



EPISODE 790

Unlock Your Peak Performance Mindset!

**With Guests: Greg Harden, Tim Grover & Eric
Thomas**

You are now listening to **The Model Health Show with Shawn Stevenson**. For more, visit themodelhealthshow.com.

SHAWN STEVENSON: One of the most powerful things to understand in this lifetime is that our thoughts are determining our reality. Each of us is existing in a thinking universe. We are essentially existing as a thought tornado ourselves. We are just consumed with and manufacturing thoughts constantly. But within that seeming chaos, sometimes we can find that there is immense power in being able to direct our thoughts, to choose the thoughts that we're thinking, because it is our thoughts that are the catalyst for our actions and our actions are the catalyst for our results, but it begins with our thinking. And many of us know, and we've experienced, sometimes we could have stinking thinking, all right. And we can start to think and believe things about ourselves and about our potential and about the world around us. That keep us imprisoned and blocks us from fulfilling the true potential that we have because we have that universal power residing in us. Thoughts are truly things, thoughts are truly powerful, and to be able to guide ourselves and to choose, I don't want to just think average thoughts.

As a matter of fact, I'm tired of thinking below average thoughts. I don't want to just go for average. I want to think like a champion. I want to think in a way that's powerful. That elicits peak performance in the things that I do because it is our thoughts that determine our exercise habits, the foods that we're choosing, our relationships, and how we're interacting with other people, how we relate to ourselves, the work that we're doing. Every single aspect of our lives is determined by the way that we think. And so what I wanted to do today and what inspired this is knowing that my youngest son. My youngest son, who is now 12, and I've been around this party, this is my third time. The experience of raising my two older kids has passed in many ways. Truly you don't really ever finish parenting until you're no longer here, I feel. And also just being able to talk with experts like Dr. Shefali, for example, and this is a life, this is a lifelong endeavor. All right, but still having my youngest in my household and seeing his growth and seeing his passion with creation, with sports, in particular for him is basketball. He is very passionate about it and I love it. Because my growth as a parent I didn't want to imbue what I feel he should be passionate about or what sports he should be doing on to him.

We did of course before he got the opportunity to choose like he didn't really know what he likes. We put him in different things just for him to experiment, for him to play, to find out, to discover, to grow, to figure out what he likes. And he didn't really like the other stuff. He didn't like baseball. He didn't really like soccer. Alright? But my oldest son, for example, baseball guy. We were a baseball family for many years. And, you know, we just kind of went all in on that. A lot of hours spent at the Diamond. Alright, but for my youngest son, he found it himself. Just by playing basketball with his friends at school. Like, hey, I'm really passionate about this. And he wanted to join the school team from there. He joined the AAU team and he's just. When I

go home, even after recording this episode, he's probably going to be looking at YouTube videos revolving around basketball. Like he's really, he loves it. And I love that he loves it. But my job as a parent is to create an environment that supports his passion. And to do that, oftentimes it's not going to come from us, like from our verbal cues. Unfortunately, there's a statement, you can't be a prophet in your own land. I'm The people closest proximity to us, sometimes they don't, they don't hear you in the same way as if they hear it from someone else.

And so what inspired this episode was my relationship with my son and something that I would want to share with him for him to hear and exploring his passions and his potentials. What could I give him to help support his passion in performance in life and in his sport? And so I put together this incredible like I can't even believe that I was a part of this I can't even believe that I was a part of this but Today, you're going to hear from conversations that I've had with Tom Brady's mindset coach, Michael Phelps, mindset coach. You're also going to hear from Kobe Bryant's trainer, Michael Jordan's trainer. You're also going to hear from the number one. Motivational coach in the world. These are all voices that I would want my son to be able to hear. And I want you to hear. And I want you to be able to refer back to this whenever you need a reminder of how powerful you are.

And also, It's not all sunshine and roses. Shout out to Rocky. It's not all sunshine and roses. Sometimes, sometimes this is about growth. Sometimes this is about challenge. Sometimes it's about overcoming and being able to notice those moments and what is required to truly be great. Today, we're talking about greatness. We're not talking about average. We're not talking about high. If that is your lot in life, there's this wonderful statement that I first heard from T. Harf Ecker that says, " most people's problem is not that they set the bar too high and miss it. It's that they set the bar too low and they hit it." We've got to set a higher bar, higher standard for ourselves because we're going to find that our life will elevate to places that we didn't even know were possible.

