

Gen Y Shift Series

Confidence, Being 'At Cause', and the Power of Habits with Sean Stephenson

[0:00:00]

Ben: All right, everybody. Welcome back to the Gen Y Shift Series. This is Ben Hart with you again. I'm very, very excited for our guest this week and all the goodness is going to come from our conversation tonight. Some of these come from your questions.

So I'm just going to jump into it and just introduce Sean Stephenson to you all. So those of you who aren't familiar, Sean is a therapist. He's a author. He's a motivational speaker. He's been on Oprah, CNN, all of the major media and just blowing up more and more. He's been on stage for many years now, I think 15 years or something, maybe even more, appearing with the Dalai Lama, Richard Branson, and many, many world and thought leaders.

One of the things that he's known for is being a leading authority on the deconstruction of self-sabotage. I think our conversation will go into some goodness on confidence and insecurity and things like that.

Let's just go right to it, Sean. It's such a pleasure to have you on tonight.

Sean: Oh, thanks for having me on the program. This is going to be fun.

Ben: Absolutely. Sean, your story is fairly well-known, but for the people who are on and don't know your story, I'd love if you could just give a bit of your background and just explain your unique awesome journey.

Sean: Sure. Well, the biggest question people have when their listening to any interview is what's this person all about and what do they have to offer? So we'll start by answering that question of yours which is what I am or about?

I was just discussing this with a friend that most of my story and how it begins is actually very little of who I am. I was born with a rare bone disorder called osteogenesis imperfecta. It's a rare bone disorder that causes the bones to be extremely fragile. So something as simple as sneezing would fracture a bone as a child, coughing too hard would break ribs, putting a pair of pants not thinking consciously could catch my leg

and break my femur. It also stunted the growth of the bone. I'm only about three feet tall. It confined my mobility to a wheelchair because my legs couldn't support the weight of my trunk to walk as well as the bones weren't strong.

So growing up with this condition I had my fair share of physical agony as well as emotional challenges that came with it. The questions that many of us asked seem to be more on steroid therapy which "Why me?" and "Why do I have to go through this?" and "Why is life so unfair?" which many of us have questioned on many occasions, and you're not being able to blend in, not being able to just disappear into a cloud was something that I dealt with as a child and as an adult as well.

But with all that said, the story just ended there. It would be a depressing bummer and most people would be like, "Yay! That was easy!" But fortunately, my life doesn't end there. At a young age I also had a lot going for me which is I had great parents, I had great support structures in my community, in my family that raised me to believe that, yes, there is a lot that I will not be able to do physically but there's a lot more that I can do mentally. So therefore, I need to start succeeding on that which I can do not on what I can't.

At a young age decided that's it. I don't want to be judged because of my container. So the best way to not be judged based on my container is to accept that people are going to judge me because of my container. I know that's very paradoxical, but the way to get over something is to embrace it. The way I embraced it is that I'm not going to be the best kid in a wheelchair; I'm going to be the best kid.

So I became very driven to be successful in academics and extracurricular and got involved in organizations and did things to really make a splash. They were much more -- how shall I say? I don't mean to brag. I just want to share with you the truth of my life which is I always look at who is up to the moment, coolest thing growing up, and then I want to do something that was even cooler.

So I applied to work at the White House when I was in college and got accepted. I wrote three books by the time I was 21. I did this whole laundry list of really cool stuff because I think deep down inside I wanted people to not feel sorry for me. I wanted them to be inspired and empowered by me.

[0:05:03]

So my greatest insecurity which is that people were going to see me as weak in some ways drove me to great ambition and then at some point my life switched from not wanting to prove anything anymore in my life rather to improve and stop trying to use my potential as something to make people be in awe and just use my life to make myself really the best that I could be even if no one else was watching.

That's the difference is that I'm on a crusade and that crusade is to rid the world of insecurity. I just found in my own life that, yes, insecurity will take you places. It will help you accomplish a lot of things. It will push you to be better and grow and make money, but they won't feed your spirit. They won't grow your soul. They only tantalize and feed the ego. That's why at some point I really started getting to feel a lot more spiritual as opposed to just being intellectual and really sitting with the fact that my container doesn't just have to be an example of what's possible but I'm more than my container; that there's a life much greater for me and just being the guy that did a lot of cool stuff in a wheelchair.

So that's my background. That's my story. Now, I am really out there to see what I can learn and see what I can offer. I can tell you as much as I've gathered the degrees and the diplomas and the certifications I am still a work in progress. I'm still somebody that doesn't like to be called a guru because there's a lot that I don't know and there's a lot that I haven't even worked through in my own mind, in my own life and my own understanding of reality and humanity.

So whoever is listening, if you're worried that "Oh, this guy has got it all together and he's not like me, I'm struggling," look, I'm still in it with you. You don't just arrive. You're just constantly on this journey as cliché as that might sound.

Ben: I love that. I think that especially because you're at such a young age, what are you? You're early 30s, right?

