

## Ep 3: Happiness, the Most Important Life Goal (ft. Rob Mack) | Be It Till You See It

Hey how are you doing Uh Thank you for being here Thank you for listening Thank you for pressing play on this podcast today You could be listening to anything and you chose to listen to this which tells me that you are wanting so much to make yourself the priority in your life And that is awesome Today's guest is um well I just can't even wait to get into it But um his name is Robert Mack and his story is nothing short of incredible and inspiring but full of so many tips Like when Robert and I were talking he's like I like to speak in bullet points I'm like I love that bullet points means like you can do it too Like it's like you can you can take these tips and and add them to your life And I'm really really excited before Um I tell you more about this interview and Robert I do wanna let you know that this episode does deal with suicide Um And because of that I really want to make sure it's important that you know that there are resources out there If you are someone who is having or you know someone who has suicidal thoughts Um you need and you are looking for some support and help with that Please check out suicide prevention lifeline dot org or call 802 738255 802 738255 Um in my fitness business coaching group I say something I say it on Instagram daily too and it's so important I say it I repeat it all the time because it's important for people to hear it over and over and over again I want to share that with you You are the only person who can do what you do the way that you do that So please know that Ok so when you're making excuses as to why you shouldn't do the thing that you're wanting to do or make time for yourself or you're feeling a little bit selfish I need you to remember You're the only one and that is amazing So um Robert Max full bio is in the show notes please check it out because I mean he has gone from Philadelphia to Miami now he's in Santa Monica and the journey in there We talk a bit about it in the interview but you really are gonna want to see who he studied with and where he got these brilliant thoughts um that he shares with you Um But just a brief little intro is Robert is an Ivy League educated positive psychology expert Yeah Uh-huh positive psychology expert He's a celebrity happiness coach executive coach and he's an author He is one of the world's leading experts on relationship between happiness and success which is why I wanted to have him here today Um he's also been endorsed by Oprah I mean enough said you can just keep listening Right You're like I'm

ready Let's go Um Vanessa Williams and many others And he has been seen on Good Morning America the Today Show Access Hollywood E own GQ self health health cosmopolitan and glamour Just to name a few in the show notes here Check out not just only see his amazing bio but you also see he has a book Happiness Inside and Out and I we talk about it briefly in the interview and I just know that after this interview you're going to be reading it because um when you hear his story of how he was born unhappy and now he is a happiness coach Um I just think that that means even if you're sitting here today listening to this feeling a little bit like every day is another unhappy day Um It doesn't have to be that way So uh we'll be right back with a full interview with Robert Mac Um right after this message welcome to the Be it Until you see it podcast where we talk about taking messy action knowing that perfect is boring I'm Lasa Logan Plies instructor and fitness business coach I've trained thousands of people around the world And the number one thing I see stopping people from achieving anything is self doubt My friends action brings clarity and it's the antidote to fear Each week my guest will bring bold executable intrinsic and targeted steps that you can use to put yourself first and be it till you see it It's a practice Not a perfect Let's get started All right OK Everyone I am so honored like truly honored to bring our next guest uh into your ears today This is Rob Mac uh Robert Mack You'll find him on Instagram and all the things I met him through a friend at an event Um virtually and his story is just one that I had to make sure you heard because it absolutely like it shows so many different times that he was being it before he saw it and I know that to be true uh from these things and I can't wait to share story We're gonna have a great conversation and you're gonna hear some awesome things And so Rob will you tell everyone who you are where you're from We can just dive right into it Yeah for sure Um So thanks for having me first of all Um So I'm Rob Mack I'm happiness coach um a published author a TV personality and a producer and um also like a recovering unhappy person a recovering uh suicidal person I was suicidal for a large period of my life Um and that's probably what I um identify most with in some ways because the work I do now is really all about happiness Oh thank you for sharing that I think um one of the things I like is that you share your story about suicide in a way that a lot of people can understand And also it's something I think that people don't talk about very much And so then people who have suicidal thoughts I feel very alone And that is um something I think is really important especially right now in the time that we're in when we record this Um I'm sure when people hear this

