had that happen a lot of times it's so true and I love um you're right Um So much of the happiness that we experience in life is because of our inability to manage or regulate our emotions because of the cognitive dissonance that exists inside That's why we go to extremes It's what Black and white thinking is Original organization Catastrophic thinking You know all of that really is an attempt to manage the underlying anxiety which often results from knowing

intuitively that the truth is in the gray area We can call it a happy meeting we can call it a sweet spot but there's anxiety about that Um And to your point too it's always not always but mostly better to indulge than repress because if you indulge you can come out the other side and have learned something through repet repress It just sits in there and then it just explodes one day Um So yeah really phenomenal lessons that you shared there and takeaways I think that all of us can apply in our lives Somebody asked me to ask you um what is kind of a great strategy for long term happiness when we live in such an instant gratification So society society because I think happiness obviously is not something that's gonna come overnight Like it's something that you're gonna work every day on like when it's not so instant gratification Yeah Um So I would say um definitely allow instant gratification to be included in your happiness journey It's important um And notice um more consistently how you feel when you're doing anything and everything at all So don't be so lost in your thoughts It's easy to get lost in your thoughts and discursive thoughts and over thinking and over analysis Instead try to be more in your body and as you go about doing anything even the instant gratification stuff it's like you're gonna have a couple glasses of wine or go for a drink or go for a party or you're on social media or whatever do whatever it is you're doing But instead of being lost in the story in your head and the explanations in your brain be more on the experience of your body and stay out of your head stay present and just notice how your body feels and how you feel on the inside before during and after you do anything You do second whenever you do any of that instant gratification stuff but just in in general go slower take your time It's like can you enjoy each kiss Like all the way through Can you enjoy each drink if you're a smoker Can you enjoy each puff more and more deeply and fully by going way slower And you'd be surprised you'll come to a recognition pretty quickly about most things They don't provide nearly the amount of pleasure enjoyment that you think they do or with the other stuff you'll notice that you get so much more out of it with less of whatever that substance or activity is So suddenly you have a glass of wine and you're used to drinking you know two bottles you know after practicing it just a little bit you have two glasses You're like you know I'm good I had such a great night already It's just fantastic I just want just enjoy this right where I'm at right here or whatever Right So consumption Yes The more distracted you are from the present moment the more it seems like you need future moments to make up for that lack of presence but you don't need more future You don't need more time You just need more presence I like

that Um I was definitely I was gonna ask you about anxiety because um talk about like how how you have control over things like anxiety because you can choose the thoughts that make you worry or the thoughts that make you happy Um And that anxiety is kind of a form of self harm and in keeping yourself in those worry loops what is your advice for getting out of the anxious worry loops And do you use things like affirmations for that There's a quote in your book where you say if you want to kill a thought or feeling you have to starve it by withholding your attention And I really love that So yeah it's a great go go and see action Um Yeah I would say um practice when it's easy OK That's one of the major lessons learned from me If you try to learn how to swim when you're in the middle of a storm you're not gonna learn to swim and you're gonna survive the storm Ok Instead when you're going about your day and things are going pretty well That's when you practice that I'm about to share And what you want to practice is spend more time experience your body and explanation in your mind or explanation your brain Ok That's number one So if you're swiffer or folding clothes can you just swiffer Do you have to also think about what you didn't do yesterday What you're not going to do tomorrow What you do wanna do to Can you just can you just be in the moment You just if you're doing laundry you just just be in the experience What does it smell like What does it feel like Just breathe Right There's that expression which I love and it's it's only painful to do the dishes when you're not doing the dishes when your mind is on something other than doing the dishes right So that's number one I'd say number two is especially with anxiety you sometimes just need to distract yourself for a little while So if you're really in a bad or low mood or you're really highly anxious you want to find a few go to activities that you can always resort to to distract you and take your mind off of whatever you're anxious about then your mood will naturally rise on its own level You know for me exercise is great I do anything physical by tearing up my body somehow it seems to reduce my anxiety Then when I'm in a more neutral place I can look at those thoughts or worries that I had with with an eye on and an effort towards reframing them in a more positive more constructive way So it's like say I have \$0 in my bank account I can then at that point say I'm broke Not constructive not positive It doesn't make you feel better and it doesn't So it certainly doesn't motivate you really or it's only up from here you know it's only up from here So that pause reframing piece or constructive reframing piece is critical but it's easiest and most effortlessly done when you're in a position of emotional neutrality not when you're