Sean: Yeah, 33.

Ben: Yeah. So you've accomplished so much. You've done so much. You're speaking around the world. I think it's very easy for people to say "Oh, well, Sean has this amazing gift and he's living into his destiny and that's not me." I appreciate the way you speak about it is really humanizing yourself and the journey you've been on for each of us to continue to improve and grow. I'm wondering when you made that shift from feeling like you had to prove yourself in some way, what do you think was supportive to that? How did that shift occur in you?

Sean:

It's probably a recent shift because I was really sitting with -- I owe a lot of that to my relationship, the woman that I'm about to marry. We've been together for almost three years now and also turning 30 was the pivotal point in my life because I always felt like when you're in your 20s you have the ability to explore and try to figure out what really is important to you and what you want to do. I always have this picture in my mind that when you get to 30 you became an adult and you had to get your shit together.

At some point I sat down with that and I had to see forward the relationship that I'm in now. I was in a very tumultuous relationship, and I allowed certain things to be done to me and treated a certain way that was just not what I teach people to do and to experience and to allow into their reality. When that relationship ended as painful as it was, it really broke me open and it cracked me open to really sit with what am I going to make for my life?

One of the things that I wanted to, really explore my spirit. I was raised Catholic and so I just always followed along with what everybody else is doing in religion. I just did what I was told in my spiritual side. When I went through that massive amount of pain in the relationship breakup, I thought solace and studying spirituality and meditation and past lives and a lot of things that I really looked at as woo-woo and really looked down upon my whole life that I just opened my mind to, well, maybe this isn't a bad thing. Maybe this isn't wrong and sinful.

[0:10:24]

I just studied all different kinds of ways of seeing reality and then I fell in love with a woman who had her own spiritual set of beliefs that I agreed with and I wanted to learn from. I'm embarrassed to say this, but she was the first woman that I ever dated that I truly felt like I could learn from. I had always picked girls that I could teach, and finally I was in relationship with a woman that could teach me. That was a big critical change in my life and breaking away from my parents.

I was 32 years old when I finally ran away from home, and I had that moment of who am I separate of my parents? Who am I separate from what I've been told to be? What do I really truly believe about reality and my body and relationships and sex and money and drugs and food and service and career? I followed very much along with the do as you're told and not like I was forced to do that. It just was the path of least resistance. I only had just come to a change of life where I was like, "You

know what? I'm not here to live out anybody else's life for mine." So I think that's when it took place.

Ben: That's beautiful. I love that. It's so interesting to me how the crusade that you're on the mission of your life and to rid the world of insecurity is such a beautiful reflection of the journey you've gone through and what you've learned to overcome and what you've learned to accept as a blessing.

Sean: Yeah, this journey that I've gone through, that I'm still going through. I'll share you something personal which is I'm still dealing with insecurities, and I don't feel like teachers of personal development share enough their warts. Right now we're deciding whether or not we want to have children because there's a 50/50 percent chance that my child could have my disability. It's like do we want to bring that into the world? Is that a good thing? Is that a bad thing? Should I be for it? Should I be against it? Should we take medical intervention and see if there's a way that we can extract that?

It's bringing up all kinds of insecurities in me. Still to this day I deal with insecurities. I don't think the goal for life is to think that someday you're going to be rid of your insecurities. I think the truth of the way to eradicate insecurity from the planet is to acknowledge that it's there for a reason and that you got to stay ahead of it. The best way I found to stay ahead of insecurities is through self-care. When you take care of yourself, your insecurities don't have a chance on you.

When I get up at 6:00 in the morning and I exercise and I go meditate and I go make a healthy green smoothie and then I go respond to the emails of my day and then I take a break and I spend some time with my lover and I tell her how much she means to me and then I go back to work and I create some project that hopefully is going to reach somebody and then I call it a day and I go out and I take a walk in nature, if I live a very structured self-care, I'm meditating, I'm eating right, I'm exercising, I'm listening and absorbing positive programs like that which you bring into the world, Ben, when I do that my insecurities don't have a shot at running my life.

When I don't do that, when I choose to have some greasy pizza and I don't meditate, I rather surf the internet, browse and look at other people's life on Facebook and I compare my life to others and I sleep in late and I don't do anything with my exercise and I don't get on my pajamas and I don't take a shower and I think like toe jam, my insecurities devour me. I got to tell you I'd rather be truthful with you

and tell you I'm just as susceptible to being weak as anybody else when I don't take care of myself.

[0:15:00]

Ben: I love that. I so appreciate that transparency and the vulnerability in that and the amount of leadership that then allows for. What strikes me as you're saying that is then, okay, well, what is it that that has allowed you to get to the level that you've gotten to in terms of your inner success and your external success? It sounds like you've just made such a strong commitment to that self-care. I'm wondering if you have any tips or ideas on how people can really ground more in their habits.