like he's a happiness coach and he wrote a book and he did this and he did this and that's like already like how do you do all the things Um And so I wanna start kind of what Well I think we probably should start a little bit at the beginning Like what when you were um when you were suicidal obviously that didn't happen Thank goodness because we're here today to hear your story Um What what prompted you to become a happiness coach or like what happened in between those two things Yeah it's such a great question So I don't know about a lot of people but I felt like I was born really unhappy Like I was the most miserable kid in the world Um for a seemingly no good reason I just felt like it was wired that way Um my first memories were being very unhappy uh really stressed out anxious self loathing Um I always thought to grow out of that you know that as I got older and I wanted to be a professional basketball player And if that ever happened I thought that would solve it for me And I knew if I had some friends maybe a girlfriend even at some point that I would grow out of my unhappiness but it didn't happen At least not right away And then not in that way as I got older actually it got worse And I got to a place where I was actively contemplating killing myself every single day multiple times a day Um and it was overwhelming at some point I eventually decided um to do something about it So I did a little research I basically decided that I was gonna slash my wrist because that's what I had access to I had access to a knife Um so I went to the kitchen I got a kitchen knife and I um rammed it into my wrist You know the one thing about suicide and want to kill yourself is that you're trying to escape the pain So I didn't really love the idea of more physical pain Um And so I still have the test marks to this day but I was very serious about killing myself Something very strange and unpredictable happened in that moment though You know as I sort of dug this knife into my wrist without any explainable reason I started to just feel this inexplicable joy and peace just sort of wash over me and that was extraordinarily unexpected unpredictable And I didn't really I couldn't process that really So at the time I was like what am I gonna do with this I should maybe just postpone the suicide thing maybe I'll postpone it for like an hour And now it's pretty laughable you know because an hour doesn't seem like that long And to be quite honest with you even at that time I wasn't committed to an entire hour I thought well maybe it'll be 15 minutes it might be 15 seconds But I'll do a little research And so I started doing a little research I discovered a lot of things in that period of time but mostly I wasn't alone And second of all lots of folks have who were smarter than me had dug their way out of this dark

deep depressive hole So in any case I started applying all the research um that I was and all the things I was learning I started keeping a journal uh just sort of things that were working for me in terms of improving my happiness And that journal eventually became a book Um kind of reluctantly I never set out to write a book Um but yeah lo and behold I my life just started to turn around when I prioritized happiness and before long it kind of became a profession which is interesting Um I I think it's I love how professions happen upon us I think it's like my me being a Plies teacher I thought it was gonna be a hobby So that was paying for my very expensive Pilates habit Um but um yeah it it happened upon me in a um in a way and I it's um when I hear your story I mean I'm sure many people listening there's gonna be these there's so many thoughts that come through your head and obviously and I'm so grateful that you didn't I'm sure everyone in your life is so grateful that you didn't go through with it And that and I do hear I do I know I know Right I know But I hear like you know II I hear the negotiation with yourself and I think that even if you aren't someone who's ever been suicidal we negotiate with ourselves all the time We negotiate with ourselves over we're gonna eat the dessert in an hour No we'll just take 15 minutes Like there are negotiations happen in our brain all day long And um and those those negotiations put our choices and we are constantly making them And I I think it's so fascinating um that you you felt joy for a moment It was just enough to get you to think and um and act on that thought which is something that a lot of people don't do And I want to go back to your book because I'm sure a lot of people are like wait what's the book So I'm gonna ask the question like what's the name of the book How can they find it so we can just get that out of their head right now Yeah for sure So the book is called Happiness from the Inside out the art and Science Uh Vanessa William um the actress and singer wrote the forward to the book Um She's a good friend of a friend of mine You can find the book everywhere Great books are sold including Amazon and Barnes and Noble Um But yeah initially it just started out as me tracking happiness habits Um Over time it became more about the clients that I was you know working with and the things that were working for them as well Um But yeah it's part story but it's really you know eight tried and true principles for in increasing and improving not just the happiness of your life but also the success of your life Because the one thing we know from the field of positive psychology is that when you become happier you increase the authentic and effortless success of your life So your actual circumstances and conditions improve on their