And I'm so grateful to be able to share this with you and to kick things off, we have bestselling author and university of Michigan counselor and mindset coach to so many Heisman trophy winners, Olympic champions, Super Bowl champs.

Tom Brady is the goat of goats, but there was a time when Tom was thinking about moving on. When he felt that he wasn't getting the attention That he thought he deserved at the University of Michigan and didn't know what to do.He was fourth string, fifth string and today, Seven Super Bowl championships. It's crazy, crazy pants. Again His conversation with this individual that you're about to hear from changed everything for him. It was this man who redirected Tom's focus and gave him the mental tools to be able to succeed in an entirely different way.

So you're about to hear from bestselling author, Greg Harden. He's going to share with you the importance of controlling the controllables and how to make your worst day. Still better than the average person's very best day. Check out this segment from the conversation that I had with the one and only Greg Harden.

Obviously you have this acclaim in working with some of the most successful athletes to ever do what they do. Tom Brady, Michael Phelps, the list goes on and on. And I think immediately what people would feel is like, I'm not like those guys. And you make the argument and matter of fact, you lay out really the science of this, the art and science of like, you do have this in you. You just don't know it and you need the guidance. And that's what you've really unlocked for us. So can you start off by talking about on the surface and maybe even a little bit deeper, what makes somebody like Tom Brady different?

GREG HARDEN: Wow. If we go straight to it, humble and hungry bro, hungrier than the average person, but humble enough to be coachable. Coachability is the critical piece to the puzzle. Imagine trying to explain to a 19 year old Tom Brady, who's really convinced that the coaches don't like him. That they're not giving him the opportunities they're giving the other players, and him sharing that with me. And I'm listening carefully because that's what I do. I listened, I listened and he vented and he was, he's emotional. And I share with Tom, I hear you, I feel your pain. Who gives a rat's a** about what the coaches think? What do you think? You want the coaches to believe in you and you don't believe in yourself, son. So until you believe in you, don't expect me to believe. Now, the good news is I'm crazy enough to believe anyway. And I believe that you're capable and qualified of transforming your mindset, transforming the way that you see this and take full responsibility for if you're only getting three, three reps, those got to be the greatest reps that anybody's ever seen.

And then they'll give you five. And then over time, look out and that's how you transform. So yes, taking total responsibility. For example, if we use that same example, we look at Tom and Tom wants to be a professional football player and he's not even in the lineup. I said, you need to train as though you're going to be a professional football player. In fact, why don't we get football out of, out of the equation? I said, why don't you train like an Olympic athlete? That's a different mindset than I want to play football and I want to be in the NFL. Why don't you be one of the best athletes on the team? Why don't you change the way that you're approaching this? And it seems to have worked out a little bit.

SHAWN STEVENSON: Right. The results speak for themselves. You know, you teach this to the people you've worked with as well, that The obstacle is the way, you know, those adversities are actually great teachers and opportunities to see difficulties as opportunities.

GREG HARDEN: You're going straight to the daily stoic stand. Obstacle is the way, and there have been obstacles in our lives. I mean, the good news is we don't look like what we've been through.

SHAWN STEVENSON: True.

GREG HARDEN: Yeah, The things that I thought were just overwhelming and horrendous that happened in my life prepared me to work with others. It prepared me to be able to hear somebody going through stuff and not judge them. Somebody is tripping, dipping and slipping and not just say, you tripping, dipping and slipping. This is what's going on. This is what you can get out of it. And so one of the most important lessons in the book and one of the most important lessons I try to teach is, You can either go through life or grow through life. You can go through it or grow through it. And if you choose to grow from the obstacle, grow from the challenge, grow from the difficulty. If your mindset is to like whatever is being delivered, I can go through it. If you look carefully, in one of the chapters talking about a hundred percent, a hundred percent of the time, I'm suggesting to people that they have an attitude where they give 100% a hundred percent of the time and have that as their default mode.

SHAWN STEVENSON: Yeah.

GREG HARDEN: Well, every now and then somebody would be smart enough and say, mm, a hundred percent. A hundred percent. Nobody can do that. And I said, of course not. But if my mindset, if my mo, if my primary form of operating in my head is to try to give a hundred percent, I no longer am coming off it 30%, 40%, 50%. If my mindset is to give a hundred percent, if the things I don't even like. Desmond Howard is a great example. Desmond Howard was ready to leave Michigan and we sat and chatted. And I shared with Desmond that, you know, there must be a reason you're not starting and not playing because he came in.