Sean: Sure. I could tell you, if you want a better life, you're going to need to treat yourself better -- period. I don't mean that in say nice things to yourself. Well, that's a part of it. It's not all of it. It's how much money do you spend getting a massage each week? Do you go to a chiropractor? Do you go to a healthy grocery store and make a list at a time of what nutrients your body needs? Do you research how your body even works?

There's such care that goes into living a good life and that's taking great care of yourself and taking good care of your surroundings. The tips that I would say are sit down with pen and paper and I want you to think back to when your life was working. What were you doing? What was on your list? Were you exercising? Were you praying? Were you going to church? Were you helping the homeless? Were you doing 100 pushups every morning? Were you going through walk with your children? What did you have to do for your life to really work at that point in your life?

And then make a list of what were those activities and then go back to posting those around you and doing those activities again and again and again because anybody that tells you that they have the secrets to the universe, that's wonderful. The only thing that I have found in all the secrets that have been slapped together in marketing promotions is you got to do what works for you over and over and over. I'll tell you when you can stop, when you die, that's when you can stop. I know that that's not really motivating maybe but it's the truth. That list of what is your **[0:17:29] [Indiscernible]** like work with? Would you like me to read you my list? I can read it to you right now.

Ben: Yeah, that would be great.

Sean: Okay, hold on, it's in my phone here. Let me open up my picture book here, my photo album. Let's see here. I carry it with me because I have to

be reminded. Okay, number one, I have to eat alkaline meals and stay hydrated. Alkaline is just high leafy green foods. Two, I have to do journal every day. I spend almost every morning writing three pages in my journal and I have to. That's how I keep my sanity. I have to meditate daily. Do I do that daily? No, but when I do, it works.

I have to work out like three times a week. I have to work on my hygiene and grooming so that means like taking my daily shower as embarrassing as that sounds. When you work for yourself, you don't do that. I have to review my goals. I have to learn new things like reading a book a week. I have to keep my space clean and organized. I have to sexually connect with my love of my life. I have to have dance parties by myself where I put on my favorite music and I have to dance. I have to get deep sleep consistently, six to eight hours of sleep a day.

That's my list. Does that mean that that's easy? Heck no. But I have to keep that on me at all times because when my life starts to suck, when I get sick, when I get tired, when I get grumpy, when I get overwhelmed, it's because I'm not doing those things and I have a choice. I can continue to wear my pajamas, smell like butt, and be angry of why am I so frustrated or I can shower up, shave, exercise, hit the gym, go to Whole Foods, make my smoothie, meditate, review my emails, respond to my business to-do's and then life's gets great again. That's the truth. Anybody tells you anything else I just found that they're probably full of it.

[0:19:55]

Ben:

I love that. I really do. We had Brian Johnson from Philosopher's Notes on a few months ago, and he was talking in the exact same way you're talking about, just about the important of our habits. So I think it's so great to hear you speaking about it too, just to hammer it home more and more is that we just need to really approach life in this way. Yeah, it's so great.

One thing that's occurring to me that came from your book -- for those of you who haven't read it, Sean has a great, great book called Get Off Your "But": How To End Self-Sabotage and Stand Up For Yourself. In that book you talk about a number of the ways that we use but's and one is making excuses. You're saying how we make excuses often when we don't really want what we think we're wanting. I think what you're even making me think of is, okay, what are the reasons in my life when I haven't really stuck to my habit and stuck to my practices? In some ways it's like, well, I'm scared what my life may be if I was humming at that high level. My

life was really rocking if I was kicking butt that much. What would my life be? I would have to let go of a lot of other things as well.

I'm curious just to think about what stops people from doing those things. What do you find in your own life? How have you gone to the space where you are much more consistent?

Sean:

I don't know if I am. I hate to admit it. I don't know if I am anymore consistent. I probably have a fail rate that I've had since I started. I just feel like I really would like to just bare my soul with you right now and just say things that most people are too scared to share. One of them is if you really want a great quality of life, you got to be willing to risk, screwing up a lot. This screwing up is a matter of interpretation but by that I mean you got to be willing to just fall down over and over. Again, I hope that this isn't depressing or upsetting but it's true.

I find that with all the work that I've done in my life from becoming a doctor of clinical hypnosis to studying with the Dalai Lama, to all the things that I've done that the greatest thing that I've ever come across is that mentality that you're going to get dirty in life and that every day is a choice. You're going to pick yourself up, dust yourself off, and then go back out there and get dirty. You know what I mean? I think everybody wants to be sold. There were goods, but there's amazing bar of soap that will wash the dirt off of you and you'll never get dirty again. It's not true. It's just not.

I think it's more loving to say the truth which is if you're going to get into a relationship, be prepared to work, but that doesn't mean that work is hard. Sometimes it takes effort but effort and hard aren't **[0:23:18]** **[Indiscernible]**. What I mean by that is if you're going to get into a great quality relationship that's going to be wonderful, wonderful thing, but you're going to all have to make sacrifices and go to places to explore your own soul. I mean the easiest way to live your life is to not take any risks, but it's also the most painful way to live your life.