own seemingly as a result of prioritizing happiness Yeah II I mean obviously the science agrees with my opinion which is just like yes that's so true because I I talk to people a lot of like what whatever you believe to be true is what you'll see evidence for So if you believe your life is unhappy you're going to see all the evidence that just proves you to be completely correct Versus people who are like see their life as more happier or the glass is more full they're seeing all the different things that did happen that were really good And I have a coaching group and I have a rule You are allowed to vent in a channel There's a it's a slack group and they're allowed to write like I need a moment They can like just vent it out but there's a rule they have to then go share a win because never in a day Do you not have both Like there's always something else to look at And so I imagine that with your journaling like you're just tracking those good things and whenever we track anything we see the we actually like there's a there's a say in the business world about like what you track you actually manage or something like that It's more it's more worldly than I am But um I think that's so cool because I do believe that a lot of people have a lot more good happening to them even Right Now even if they're listening going no Leslie you don't understand I lost my business I lost this person in my life doing this last year And I think um there's still good stuff happening Well yeah you're alive Right I mean that no then that and of itself I mean there are infinite countless things that are required in order for you to continue to stay alive and and if on top of that you're also healthy on top of that you happen to have a roof over your head and running water and all these things And yes don't get me wrong I totally understand how difficult life is and the brain doesn't always make it that easy to be happy I mean the brain is really wired to help you survive If you survive the chance of being happy are a lot higher than if you don't Right And so you know we've got these biases built into the brain they make it a little difficult to be happy So we've got a negativity bias built in which requires that we have about five positive experiences or at least five positive recognitions for everyone one negative right And so things like that you've got a confirmation bias you spoke there a little bit about that also selective attention selective perception But the whole point is that you get more of what you focus on right and what you appreciate appreciates increases in value And so the challenging opportunity in uh the world today is to focus in very intentional ways right In ways that will actually improve or increase your happiness Yeah Oh that's um so there it is the appreciate appreciate That's what the phrase I was looking for Thank you Rob for being here for

that Um I you know I Yeah I am I I know that you now live in you now live in Santa Monica and uh but you didn't always you were in Miami for some time And what um I love to hear more about your experience in Miami and then moving to L A and just kind of what what brought that about what was the impetus Totally So I came out of undergrad I went to undergrad in Philadelphia at Swarthmore came out had no idea what I wanted to do All the smart kids were interviewing with consulting companies I had no idea what consulting was but I just knew the smart kids were doing it So I should probably do it too So I ended up getting a job with a consulting company and I did that for five years And after that management consulting work I the entire time I didn't love the job I love the people but I honestly really didn't love the job I didn't love living in Philadelphia It's a great city but it was cold I was you know suffering from seasonal affective disorder the whole night Right My husband's from Philly So we go there at Christmas and I'm like how long are we here Like California girl Like I just I need some sun Yeah I listen to my I need my vitamin D I need the sun I need the beach ideally So at some point in time I decided to go back to basic school and you know part of that was I just wanted to be in Miami and I wanted to find a good reason for the company to let me work from a virtual office in Miami whatever I just wanted to be in the sunshine So eventually that happened But along the way you know I decided I wanted to do consulting work and I was without work for a period of time you know I was going back to business school and I was trying to pay for that and Miami's not cheap either and I was walking no walking along Lincoln road one day thinking what am I gonna do with my life I gotta figure this out and I ran into just a ran there was a random guy walking along the road and he said hey you have a model before and I'm like definitely not me like you definitely have the wrong person I know I'm the ugliest person in the world I know I'm you know not the model type And uh a week later the same thing happened again with someone different So then eventually decided to go into the you know one of the agencies and I started this entire career for 10 years in entertainment You know I was working as a model and as an actor And um along the way I was meeting some people in that space but mostly the entire time I was really focused on what I wanted to do when I grew up you know I really was trying to discover what my purpose was Um And it's just so interesting that I couldn't get away from this obsession with happiness I didn't know there was a profession called happiness coaching or anything like that And then over time I found this program at University of Pennsylvania It's a master's in applied positive