Most people don't know Desmond Howard was a running back in high school and was amazing. And he was switched over to wide receiver. But back in the day, in that period of time, if you didn't block in the Big Ten and you were a wide receiver, you were You're not getting on the field. Well, Desmond didn't block. And he was struggling. And I explained to Desmond, you can leave Michigan. But who cares? You haven't done anything. And so you're going to go somewhere else with different colors? Guess what? They're going to treat you the same as we're going to treat you. But most importantly Des, let's, let's look at it this way. If you want to leave, why don't you blow up and become extremely successful and have us beg you to stay? He said, Huh? I said, So let's look at this 100%, 100 percent of the time. There are things you don't like to do. I need you to give 100 percent to the things you hate. Now, if you

create a habit of giving a hundred percent of the stuff you hate, what you gonna do when you get to the stuff you love? You'll have a habit of trying to give a hundred percent. Okay. Well, still, Greg, let me help you out. My mindset, my default mode is a hundred percent, a hundred percent of the time, my worst day is gonna be better than the average man's best day. That's a game changer, baby.

SHAWN STEVENSON: I love that about your work as well. Repeatedly, throughout the book, you're talking about how so many people get in this habit of complaining that they're not getting an opportunity instead of focusing on being ready. Like, again, Tom was like six string. Right. And just being ready, working on the things that he can work on, controlling the controllables.

GREG HARDEN: My man. Yes, sir. Because I can't control what the coaches think, except by demonstrating and being consistent. So my ability to decide how I'm going to respond is different from reacting. So I have to learn to respond to what's going on around me. I can't control. I can barely control my dog. I'm trying to control other people and what they think. I can't. What I can control is how I think. I can control how I feel. I can control that you are not going to have power over me. I can decide. And we're not talking about the extremes and, and the traumatic relationships where someone is being abused. We're talking about outside of the, outside of that realm, we're talking about my ability to decide that if I don't bend over, you can't ride me, you know, I'm going to decide how I feel. Now, the most difficult lesson, Tom, Desmond, Sean, is when you say, 100 percent 100 percent of the time, you have to add the phrase win, lose or draw. Now everybody hears the 100 percent but they don't want to hear the win on. They hear the win, but they don't want to hear the lose or draw. So I'm going to give you a hundred.

I want to be that guy. The athletes, the executives, the people that I've worked with, I've got to teach them that. Even if you lose, your opponent is saying, dang, I hate that guy. I wish he was on our team. That's all I want. I want to win. I'm being mad if I don't win, but I'm gonna get over it quickly because I know that I gave a hundred percent and the gal on the other side is talking about how in the heck did this come to pass? Who is this guy? I want him to be part of my program. That's what we want.

SHAWN STEVENSON: All right. I hope that you enjoyed that first segment. We've got so much more in store for you. And I also want you to keep in mind that, you know this.

Our nutrition is a huge part of our performance, and there are certain things that are backed by science, but also thousands of years of documented use that can add that extra one to 5 percent benefit in your performance.

Now, according to a study published in the journal phytonutrient research, the renowned fermented tea Pu erh is one of the rare nutrient sources that has a direct significant influence on the enzyme that unlocks fat from our cells known as hormone sensitive lipase, unlocking this fuel so that our body can actually utilize it more efficiently. And also Pu erh has been found to support fat loss while protecting. Our valuable muscle mass as documented in a recent study featured in clinical interventions in aging There's only one place to get the highest quality pu erh that is wild crafted wild harvested Cold extraction technology to ensure that these nutrients are still in this incredible tea and It's also been triple toxin screened for one of the highest levels of purity.

Go to piquelife.com/model. That's P I Q U E L I F E . com/model. And you're going to get up to 15 percent off, and free shipping, on their amazing Pu erh bundles at Pique Life. Plus, for a limited time, you can also get a free 12 pack of their teas to sample because they've got multiple award winning teas and flavors to try out. And again, up to 15 percent off and more. Go to piquelife.com/model. That's P I Q U E L I F E . com/model. Piquelife.com/model, get yourself hooked up with their amazing Puer. And now moving on next up in this peak performance mindset compilation, we have the one and only Tim Grover.