Let me tell you, if you ate whatever you wanted, you would eventually be 1,000 pounds, let's say, right? That would be the easy way to live your life. You just eat whatever you want. But it's not. It would be a very painful experience to be 1,000 pounds. It's very easy to not go the speed limit. You just press on the accelerator, but it's very hard if you slam into a pole or another car or get your license taken away because you've been caught speeding 100 times. What is easy is not always what's best. What's easy is not always the most rewarding in the long run.

So the question is do you want to live a life that's easy but not rewarding or do you want to live a life that's going to take effort but is really going to just make your life so valuable? That's why I said I don't think that it's about becoming more consistent. I would really like to follow around anybody that claims that they work out every day. I would like to follow along somebody that says that they never had a piece of sugar or they never had a piece of fatty food or salt.

[0:25:05]

You can only be perfect for so long and then one day you're going to be human. That doesn't mean that you're going to be so human that you just give it up and go back to gluttony. It's a process of you're going to be going a long time and maybe have a streak of "I hit it, I hit it, I hit it. I'm doing great." And then one day your grandma is going to die and you're going to be sad and you're going to reach out and you're going have a choice to make. Am I going to do something that's going to feel good right now or am I going to do something that's going to feel good in the long run?

Maybe if you're strong enough in that moment, you're going to do the right thing but maybe you won't be. Does that mean you should beat yourself up? I don't think so. But I do think that means that you better be willing to start all over tomorrow. You better be willing to start over again and again and again. I journal, as I said, and one of the things that I wrote in my journal today is I think people would be shocked how many times I have to pick myself up and start over. The problem then is when people stop picking themselves up. That's when it becomes a problem.

Ben: What I love about that is the consistency may not grow and grow and grow. Your ability to pick yourself up I'm sure has grown in the last two decades of your life.

Sean: Yes, and that I'm willing to talk about in more depth because that's more what you're looking for. I think what you're saying is how do we get better at picking ourselves up? That takes practice. That takes several things.

One is surrounding yourself with people who just won't let you stay on the ground for very long. It takes finding mentors that really do a better job of it than you do. It takes responsibility in becoming a mentor and being an example to people that you love. I don't take for granted that people take great, great effort to learn what I'm teaching and they pay

money sometimes, they put in time, they put in energy, and I don't take that lightly. I think that my life reflects that.

I have two tattoos and I was the guy in my book that said, "I would never get a tattoo." I hadn't got one anyway, I got two. It was because my commitment to my material of what really I believe in. One tattoo is the infinity symbol on my right wrist that my fiancée has matching on her left wrist. An infinity is the example to me is a reminder that I am not my job, I am not my body, I am not my age, I am not my sexual orientation, I am not my race, I am not my income, I am infinite, I am capable of so many potential reality, and I am not tied to reacting and acting and living out any one of those circumstances that I explained. So I have to remind myself of that daily that's why I got the infinity tattoo.

I also got the tattoo on my left wrist of a concept that I teach in my last chapter of my book called "C is Greater than E," cause is greater than effect; that when you live cause you own your reality, you're responsible for the results that you have, you're far more powerful than when you live in effect which is you don't have the results you want, you have all the reasons for why you don't have it. That's the space of being a victim. That's the space of why me? That's the space of life is happening to me not for me.

I find that I have to be reminded of that daily. So when I look down at my wrist and I see that I'm infinite and that I got to live a cause, it's a visual meditation. It's a visual reminder. It's a part of helping me exercise that, getting back off the ground muscle. Do I think that somebody needs to go as far as getting a tattoo? No, I don't think so. It's just something that I chose.

[0:30:10]

Ben: I love it. It's beautiful. I don't know when you got the tattoos, but it feels like something about you saying, "When I'm 30 I'll be an adult and I'll be in the world in a different way." It feels like somehow getting those tattoos that you're doing that early claiming that this is who I am and this is what I'm about.

Sean: Yes, you're right on the money. That's a great perceptive awareness because I got both of these tattoos and that switch between who am I and here's who I am. I got one tattoo -- as I said, I ran away from home when I was 32 years old. I literally was living at home, and I just disappeared one day because I had been so frustrated. I left a note and I said, "I love you. I'll be back. I just need to figure out who I am and what I

stand for.” That’s when I got the infinity tattoo. I did go back. They know where I am now.

I was going for a month figuring out who I am. On that journey I did get the infinity tattoo and then I got the other one, the cause is greater than effect, what I call the freedom formula. I got that maybe about a month ago when I was journaling. I realized that I needed to be reminded every day that it’s my reality, and I am responsible for it. This is something that I would have no choice but to look at for the rest of my life. I did.