spiralizing hard It's really hard to reframe a thought when you're spiralizing hard that's the time to step back Distract yourself meditate practice a micro meditation the more your body But the real key is to just go to the body Where do I feel this anxiety Where do I feel the stress Where what part of my body I'm just gonna observe it without judgment And then I'm gonna bring my focus back to something like the breath and I'll breathe in the stomach If you breathe in the stomach you're going to induce the relaxation response right So you turn on and off your nervous system in a specific way that helps you relax more easily the more you relax the more the easier it is to reframe your thoughts That's the major few I guess insights around What's your vice What do you do when you have a really terrible day What is your vice like your thing or You're like this is a shitty horrible habit I never give it up Oh my God You know my brother and I were talking about this the other day We're like man we don't really have a whole lot of vices I feel like I need a vice like a real vice you know And so um for me you know it's um I love I mean look I love chocolate chip cookies I I just I love sweets you know Yeah so I was like I want down a bag of chocolate peanut uh chocolate covered peanut nas or whatever like or you know a chocolate chip cookies that when I before I discovered I was lactose tolerant I would like every night for a while there Um I was warming up like chocolate chip cookies and getting an ice cream and pouring all the chocolate sauce and you love it Um The other thing that I do is I nap like I want to nap like when I'm really feeling back like I just wanna draw the curtains blackout curtains go to sleep and just sleep like there is nothing like weird settings Yeah What are yours Um I would say that my biggest advice I think can be TV Binging Um sometimes I think I can get so exhausted with my life Like I I do like that escape and I I like I love reading I love doing things like that and they they provide some escape but like TV is like my I'm checking out like I'm going into these people's lives for a bit Um Yeah I think TV I I actually have to make a rule with myself right now where there's not gonna be any TV during the week because I kind of have been I mean as I prepare for release I've been even more busy and then I've been like going for the T VA little hard and staying up maybe too late at night And so I'm like I have to change this because it's making my days harder It's making it's it's causing the negative the negative reaction So I have my TV on the weekends maybe maybe one night a week one show But yeah there's a there's a word for that by the way And it's very common I think it might be called um sleep revenge procrastination or bedtime revenge procrastination I don't know if you've heard that before

Yeah So um lots of people experience this which essentially it's the idea that um if during the day your day is extraordinarily hard and maybe you're doing lots of things that you know you need to do or or want to do but you're not necessarily enjoying you're just you know really busy and trying to get through the day and then you find that your life isn't really being lived fully or as Enjoyably as you'd like when you get to the end of the day that's your time to finally relax to finally get into like somebody else's life And that's usually when we procrastinate on the sleep part we're just trying to make the most out of the day in our own way is trying to enjoy it before another day comes around and it's back to the grind again So yeah I just love it And I revenge procrastination That's what's going on Yes Yes Yeah It's a lot of the things that I'm doing during the day right now are not necessarily activities that bring me joy I'm I'm definitely trying to schedule more time in my week for things like writing and creation But I'm having to be very on the business side of things right now and that's the side of my brain that does not really bring me joy So a day I do definitely have that like I want to enjoy my day So I'm just gonna make my night my night my day and and by the way that's one place and I think we're all working on and who I am That's one place where of course money does help like because you can outsource things you can delegate things to other people who do love the business side Right That's and we're all working on that I mean the most successful people I know are all working at that They're like there's still things in my life that I wanna you know get out from underneath Um but it's hard when you're creative and the most successful creatives they do it all you know they did it all at least um you know for a large part of the journey So I'm inspired by you It's just I really am because I know how hard it is and I have such a distaste for some of the logistics around uh so much of um my work So I get it Yes like revenge procrastination Um But I I liked you talked about uh telling a better story and editing your life and I was wondering how you incorporate that practice into your life and like actionable steps for kind of starting to rewrite that story Like you said it's not really about putting smiley stickers on in bad situations and the synthetic happiness and more about achieving your you know authentic happiness Yeah So this is a really really important and it's not only important for our relationship with ourselves but also our relationship with other people right So the way I think about it is how can I think about or talk about what might not be going perfectly or ideally in my life in a way that is supportive and constructive and helps me to achieve accomplish or experience what I most want So that can sound like

instead of there's two ways to do it one just stick to the facts So if it's raining you could just say it's raining you don't have to call it a bad day Right So a bad day would be telling the worst feeling story based in truth about what's happening The better feeling story would be I sure do love this sh I I just love the sunshine I love sunny days and gosh I'm looking forward to being sunny again and I'm gonna find a way to enjoy this day What can I do today What can I enjoy today only or specifically because it's raining You know I like to read I like to nap especially when having a tough day Right So I'm like oh great day to nap Screw the world screw the weather I'll do this thing right So you're trying to find a way to authentically and truthfully talk about and think about something difficult But so in a way that makes you feel better right So we can use other examples too Um when I wanted to become a professional basketball player and it didn't work out for me I mean um part of it was like ok what's the lesson learned here What purpose do I have here And I remember thinking you know um this is a really tough situation and what I most appreciate about here is that I did give it my all I put in my best my best foot forward and I'd love to help other people do the same thing with their dreams of their life or whatever one shortcut way to do it is just to start sentences with things like well my favorite thing about that was or is or the best part about that thing or this thing is right Well what I'm most grateful about in this situation is and so if you can start that way it's real hard then to say my favorite thing about it is that everybody sucks you know it you already set yourself up for success if you can just start with the right phrase Um But that's the idea I like that I like that when I when I read that I was like oh I think I've been complaining too much I gotta start um start working on you know telling a better story Yeah And like please as you know the brain has something built into it called the negativity bias OK And the built into everybody's brain And that means that problems get more of our focus and attention naturally than solutions or things going right both in the brain And so it does require real intention and an active conscious awareness and practice to get better at it right So the brain is always gonna do that because actually secretly trying to make you or keep you alive right It's trying to keep you um from doing something crazy and missing that There's a truck coming down the road or whatever Right So um you just I think we all want to exercise a little bit of self compassion there and you know you might have your moments in your days when you complain just try not to make it happen A friend of mine is saying is that you can drive the BMW for five minutes a day and it's the bitching mo and whining mobile