Now Tim is the renowned trainer for Michael Jordan. It's kind of a big deal. Kobe Bryant. Dwayne Wade, the list goes on and on. He's worked with some of the most elite entrepreneurs in the world and Tim's mindset is really what sets him apart. And that's what Kobe and Michael Jordan, for example, really resonated with. And he's also a bestselling author, by the way. Now in this segment, you're going to hear what it really means to be relentless in the achievement of your goals. You're also going to hear why it's important to tap into your unique, your unique path in life. And, He's going to share the truth about being afraid to fail. Check out the segment from the one and only Tim Grover.

TIM GROVER: Being relentless is having a mental focus and having a mental energy that is all about results. It's all about, it's all about results, you know, and people, when you think about results, it could be in anything you do. It's just, isn't just about, you know, individuals always measure success. And if this person's relentless about how, how they do it. Influence they how much influence they have on an individual how much money they have. No, you have teachers that are totally relentless. You have bus drivers, you have individuals in everyday life. You know, you look at just these people that are sitting here putting this show together.

Okay being relentless is Uh, the mics in place, you know, the gentleman stopped us earlier. No, we need to change that paying attention to those little details matter. It's a relentless is a mindset. It's a habit that you create within yourself where you accept, you accept only perfection. You're never going to reach perfection.

Okay. But knowing that that's what you're knowing, that's what you're always chasing. And if you know that you're always going to chase it, it's going to make you better and better and just paying attention to those little details. They can easily come on here. And if this wasn't, if they didn't care about their job and we didn't care about what we were doing here, you know, these, these little sound effects, little things. Majority of the people may not know.

But you know, these people know, all right. And that's not relentless. Being relentless is paying attention to every single detail so you can get that end result over and over again. Keeping that mental energy and keeping that mental focus, which nowadays is so, so hard to do, but it can be done. I mean, people are doing it all the time.

SHAWN STEVENSON: Yeah, absolutely. This concept of being relentless, I really feel that it's a competitive advantage today. Since so many people are distracted, there's so much that's pulling us in these different directions. If you can focus on that thing and execute, you're just putting yourself in an entirely different universe. And it's really not even that difficult. It's just having the courage to kind of do it.

TIM GROVER: It is, you know, there's no, there's no secrets out there. You know, I love these people that try to say, Oh, you know, my eight secrets to success or so forth. We already, everyone knows what to do. I love how people come in and you know, you got to, you got to outwork the other individual. You know, you gotta get up early, you got to stay late, you got to make more phone calls. We all know that. We, we already know, we already know that. And it's what you said, it's that met, it's being able to take that relentless mental focus, block out those distractions and, and do what, and do what you need to do. And you know, be able to finish, you know, everybody can start something. How many people do you have, you know, in the fitness industry or in entrepreneurship or whatever. Everyone starts things, but how many people actually have the ability to finish something?

SHAWN STEVENSON: Yeah, this brings us to a good segue with the three categories of people that you define in the book. Can you talk about that?

TIM GROVER: Sure. We define individuals in three ways. We define individuals as a cooler, closer, and a quieter, and a cleaner. Actually where I got the concept was when I was in the Olympics with Michael Jordan for the dream team, you know that you talk about probably the most talented roster ever. On any team sport ever put together. All right. And I'm watching all these guys just practice up and down. And I was watching Michael and I had already been affiliated with him for a few years before that. And I'm just watching him. And these are among the best of the best. And I'm just like, Just, there's something different about him. There's just something different. And I just said, so, you know, and the big term in sports is

that, you know, that person's a closer. I was like, if you call him a closer, it's, you're putting him in a pack that he doesn't belong. He's, there's something in that, in that individual. And then I came up with a term as a cleaner because no matter what you threw at him, all right, he got you that end result.

Over and over again and the job was done spotlessly. It was just like, it was just done. I said, so you can't put them in the same category. So, you know, you take an individual, a cooler, a cooler is an individual, they're average at what they do. They're the people that come in, you know, you tell them to make 50 sales calls a day. They're going to make 50 sales calls. Not 51, not 52. They're going to do exactly what you do. You tell an individual, Hey, I need you to do 15 reps. If they can do 20, they're going to stop at 15 because you told me to do 15. Okay, they're good at what they're good at. They're good at what they're, at what they do.

All right. Then you have closers. Closers get you that end result as long as a lot of distractions aren't thrown in their direction. Mm-Hmm. . So, you know, you give them a plan, they look at the plan, not many variables are thrown in there. They're gonna get you that end result over and over and over again. But when a lot of variables or things don't, when they don't have the playbook in front of 'em and they, they gotta become very instinctive. They don't always get, they don't always get that end result. They know how to. They know how to deal with pressure, but they don't know how to handle pressure. It's a big difference between, there's a big difference between, between the two. All right. And then you get a cleaner.