Ben: I love to actually hear a bit more about that running away for a month and diving more into who am I really because I feel that’s something that so many of us coming into our adulthood need to go through is diving in and looking at it and then emerging with this new power that is really sourced into who we are and what we’re about. I wonder if there’s anything from that you’d want to share more about how people can learn from the month you went through and what that was like.

Sean: Sure. I could tell you it’s probably one of the most interesting stories that I have. It’s also the most personal and the most sensitive. I say personal and sensitive because it still to this day is not understood by my own family why I did what I did, and it brings up a lot of soreness in them, and you’ll hear why. But it was not my intention to bring up soreness.

Yes, so I was 32 years old and lived at home my whole life. I fell in love with a woman who I’m getting married to now. I’ll skip to the end of the story and say everything is great now, and my family loves my partner, loves me and everything is well. But it wasn’t always the case. We’ll rewind back to that 32-year-old that ran away from home.

I was just very frustrated. I’d picked out the love of my life. My family was not sure that it was the best choice because they didn’t know that person’s intention. They were worried that I was distancing myself from them, and they were worried that I was changing, that I wasn’t the guy that I was my whole life. They were worried and rightfully so they’re parents and my sister.

Finally, I just hit a breaking point where I needed to know who I am separate of my family. I left a note for my mother, and I left a note for my father. I put it in my favorite book, *The Alchemist*, and I left. In that note it said that I love them and I was going to go away for a while and that I wasn’t going to tell them where I was because I needed to figure out who I am separate of them, that I love them, that this wasn’t meant to punish them, that it was meant for me to find myself in the world.

I called up my fiancée and I said -- oh, she wasn't my fiancée at that time -- my girlfriend at that time and I said, "Do you trust me?" She said, "I do. Why? What are we getting into?" I said, "I need you to pack a bag. We're going to go away for a while and I don't know where. I don't know for how long. I need you to trust me." I would like to say she said okay, but she didn't. She said, "I can't, I can't. I have obligations, the responsibilities. What are you doing?" I said, "Well, I'm going away. If you want to go with me you're welcome to, but I need to go away." When she heard that seriousness in my voice she said, "Okay, let me get my stuff together."

We left and we went on a journey. I didn't use any technologies. I told none of my friends where I was going. I stayed off Facebook and Twitter and YouTube. I got to tell you, in this day and age that camera phones and everything, it's very hard to get off the grid especially if you're somewhat of a public figure. By no means do I think of myself as some kind of Brad Pitt, A-list celebrity with paparazzis around me, but I certainly have people that know who I am around the world and they come up to me and take pictures with me and want to put them on Facebook. So it was not an easy feat to disappear.

[0:35:31]

I had a friend that just showed up out of nowhere that said, "Can I help?" I didn't tell anybody who I didn't need you to get involved in my experience because I knew that my family would want to find out where I was. I had my one-way ticket. I went on a journey. I did all the things that I said I would never do. I tried drugs. I tried red meat. I spent time in silence for a very long period. I just really figured out all these things that I was afraid of. I tried them all out. I figured out who I was. I figured out what I like, what I didn't like.

I think that a lot of the things that I said were wrong and bad, some of the things I had a totally different opinion after trying it for the first time and it was a real journey. It was a real introspective face your fears excursion. I was scared. I was sad. I cried. I was angry. I was elated. I was happy. I was free. I went through every kind of emotion that you can think of. When it was time I went back home, and I faced the hurt of my family not knowing where I was or what I was doing.

I had a lot of repairing to do in my relationships with them. I also told them that I was moving; that I'm not going to be living with them in a year. It was a big deal. It's the first time I really separated myself from my

family, and it was not easy to do. I am so glad that I did it because now I live a wonderful life. I truly value my family. I was just with them recently and saw them. Our relationship is definitely different, but I would say better, in my opinion.

Ben: Thanks so much for sharing that, Sean.

Sean: You're welcome.

Ben: It was really nice to hear. What I take from that in my own life and what I offer to others is just how important it is to really listen to our inner voice and follow that path and though it may seem windy it just feels real, it's the one to walk. It sounds like you did it with so much consciousness and even with consciousness there's still conflicts that arise and hurt feelings and all of that but so glad that's brought you to who you are even more today. It's great.

Sean: The quality of life is directly proportionate to how much you're willing to be scared shitless. I mean I know that's not a really classy term, but it's what comes up for me because if you're willing to be scared, if you're willing to stretch and grow and face your fears and sometimes you're going to be strong enough that you will and sometimes you won't be strong enough and you won't and that's okay too. But maybe the next day you will be strong enough.

When you're in the personal growth industry you feel compelled to tell everybody face your fears, eat right, exercise, be perfect, be positive. You'll never have a bad day if you interpret it the right way. You feel the pressure to tell people to do things that aren't human. Now, I just could live in a space of you know what? Here's when your life is going to work, and here's when it's not going to work, and both are okay. I had a client recently in my therapy session where I was like, "You know what? You may not be able to make this decision and that's okay, but someday hopefully you will.