psychology program It's really the study and science of what makes life worth living And I you know entered into that program graduated from that program and opened my private practice Amazing So did you eventually is that when you moved to L A Because did you go back to Philly for that degree Uh So thankfully it was an executive program So I just flew in for the weekend like once a month It was ideal very expensive but worth it Um So yeah I couldn't I don't think I could move back to Philadelphia though I love the people there Great city Um You know so what happened with the L A thing is I had done like three different stints in L A once with a girlfriend once with my brother um once on my own and it never stuck And so at some point I just surrendered this whole L A thing Like you know maybe L A isn't for me It doesn't seem like it ever works out And then one day I got a phone call um from a production company and they were working on a TV show for E and so they said hey Rob you know uh we know that you do kind of this you know a little bit of relationship work And would you be interested in doing this show called Famous Single And uh you'd be a dating and relationship coach And I said you know at that time I was like you know what I don't I don't think I really want to do that Honestly I I chased the TV for a little while I just wanted to be like help people genuinely Um But they convinced me they said oh you can just you can help people we'll film it it'll be fine So that's what brought me to L A We did two seasons of that and then I moved to L A Cool Um I have to So you know this is really funny because you if you've never been in like Miami New York L A and you hear about people who just get stopped in the streets and you're like I would never talk to that person There is something about affirmation that makes you stop when someone's like have you ever thought about doing this And you're like oh my God no we've the wrong person But it have So I did a brief um because I lived in L A and I actually worked as a ply instructor in West Hollywood So like just like every model walking up the high end gym that I was working at and teaching at And I not only ended up with a commercial acting co a commercial acting agent I ended up with a modeling agent and then all of us like it's crazy you know it just keeps happening and I didn't similar to you I didn't actually know that that was what I wanted to do I also was like do I want to be a Ply instructor when I grew up Like I I didn't really know like I was enjoying it and I was doing projects Um and I was trying things out I was really testing things and trying to be something and figure out if that was the thing And so I was like well I may as well be this I may as well just see what this is like And I I swear like even if it sounds like

a left turn in your career to do something like that it's exactly what you're supposed to do because it changed it changed the direction of everything like it made it So it's easy for me to do youtube videos It made it so it's easy for me to talk to strangers or like just try on things and and be a little braver You don't need to see the whole staircase You just need to see the next step And that's huge for me because when I was in Philadelphia I mean I was reading every book I could possibly find on what should you do with your life and what should you do with your career And I had no idea and I wasn't getting any closer In fact it felt like I was getting further away and the only thing I knew for sure is I love sunshine I love the idea of Miami Right And that led me to Miami and it didn't seem like it was at all related to anything professional In fact it felt like it was probably gonna get in the way of me doing you know or being successful professionally but it led to the next thing And so to your point and I love what you're saying there You're absolutely right about that You don't need to see the perfect vision of how your life is gonna work out If you feel an inkling inside of something that you wanna do that might be interesting to you that might be fun Just take a step in that direction you find that the other steps sort of appear you know after taking that first step Yeah Oh that is that is so true Um it's that uh that there's that there'll there'll always be a little anxiety and fear I'm sure you felt it Like am I doing the right thing when I move here But all you could see is like well this is the first step I'm gonna take that and see what it is And when you take that first action everyone it really does like it it gets the fear out of the way and it makes the fear feel a little smaller because once you start the wheels in motion clarity comes meaning the second step and the third step or just the opportunity to look get different staircases And um and that you can't get that from thinking things through And I see so so many people I just got off a group coaching call and someone was like OK so how do I do this And I was like well I can probably give you literally every step because I've done what you're asking for But but that's overwhelming So even if I gave you the staircase you won't even do the thing because now you know too much and it's gonna sound really really like too much work So here's your first step This is what your first thing is to do And I I think people underestimate the power of that first step You nailed it I mean action cures anxiety often right I mean you've got to bench test things like that was the discovery with me I was like am I gonna like Miami or not bench test it Go to Miami and enjoy yourself for a week or a month or a year and see how it goes You can always move back or whatever it is And so you have to get experience Sometimes