and and then he's like then you better have so like start working on solutions like you can have your five minutes to uh bitch and complain but then it's time to flip the script Oh It's so good like I am so um inspired by that it's you know sometimes the most profound realizations are the simplest And I remember coming to a recognition I heard a quote once I don't know if you've heard this quote the law of floatation wasn't discovered by contemplating the sinking of things So the way I hear it is this happiness won't be felt or experienced by focusing on unhappy things to be happy You have to focus on happy things or at least things in a happy way So whatever it is you want to feel peace you gotta focus on the peaceful parts or aspects of your life happiness you gotta focus on the happy aspects success you gotta focus on the most successful aspects or elements of your life Same thing with success right Or love or love I mean so yes the most important piece is to focus on what you want to feel not what you don't want to feel How do you define unhappiness Because I think maybe when some people think of it if they would think of the the lack of unhappiness is happiness So how do you define happiness without the lack of unhappiness Yes Good So happiness true happiness the kind of happiness I'm talking about which we can almost better describe as an alive peace or peaceful liveness It's not unhappiness is not the opposite of happiness Unhappiness is the obscuring of happiness It's the failing of the innate intrinsic inherent happiness that exists within you all the time So think about this way a cloudy day seems like it's the opposite of a sunny day But really a cloudy day is just the clouding or the obscuring the veiling of the sunshine that's always there always behind the clouds There's no point in a time at which the sunshine is not always shining brightly It's just that you don't feel it as palpably or as strongly And in order to feel it as strongly or as palpably you have to get those clouds out of the way those clouds are your thoughts mostly and they those thoughts show up as feelings often so that sunshine is always there You just want to do everything you can to put yourself in the sun's way right To make sure that you turn your attention back upon the sun and not just focus on focus it on the clouds I love that That's that's a that's great That's good That's good Um that's great I love it Um ok If you like are is there a song that makes you really happy Like do you have like a happy playlist that like like music does music kind of shift your mental state Like is that I mean nothing shifts Um my mood faster than music probably Um That are what I'd call practice the GOP but music for sure And I have so many songs I love I have a very eclectic case of music So so many So I have a very strong inkling and

inclination though that it's gonna be this new release of yours just saying just I feel very strongly about that So I'm gonna put that number one and then I'm gonna say after that Um I mean there's so many songs I mean if I hear Alicia Keys song so many of them I mean still in your state of mind is like the Empire State of Mind is a great I mean but so many like I sometimes listen to old like to Dido or Norah Jones or I'll listen to I mean Gonza Rosen songs I listen to Jay Z song It's like so many songs Michael Jackson Michael Jackson always makes me feel like oh you know you just want to dance and smile So yeah Um I do have quite a few songs actually that you should make a happiness playlist That's a great idea That's a good idea You should do that Taking a note of that actually Yeah that'd be awesome Well I I mean I could literally interview you all day but I've already kept you a long time So um is there is there anything else that you would like to tell Our lovely our lovely watchers Yeah I well first and foremost um I could talk to you all day on an imitation I so appreciate um not what you do I mean you're you're so talented and you're so brilliant and you're always um show up in such a beautiful way It had an out And so I'm so grateful that you would invite me to a conversation with you Um I'm humbled by that and honored by that Um So thank you for that most of all OK Um And secondly in terms of the audience I would say look life is extraordinarily difficult There's no question about it can be very very um tough And if you prioritize happiness above everything else happiness is inevitable But if you prioritize anything or anybody above your happiness happiness is nearly impossible As long as something takes precedence over your happiness you will always find happiness trailing far behind So prioritize your happiness learn everything you can about it In the end you'll discover that it's not so much about learning new things about happiness as much as just dropping everything you already know and practicing that space this space and placeless place of not thinking at all I mean my happiest moments are when I'm just sitting here and looking at Anastasia don't have to think or whatever I'm just listening to a incredible song right So I would say that just you know recognize that you deserve to be happy and the happiness is the greatest success But also if you prioritize happiness you'll find that happiness leading to success I love that Amazing Oh don't believe I'm just ending the recording But bye everybody