Authenticity has become something more important to me than impressing. I would rather you know the truth and then look at you and say, "Do you still admire me? Do you still love me?" than to tell you what you think you want to hear but then have you leave going, "Wow, there's no way I could do that."

[0:40:17]

Ben: Yeah. Definitely such a bigger gift to feel your foibles and struggles as well because it definitely opens up space in me to do with mine a bit more and I hope for everyone else as well. It's great.

Sean: It's also based on love. I think that one of the true tenements that I live by is that every moment you're either moving forward into love or you're running further away from fear. That's all that exists is love and fear, love and fear, love and fear. When you make a decision to love it may not be easy but you'll never regret it, in my opinion. When you make a decision from fear it may get you off the hook, but it's going to have a negative consequence in the long run.

Ben: Yeah. That's one of the beautiful things too when we share the struggles we go towards like you taking that time away to run away and face that fear when you get to the other side realizing "Oh, it really is all love." I got greater awareness of love and a greater trust of life I've experienced it opens up for me when I faced my fears as we get to be more vulnerable and transparent with each other like it reminds me of that. I feel like a bit more power in this moment that the next time I'm scared to say, "Oh, I can walk towards that and still feel my fear and be scared shitless and I can trust that."

Sean: Yeah. I read on Facebook somewhere it said, it was one of those quotes in front of a picture and it said, "You're willing to..." I'm going to paraphrase it but it's basically if you worry, you aren't trusting. When we worry we're not trusting. We're either not trusting ourselves. We're not trusting the universe. We're not trusting our partner. We're not trusting something. If you want to end worry, you have to develop your trust.

Ben: Yeah, exactly. It's beautiful too because it's not like I need to then get hard on myself when I worry. It's when I worry I then get to realize, oh, this is a beautiful opportunity for me to learn to trust even more.

Sean: Absolutely.

Ben: Awesome, Sean. Well, what I would love to do is people on the line give you the opportunity to ask some questions as well such on the webcast, you can go ahead and type them in. If you're on the phone, you can go ahead and hit 1 and I'll give you guys an opportunity to sink in and fell the question you may want to ask of Sean and continue on with our conversation.

As people are doing that, Sean, one thing that I would love to hear a bit more on is your relationship and stepping into marriage now and just the

transparency you've had with your whole life. I love to feel into what is it that you are actively practicing in your relationship that allows you to step into it the way you want to?

Sean:

Well, we have a lot of rituals that we work on together. One of them is we journal in the morning together separately but at the same time and that way we can write out our upsets, our joys, our gratitudes and that's really healthy for our relationship. In some ways, after writing something down it gives us a lot more clarity and then speak of it to the other person especially if it's an upset.

We have date nights every week. We are constantly making sure that we stay romantic because a lot of couples grow bored of each other because what most people don't know is bringing chemistry is a big part of whether or not your relationship will work. You have this neurotransmitter called dopamine, and dopamine is not a pleasure experience like most people think. It's actually a novelty chemical. So every time you experience something new, you'd get a hit of dopamine and dopamine makes us feel great. It's the same reason why people who do drugs and they keep having to do more drugs because it takes more and more novelty as it takes more and more dopamine to get that rush.

[0:44:56]

So we have date night. We do different things each date night because we want to make sure that we're setting our brain chemistry profile up the wind. So we make sure that we have lots of dopamine by trying new things, going new places, learning new things. I think a lot of people who have fears of monogamy really have a fear of losing the flame and really the flame will get lost if you keep doing the same thing. You got to keep it original.

So we do date nights. We do different things. We take personal growth courses together. We taught them together. We are committed to each other's health. So to give you an example, where do we spend the majority of our money? I can tell you, it's not on entertainment. It's not on our cars, our homes or any of those things. We live a very blessed life but we spend almost a good majority of our money on our health. So we get a massage almost every week. We get chiropractic every week. We spend a lot of money on organic food. We have a gym membership and we go exercise a lot.

We are constantly working on our bodies, and we put a lot of our money into it. That really makes a difference because say what you like but at

the end of the day the human body needs to be taken care of, and it's attractive to see a body that's in motion. It's attractive to see a body that's been cared for and respected. So we make our health one of our highest priorities in our relationship. Does that mean we don't fall down and go to Del Taco and get the greasiest of food sometimes? No, we certainly do that at times but we have the percentage far outweighed by the number of green smoothies and meditations and swims in the pool that we do.

Ben: Awesome. I love it. Certainly, I imagine it's connecting to go and have your greasy burritos as well because I can do --

Sean: Absolutely. You bet.

Ben: Awesome, cool. So we got some questions here. I'm going to go to Anne live. You have a question for Sean?

Participant: Yes, I just wanted the book title that he wrote.

Sean: Yeah, my book is called Get Off Your "But." It's spelled B-U-T. So like your excuses, "I would do that, but I'm afraid, but I'm not smart enough, but I'm not pretty enough, but I'm not tall enough," all of the fears that we have. So it's Get Off Your But: How to End Self-Sabotage and Stand Up for Yourself.