experience is the only explanation It's the best explanation and we sometimes try too hard to figure out things in our head Yeah Yeah Our head is such a funny It's it's so funny because inside your head good things that everything takes up a little bit too much too much space and it's it gets very muddled and it's like I'm always like if you I just tell people if you just say it out loud when you just say out loud what your fear is it all of a sudden sounds a little funny You're like really That's what I'm afraid of right now So true When you hear it out loud it suddenly puts it all in perspective and you make a great point there too Leslie And I just that's why I love conversation with you Like the mind is very rarely if ever decisive It's always divisive You know the mind is a place of dissonance very rarely is a place of consonance right And so a lot of the work for me has been to quiet The mind so I can slip more deeply into the heart and then come from a much more intuitive deeper knowing place Um but it does require you to get some of those thoughts out or at least to let them go Yeah Yeah It's well you go you said it already It was that like our our our brain's job our body's job is to keep us alive So it's going to probably challenge every thought you have with like what could go wrong You know it's not exactly ready to go Here's what can go right when you go that way here's the best thing that's gonna happen You know that does take that takes practice That's right And evolutionarily that wouldn't have been very adaptive right It wouldn't have served you very well It's like just go out you know for a stroll right now at midnight and you know in the middle of the woods don't worry about it Like you know it had you know the the challenge of course now and the opportunity now is that um you know lots of these um sort of fire and uh some of the heuristics that the brain uses you know they've um they're they're no longer as valuable or as useful as they often were before right So we have to you know use this other function of the brain which is the prefrontal cortex to kind of um think our way through things um in a much more relaxed but clear way Yeah I am I want to go back to So you didn't know what a happiness coach was So when did you hear that there was such a thing as a happiness coach And like or when did you at least start calling yourself one Yeah So it's such a great question I'm not sure I ever really did hear of happiness coaching being a thing I just remember coming having this insight and I'm not I'm sure that somebody else facilitated this insight and the insight was kind of like what would you do Not only for free but what would you pay someone else to let you do Like what are you doing already that you love to do more of that you'd love you know that you would even pay someone else to let you do And I thought well

I love talking to people about psychology and spirituality a little bit of business here and there but mostly around happiness and effortless success And I thought well that'd be sure nice to get folks to pay me to have those conversations right And so over time I started to think well it's really just happiness that I love helping people with So I guess I'm a happiness coach and I really struggled with like the terminology around it But then I discovered Richard Carlson who was the author of Deal with the small stuff He kind of was like a stress consultant happiness coach And then I discovered Robert Holden he was a happiness coach So over time it sort of you know you start to see more of what you look for in a way Um So it was kind of confirmed or validated for me Oh I love I love that II I grew up I had a mom who I don't know that she was born happy either She like we listened to a lot of like Stewart's Molly You know in my book I talk about super small in my book Yeah Yeah And I just remember being this kid like OK you know you're smart you're important Like all people like me like all these things So I mean if you're a listener and you don't know who that is look them up because you'll be like oh so many like all these people's names you've probably seen their stuff at some point It just maybe someone else quoted it and they're like that's amazing It resonate with you Um Yeah I think I I want like when you said it I didn't know who like how it came on I call myself happiness coach And then you start to see things I think a lot of people get stuck on like well what does that make me And like where do I like What is my title for that And I remember even when I started my business people were calling me the CEO of my business and I'm like I'm the ceo of my business What is that Even Like people will put titles on you if you don't like get a title on yourself So like you gotta that's probably the one of the first steps I was like I have to like come up with something and um and and so you know I call when I started calling myself a pil instructor even that felt so weird Felt so weird to call myself that because there was this part of me that was like waiting for someone to deem me that like I think we tend to go through life waiting for someone to deem us whatever it is we want to be and and um I I'm gonna I'm gonna guess that maybe I could be wrong like you didn't wait for someone to deem you the happiness coach like you called yourself that Yeah No I mean I was yeah because because I was the only person I knew of who was even talking about happiness in the obsessive compulsive way that I was and reading every book I get my hands on So I was like no this is what I am like And yes it does feel weird And part of that is because it's not familiar Another part of that is sometimes we suffer with

impostor syndrome right But a third part of that is that ultimately all definition is somewhat limiting right Because we don't really any of us We don't really fit into a box And so when we call each other a happiness coach you're like well but I'm also talking a little bit about success and a little bit about executive presence or confidence or charisma or you know these other things love dating relationships So you can always feel a little uncomfortable because ultimately you're so much bigger than that Um but sometimes you think you're so much smaller than that Yeah Yeah I think um I think if someone is listening you're like waiting for someone to tell you what you are I I highly recommend you give yourself your own title You can make it up whatever you want I promise you it's better that way and you I think we all will outgrow some things to an extent because we are ever changing And so you know and and it's really simple you just you just put a new title on the business card like you just go into Can and you just edit No totally And it doesn't have to be just one I mean depending who I talk to I call myself different things Right So the executive is my private practice I'm an executive coach for you know the athletes I might be a peak performance coach you know but for the everyday people who just care mostly about happiness I'm a happiness coach But really it's the same thing We're just using different words different language But you don't have to stick to one thing forever and you don't only have to stick to one thing even for now Yeah I that is the coolest thing that um I you know my parents have they always had one job Right Like my mom has been a school teacher since she started being a school teacher Somewhere in my my childhood And that's what she still is And my dad worked for the post office which you can't get more of like this is your job until you get a pension And he did not get a gold watch and it was the whole thing right So you know but I so when I went to I went to college for communications in interpersonal organizational And I didn't even I was like I don't want to go to grad school I don't want to write another paper over this So I started working in didn't know what I was gonna be and I loved it and I had so much fun But I when some when I met someone and they're like well you should teach Pilates and I was like I could do that like in my mind because of what I saw and that's what people have to be really careful If you only saw your parents do one thing their whole life then you start to think that that's it Like you don't see that you can you don't see that there's other possibilities and now you know since someone just like opened up that door and I think like being aware of people suggesting things like you were aware of someone you should be a model and it's like no no no