SHAWN STEVENSON: Can you talk about that a little bit?

TIM GROVER: Okay. So you get individuals from a, the difference between dealing and handling. Okay. Dealing is. You talk yourself into something, I'm going to play this great game. I'm going to play this great game. I'm going to do this. I'm going to get, this didn't happen last time, but this time it's going to happen. Okay. Handling it is actually getting that end result and showing everybody else. They don't talk. They don't talk about it. No one ever questions it. No. And that's the main difference between a closer and a cleaner. A cleaner doesn't.. A closer never wants the pressure to exceed the pleasure. Okay, a cleaner, the pressure is the pleasure. They want to be in that pressure. They want to be in that pressure situation. You know, I tell this story.

If you look at, And Michael Jordan, when, and I use him as an example because, you know, he's done things numerous times and I've actually had a front row seat, sometimes a seat right next to him for many, many years. If you look at the shot that he made against Cleveland going way back and, you know, for the younger generation, you can go on YouTube and pull this up. And the whole story behind the thing is Doug Collins was the coach and he drew up

this elaborate play because it was the last second play. And he was just like, you know, go over here, go everyone, Scotty, you run here, Michael, you do this, dah, dah, dah. After they break out of the huddle, Michael pulls everybody in and I know this is PG, so I'll keep it clean. He tells everybody, get the F out the way, give me the ball. Give me the ball. That's the, that's, that's the difference between somebody who's going to handle the price. Just give me the ball.

SHAWN STEVENSON: Yeah, man, I love it. So in talking about somebody like Michael Jordan, for example, or Kobe or the other folks that you've worked with, I know that a lot of people, one of the first things that would just kind of come up is why would they need. A coach or why would they need somebody who's gonna kind of help them to take their game to the next level? And that's something that I saw clearly in your book, is that these are the people who know that there's another level and they're constantly looking for ways to improve.

TIM GROVER: It's amazing. You have your, you smartest individuals, your most successful people in business, you know, whatever it is, sports, you know, philanthropy, whatever it is. Alright. They're the ones that are always looking to go to another level. They're always looking to resources. They're always the ones looking to reach out, to reach out to individuals, all right? They always want to get better because if you take an individual, and again, let's go back to the, you know, fitness for a little bit. You have an individual that needs to lose, you know, 20 pounds. Once they get on the program, first five is. Pretty easy if they stay with the program, the next five is going to be a little bit more difficult. Next three is going to be a little bit more difficult. And then, you know, as it gets on. So if you're at the elite of what you do to show 1 percent gain, you got to, you got to really find that edge.

You got to really know, and you got to know what works. You got to know what works for you. You know, what works for one individual may not work when I may not work for another individual, but these individuals know that the competition is chasing them. They kind of, it's funny. They live kind of in a world of fear, fear of not being afraid, but fear of not being the best, that somebody is going to close that gap. You know, every year when they won championships, the first thing my clients would tell me, what's next? I got to get better. You literally just won the championship and they're already like, you know, it's funny. Cleaners are at their lowest after the highest event. So when they win championships, they're like, oh, they, they exhale for a little bit.

Now they're like, now their mind is already thinking. What do I got to do next? What do I got to do here? Because I've gotten a little older. Alright. Another years passed by. So how do you keep that competitive edge as you get older? Because you know younger guys are coming. So what do you got to do? You start to sharpen your mind a little bit more. And that's as you get older. As your physical gifts go. Your mental edge has to get better.

SHAWN STEVENSON: That is really being relentless. And in your book with the same title, "Relentless", you said the statement that in order to have what you really want, you must first be who you really are. What does that mean?

TIM GROVER: Sean, how many people you know out there live in somebody else's life? A lot. A lot. All right. All right. So. At some point, I always say this, things happen, you know, we all have struggles, you know, you never know what the next individual is going through, is through. Everybody in life is going through something that you know nothing about. You know nothing, you know nothing, you know nothing about. So usually when that happens is somebody else comes in and they snatch your identity. Either you gave it to that person. or somebody took it. So now you start to live their life. They set up real estate in your head. They got you thinking the way you want, uh, the way they want you thinking.