Participant: Great title.

Sean: Thank you, Anne.

Ben: Thanks, Anne. Great, we have Mike. Go ahead, Mike. You're live.

Participant: Hi, Sean. My question for you is how can I learn to be more consistent with what I need to do to realize my long-term goals?

Sean: Well, there's a million things that you could do. The biggest is remember that the term "out of sight, out of mind" is so true, and the insight in mind is so true. So you got to post your goals around you. You got to put them up on bulletin boards, in your bedroom, in your office where you work. You got to put it in your wallet. I mean, it sounds cheesy but you got to put them in your car. You really got to post your goals as many places as you can because you're reminded and when you're reminded you make things happen.

So that's a part of it. Maybe hire a coach, somebody that you look up to that can be an accountability partner. If you don't have money for a coach, then maybe get in an accountability group with somebody that really wants to help with their goals and be consistent in their journey and continue to work with them and encourage them as much as they encourage you.

It's a lot of the simple stuff that just takes acting on. I posted on Twitter today that the problem is usually never with our plans. The problem is that we either don't have them or we're not taking action on them. We're not integrating our action into our plans. We're not doing something about our plans.

So the consistency comes from posting them everywhere, getting an accountability person, putting some leverage on yourself. When I was getting my doctorate there were days that I wasn't wanting to work on my papers that I had to write. So I gave my best friend my credit card and I said, "If I don't get this paper done by the end of this month, charge me \$1,000." I didn't have \$1,000 to pay that credit card. That was some incentive, granted that was a negative incentive and not necessarily what I recommend, but that's what I chose at that time.

Participant: All right, thank you.

[0:49:58]

Sean: You bet. Hopefully, that answered some of your question.

Ben: Great. Thank you, Mike. Cool, Sean, we got another question for you from the webcast. Someone is saying, "In your book you talk about four questions that you used to deal with fear. They're saying what would and wouldn't happen. Could you give me an example of how you used that so I could implement it in my life?"

Sean: Well, I think that's referring to the quadrant that I believe and then I look back in my mind I wrote a book three years ago. I don't want to give an excuse. I'll go back to what I remember which is it's a quadrant based on how your brain works. When you're holding on to a problem you have it all wrapped up in language and feeling and emotion around that language. That quadrant is basically saying, what would happen if you did do this? What wouldn't happen if you did this? What wouldn't happen if you didn't do this?

You basically run all the scenarios in your mind until finally what wouldn't happen if you didn't not do that? And then all of a sudden your brain gets so flustered on the problem that it's like, "Oh, screw it. Maybe I'll just go do it?" That was just one little tip that I came across in my studies of personal growth. It's not the end-all. It's not going to be the hammer and then everything becomes a nail, but it's certainly a linguistic pattern that's colorful when you're stuck on something.

I'm pretty sure that that was created from these nuns that we're dealing with women that were abused and battered and raped and they came up with a series of four questions to ask these women that basically scrambled their brains that they could let go of their pain and their fear and their anguish from such a torturous activity. When I read that I was "Holy cow! That's pretty powerful!" So that's why I added it to my book that that pattern of asking yourself all the different scenarios and getting to look at all the different sides really help to scramble the problem.

Ben: Awesome. I got another one here for you about mentors. Someone's asking saying, "I feel that mentorship is something that needs to become much bigger part of society. I'm wondering if you could describe how you use mentors and how that is structured into your life."

Sean: Well, I could tell you, I'm still working on it, and I could tell you what I've done in the past and where I'm now. It's not where I want to be; it's where I'm heading. I'll also tell you where I'm headed. What I realized early in my life is that I needed guidance from somebody that had what I wanted and then I realized that that wasn't enough. I needed somebody that have what I wanted but also had a life that I really admired.

Let's say I want to get rich and I go, "Okay, fine," then I'm going to go model somebody who's wealthy. Well, if I go meet somebody who's wealthy but they cheat on their wife or they don't pay any attention to their children or they're 1,000 pounds, and they're not taking care of their health, I don't want to model that. So somewhere along the line I realized that it's not just about choosing a mentor. It's also about choosing the right mentor, about choosing a mentor that you really admire, that's really going to be authentic with you and charismatic and truthful.

So that I selected and selected and selected and I weeded people out and decided, "Okay, I'm going to spend more time with this person" until finally I came across people that I really, really, really open my heart and my life to. It doesn't mean that I always agree with them, but I go to them when I'm in quandary.

So what I do now is I have these mentors in my life, and I reach out to them. One of mentors, Eben Pagan, his model of the world which is if you want to get to the top, help people above you get even higher. That's just been so powerful to me because I'll do something like I'll have a list of names and addresses of the people that I admire and know me and I've worked with them then maybe once a month or once a quarter I'll mail them all a copy of the most recent books that I read that really empowered me or I'll send them off a copy of a movie that I just watched that really got me thinking about reality and opened my mind.