And it happens again You're like well maybe like maybe I should try this twice in one week you know Um and so I I think it's really important that we we don't have we can change we can grow we can evolve and and now we live in a world that's so much more possible Right It's not weird to like switch jobs after a couple of years In fact it's celebrated it's celebrated right I mean and particularly these days you know a lot of the folks that I work in my private practice you know even if they stay in the same industry or the same space in general they are encouraged actually to change jobs after every 34 years Right It's a thing now So absolutely You know I think um part of the you know temptation for all of us is to impose these limitations on ourselves and then spend our lives trying to overcome these limitations but most all of its self imposed Yes Did we hear it from somebody else that way Did we inherit from somebody else Sure But every day that we choose um those limitations it's our responsibility But it's also within our power to make a different decision Yeah I love it So I have a question and and maybe there isn't but I'm just wondering is there is there a word or a sign like a statement that someone might be saying that is like a sign of a limitation Do you know what I mean Like OK Is that clear Yes totally So I'm I'm gonna say something very strong and I can dilute it down But um every thought is limited So we talk about limiting beliefs but every belief is limited to this end this belief right Every every every single one there's no exception to that rule And so ultimately the limitless state is one that is thoughtless that's without thought right So every way in which you describe yourself or define yourself you're actually limiting yourself period So that's the way to know it Am I thinking OK I'm limiting myself in some way Now there are much less limiting thoughts than others right And so generally anything that sounds I would I would say a better way to vet it for yourself is how does it feel when you say it Right Because we can all say the same thing but we will all feel a little differently based on um you know our experiences and what we sort of imagine for ourselves and how we see ourselves And so I'd say you can vet your thoughts better by how they feel than what they sound like Um So if the thought doesn't feel inspiring and lightening uh it doesn't make you feel happy to be alive It's probably a limiting thought Oh yes Yes Yes Ok So um I sometimes people at wonder like someone listening might be thinking how do I know I should quit something Right And that's what your what your thought your statement just came to And I remember Brad and I were working on this project and he I was really frustrated with that I was crying I was burnt out because I was trying to you know do as a side hustle while I

was working because I need to make the money to make it happen And so I was doing I was doing this job and this project of mine and he was like let's just quit it just quit it Like if it's making you cry just quit And the feeling that came over me was regret and frustration and anger like that was not the answer And so while I didn't know how it was gonna make it work I knew based on the feeling in my body that that was the wrong thing to do Like it didn't make me feel relieved like it if I if I knew that it was the right answer I would have felt relieved Ok I'll just quit But that was not that wasn't it So I think that's I think that's such a great thing I think we forget that our body is really telling us a lot of things all day long Oh the body is much wiser than the brain is It's older than the brain is you know Right So so you're absolutely right about that If you ever have questions or doubts about what you think or believe just check the body the body will tell you you know generally if it feels like relief or not So you absolutely nailed it I mean and that's the challenge That's the challenge with you know and and why we can't really give people like a guide book or a rulebook and say these are the limit These are the most limiting thoughts because for some people that would have been the perfect answer Quit Yes They feel relieved They want to just go running you know and uh into the sunset they would have loved it But for you it was a very different response and that there was a deep knowing in that So I agree with you there And I've had the same experience in my own life Like you know there have been opportunities for me where it's like oh you can get paid this amount of money to work this corporate job And I'm like ah kill me now I'm good I'm gonna pass on that But I I love the idea for you know the opportunity for somebody else So you're absolutely right I think we want to reach for feelings of relief ultimately Um and that doesn't mean there aren't gonna be moments that are uncomfortable that you still might want to lean into But it's such a personal thing It's very hard for somebody outside of you to tell you what's right for you Yeah And I think that's the hardest part because everyone's listening like OK tell me what I'm when I say this this is the thing that's that's what's holding me back or when I and and it's just you it takes so much personal knowing and just like checking in with yourself And I think that takes so much work because I think a lot of people are scared of what I think they know the answer and they're just scared of it Like it's just scary to do well absolutely And it's so hard to hear your heart when your mind is so noisy right If you're listening to the mind and the mouth the mind shouts and it pretends to know so much but it actually knows so little the heart just speaks in a whisper and it knows

everything but you think that it knows nothing So that's what any of these practices about I mean yoga or mindfulness or meditation or prayer or visualization Ultimately it's about quieting your mind ideally long enough and deep enough that you can hear this deeper intuitive all knowing presence right And so um I love what you're saying there and it's um a little hard to figure it out when you're only living your life through your mind and through your thoughts Yeah So I mean obviously because of your journal that led to a book you would tell people to journal Yeah Yes I love journaling And I would say you know depending on where you are If you're just starting out in this journey journaling whatever just free association is great whatever you're thinking and feeling is fine Ultimately though you wanna you wanna eventually get to a place where you're journaling or focusing on that what you love about life about other people and particularly about yourself Um That'll help to rewire your brain to make happiness and love and peace Much less effortful and much more automatic Yeah I this is I love that you start with the Free Association because here's the deal You'll you'll if you don't know me already I'm a recovering perfectionist I definitely the is there We're good I'm also recovering overachiever So there's like there's a couple little things in there and I remember my my therapist was like it was right after the pandemic started and I um and I so I was having a meeting with her and she said well I think you just need a journal and I was like OK I can do that And then I went back the next week and I'm like so I didn't journal because I have a journal and it's sitting here and actually let me show you all the journals I've purchased in the last 10 years So I have all these pretty journals and they're all empty because I actually don't know how to journal Like why do you journal Right And and and she started laughing She's like of course because you have a this problem and just so you know there's no right way And I'm like but ok thank you for that I need direction I need a direction So she had me do morning pages and I said I've heard of morning pages I just don't have time to read that book I don't want to read the book And she said you don't have to read the book This is what you're gonna do You're gonna grab a legal pad of paper as soon as you get up in the morning you're gonna write and until you've hit three pages and then don't reread it And y'all if you have if you're like listening in you're like thanks for the journal and tip again before If you can't get to the part where you do like really intentioned journaling where you're like looking at gratitude looking at winds looking at what's going really well trust me the free writing on three pages First thing in the morning you you become so aware of the thoughts that you're not

actually paying attention to It's like that meditation you're talking about And I really discovered so much within two weeks of it And I was like this is the most amazing thing I still do it every morning It's my favorite thing Usually it starts with I hate the mornings Oh my God And I'm a morning person but who wants to wake up No one So I I just highly recommend anyone who's who's really stuck on Like what do I journal about Just write for three pages and you will figure it out I love that so much And you're so right about that And you know there's a great metaphor I think about sometimes like most of us are so lost in our thinking every day And most of that thinking is redundant It's negative it's super stressful OK We're so lost in it It's kind of like being in a movie and you're just so caught up in this like horror flick you're just so into it You're so freaked out the entire time that you forget It's actually a movie that they were just fake characters It's a fake plot It's all made up We forget that and part of what journeying allows you to do is step back a little bit from that movie And remember you're actually in a movie theater and you can step out of the movie theater if you want you can turn off the projector you can maybe redo the scenes whatever it is that you want So that's the beauty and power of journaling to some extent is that you get to become sort of this non judgmental observer or witness of the crazy thoughts that you often have And then at some point you can make a different decision or a different choice when it comes to any of those thoughts Amazing amazing And I I'm the person who screams in a movie because I'm like living the movie I'm like with them So porn films are not around here because it's like I I may as well be there like turn around I can't do it But I you that's so true It's like the journaling does let you do that Thank you for sharing that I think that it's something that's an easy thing for people to do right now to really help them figure out what they their body already is trying to tell them Um I I'm really into that So um before we like wrap this up I'm really enjoying this I hope everyone's having so much fun learning everything Um Where can people find you just so that they can start because they're already going to wanna learn more from you I so appreciate adore you I mean I mean that thank you so much not just for who you are but for what you do just amazing Um So you can find me at coach Rob Ma dot com That's my website You can also find me on most social media platforms but probably most consistently Instagram at Rob Mack M A C K official Yeah I love it I have a friend who's also an official at the end and I'm like I should do that I wanna be I'm official Well because I knew what right at the beginning it's like I knew when they had to come up with that check I'm like