I'll just send them all a copy of a book or a movie or I'll send them an article that I read online or in the newspaper and I'll print out a bunch of copies. I just do that with a little note saying, "Thank you so much for being in my life. I thought this would be of service to you." I know that that's not the biggest deal in the world, but I spend a couple of 100 bucks every time I do that. It's not about the money. It's about the time and the effort, the energy. Maybe they don't always read the book that I send them, maybe they don't always watch the movie, but they know that I'm out there and I'm knocking on their door and I'm saying, "Hey, I want to add value to your life."

Then they can't help but allow reciprocity in saying, "Oh, hey, I wonder how Sean is?" And then they call me up and they ask me, "Is there anything I can do for you? Thanks for sending me that book. That book was great. That really, really helped me with my kid. That really got me thinking, and I really appreciate that." I really do believe that to get value, you got to first give the value and not every time it's going to go your way, not every time are you going to get a call but most of the time you will.

Ben: Awesome. I love that. It's really cool. You said there's a place you're wanting to go even further with your mentors. Could you describe what that would look like?

Sean: Sure. I think the place that would go further with my mentors has less to do with my mentors and more to do with me stepping into my mentor role. I've been talking about for a while creating an application process where people can apply to be an apprentice of mine, and they won't have to pay. They will have to put in a pretty lengthy application process where they have to write an essay, they have to do a video, they have to get letters of recommendation, and then I take a group of people that really, really admire what I'm doing and really believing what I am learning. I select the ones that I think are serious and then I work with

them monthly for free. I really give back in the way that my mentors had given to me.

I can tell you, one of the things that really upset me as a child growing up -- not a child but as a young adult, I should say, in my teenage years -- is I really, really wanted the self-help gurus to take me under their wings, but I didn't have the money and that really bothered me that you always have to pay them for their advice. I understand now that you got to exchange value and money is important. I certainly like to get paid for my books and my fees, but I also like the idea of having something out there that people can still apply for that is free, that is going to make a difference, and that is giving back. That's my next step.

I haven't done it yet probably because I'm still scared to do it because I think there's still some level where I feel like I need to be perfect before I take on that project. So even as I say that, that sounds like bullshit and it's in his time.

Ben: I love that. Well, big time energetic support from me and all of us here in you just sharing your gifts more and more. I love the vision because it really is -- I could just feel your heart wanting to be of service and just pass on everything that's coming to your life. So thank you. Big humble bow to that, Sean.

Sean: Oh, you're quite welcome.

Ben: Yeah. Well, it's already 6:00 and I really want to honor everyone's time, honor your time and just close with saying everyone who's listening definitely follow Sean on Facebook and Twitter. He's always putting out amazing things that are just coming through and create inspiration. Check out his YouTube videos too. We actually sent out your dancing video to everybody which I always think is just great. So use this tomorrow, take a dance break during work, and just love it up.

The final thing, Sean, we talked before the call about your wedding coming up in September. I'm wondering if there are any last words you want to share as you're stepping to that greater deepening of a relationship and just what's the most alive and exciting for you these days?

Sean: Probably, that the closer I come to it, the more I'm servicing my fears about what that means and my fears about who I'm growing into becoming. I'm surprised. I'm excited, I'm elated, but it also surfaces concerns and it's not even concerns that are real. It's all fears. It's all

those moments of "Holy cow! This is serious. This is really happening." I didn't think I would have that. I really thought that I was spiritually evolved enough that that wouldn't happen. But it is. It certainly is.

[0:59:59]

So anybody that's making the plunge whether it's getting married, getting engaged, getting into a serious committed relationship, anything that involves another human being, it's okay to be scared. I can tell you that I think it would be more weird if you weren't because I don't concern myself with am I picking the right person? That's a problem if you do feel that, then that should be looked at. If it's just your life, then just know that that will come up.

So as I move forward into love and move forward into a lifelong commitment, I can say that it feels also really empowering because I've waited many, many years to have this somebody that I admire so much.

Ben: Awesome. Well, big time blessings. Big hug, big high five. Thanks so much for being here and sharing your heart with us.

Sean: You bet. I would love for you in the future to consider interviewing my fiancée. She teaches amazing content herself in her program, Restart Your Heart. I think she'd make a phenomenal guest for you. So put that in your cap and see if it works out for you someday.

Ben: Beautiful. You got it. We'll definitely be in touch. Awesome.

Well, everybody on the line, thanks so much. We're going to be in touch soon with our next guest we have coming up. We got some great ones down the line. Those of you who are on the line and want to be in discussion groups and continue on into your evening connecting with each other, just hit 1 and we'll be happy to stick you in a group. Otherwise, everybody have a beautiful rest of your evening or day wherever you are in the world, and we'll see you back here soon.

Thanks.

[1:01:48]

End of Audio

© 2012 The Shift Network. All rights reserved.