we're gonna all be chasing this checkmark thing now and I was like I'm just gonna make it official I don't need the checkmark I'm declaring it for myself So that is the ultimate be it until you see it You're like I don't even need the check mark I am already a I'm officially checked That's awesome I love I'm gonna outsource this self approval thing Yeah Yeah that's I mean that's so in line with what you do and it's it's really funny I mean it's people do get too caught up There's always gonna be something we're chasing I think that's that's the nature of what the world wants us as if we're so busy chasing something that's like who cares Who cares what the checkmark is Someone has a checkmark and I saw four posts I'm like well obviously you can buy that then because like how did you get that with four posts You nailed it and you're right about this too which is a really profound point I just want to highlight what you said because it was so profound I want people to hear it like you don't want to spend this very short life chasing temporary things that there's a huge danger in that And actually if you can turn it around if you can stand you can just prioritize like this happiness that's on the inside you'll find that the successful things that you're after whether it's health or relationships or money or more recognition it shows up with so much less energy time and effort And so that's the one thing I just want to remind folks of because that's a point you made a remark you made Yeah Um Thank you for pointing that out I I love when like things can be repeated because some people need to hear it in different ways and it's so true Um They some people call it a flow state you know that you get in there and it's the I I've heard of other things like the doors are closing and then when you're on it the doors keep opening and I know people who are listening to me for like I'm just hitting closed doors It's like I promise you I promise you It's just because it's part of the process you've got to go on like you've got those doors are closing on for a reason and then there will be plenty of doors opening and it will it will happen once you probably stop chasing what you think you're supposed to be doing and start asking your body the questions that it really should be doing Got a knock on that inner door That inner door is the one you got a knock on all those outer doors When you when you prioritize knocking on the outer doors you just postpone ultimately where the greatest happiness and the greatest success is found Yeah beautiful OK So before I let you go um I really like people to have tangible takeaways I mean we've nailed several already Um So the journaling one is big But what is something as hip that you can give people that they could take away now that they could be it So something bold executable something to find that intrinsic motivation or



something target can be One can be four What would you tell people Number one make happiness the most important goal in your entire life Like if you can prioritize that I promise you that everything else will take care of itself So that that's number one number two is recognize that happiness is always inside and it can be found first through positive thinking or really telling a better story based on truth about everything and everybody in your life And secondly by not thinking at all ultimately where we're all heading is to simply being the peace and love and the happiness that we ultimately want to experience the future being it now And every time you have a moment when you're not lost in thought and you're just breathing in the moment and you're not trying to figure out the future and you're not reminiscing about the past and you're just deeply present You already are being the happiness that you're ultimately chasing through these other people and these other things And so that's the final thing I'll say is try not to route your happiness through other people places and things but instead go directly to the source for it and you can do that both through positive thinking on one hand that's putting it simply and not thinking on the other Amazing Obviously we could talk for hours We'll have to have you back for sure Like I'm just this is a conversation to keep going And um I'm I'm so grateful for you I really really am so thank you for being here Rob Everyone Follow him uh screenshot this podcast tag us both on Instagram with your takeaways We can see what you got out of this and we can share um what you posted with um those who are following us Thank you Thank you Thank you And I'll see you soon You soon That's all I got for this episode of the be it until you see it podcast One thing that would help both myself and future listeners is for you to rate the show and leave a review and follow or subscribe for free wherever you listen to your podcast Also make sure to introduce yourself over at the be it pod on Instagram I would love to know more about you Share this episode with whoever you think needs to hear it help us and others Be it until you see it Have an awesome day until you see it as a production of as the crows fly media It's written produced filmed and recorded by your host Leslie Logan and me Brad Kroll Kevin and Bell at de handle all of our audio editing and some social media content Our theme music is by Ali at Apex Production music and our branding by designer and artist John Franco Choi Special thanks to our designer Gyro Mondal for creating all of our visuals which you can't see because this is a podcast and our digital producer Jay Pedroso for editing all the video each week so you can and to MEREDITH Kroll for keeping us all on point and on time Yeah