You need to go back and take your identity back from that, take that back from that individual or the person, the individual either took it or you gave it to. Once you realize who you are, Who you really are. And that's the whole premise about relentless and we talked about this. Relentless doesn't tell you what to do. It gives you permission to be who you really are. We're all born to be competitive for none of us are born here just to be average. All right. We all have the ability to do more. We have the ability to get to the level that we want. You know, physically, we all have limitations, but the mind is it's limitless, the knowledge that you can obtain.

And that you have access to, to become that individual that you, you're meant to be on this planet, you're meant to be on this planet, but then you start living somebody else's, you start to live the way somebody else lives. Because you, you start, you learn, you figure out and you stop dealing with adversity and you stop dealing with failure. Things that are going to come at you because you're out there, you're always, you're always looking for happiness. How many people out there always look, you know, if I lost 10 more pounds, I would be happier. You know, if I was in a better relationship, I would be, I would be happier. If I had more money, I would be happier.

Well, you know what? You can have all those things, but instead of having somebody else do that, you know You don't go out and find happiness you create it. And how do you create it? Will you be created by becoming the person that you are meant to be? That's how you, that's how you don't find happiness you create happiness And once you can create that happiness, then you start feeling better about yourself. The weight starts coming off. Your mind starts to become more clear. You're able to deal, you're able to deal with more adversity. You know, you have individuals all the time that come up to you when something doesn't go right. What do they do? They put their arm around you and say, it's going to be okay.

That's all you got. Okay. You know that it's, it's, it's not going to be okay unless you make it. Okay. All right. And first, and if somebody just says, okay, we're not put on this, on this earth for things just to be okay. There's too many people out there that are already settling for okay. And average, that's not what we're, that's not what we're put on this planet for everybody on this planet has the ability to do something special and it's special to what.

To you, you know, you have individuals here that run that are really into, you know, different kinds of charitable events. You have people that run unbelievable, unbelievable, you know, uh, pet rescues or whatever, whatever, whatever it is, whatever is unique, whatever is unique to you, right? Those aren't not financially aren't, you know, super rewarding, but that's the identity of the person.

SHAWN STEVENSON: Right.

TIM GROVER: That's what's unique to those who know they are living their life of how they want to live what that somebody else hasn't. Somebody else wants them to be.

SHAWN STEVENSON: Right. Man, I thought that was so powerful Because you know, especially during this time where we can get so many my mother in law calls them borrowed desires Right, especially with social media today like if I had that thing when it wasn't even on your radar before and you You stop listening to that inner guidance system about who you really are what really makes you happy And brings you fulfillment. It might not be making, you know, six or seven or eight figures. It might be like you just mentioned, running a nonprofit or, uh, doing something and getting that fulfillment from something else. But we have this really. Misconstrued idea that if I get that thing that everybody else has then I'll be happy and like you said That's like folks taking it up real estate in our own minds. So it's nuts.

TIM GROVER: Yeah and it's just thinking you know from what you just said if you We all have instincts and if you just listen to your instincts Most of the time they're gonna point you in the right is your point in the right direction If you just think about how it's how simple is it when you're driving?

It's like You know, and you'd be like, you know what, yeah, I, you know, this locations on the right, but now, you know, I'm going to turn left and he, I should've listened. I should've listened to my answer. You should've listened. You listen to your gut. And you know, when we talk about closers and cleaners are, you know, a closer, a closer, you know, trust his instincts. Okay. A cleaner's instincts, trust them. Hmm. No. And, and there's these, these little levels of these, what these 1 percent can do, but we all have the, we all have the ability. We all have instincts. You, you already know those things. A lot of decisions you make in life, a lot of

things you do, you already know what the consequences and outcome is going to be, but you still do it anyway.

SHAWN STEVENSON: I think there's a lot of questions that come up for folks when they read a book like yours. Like, you know, where do I fit in this spectrum? And I think that there's, because even as you're speaking, like I'm really, really excited and hungry to get better, you know? And at some, you know, looking from the outside in, you might think, oh, this, there's a pinnacle like you've reached, but it's not, you know, there's always more.

TIM GROVER: There's always more. You just, you look at your most competitive individuals, you know. Um, Kobe went from retiring 20 years of basketball, now he's become, now he's become relentless and is cleaner in the, in the, in the business world. You know, Michael went from playing his 15 years, then, you know, he's ownership of a team running the most, uh, successful shoe brand company. I got them all right now. Yeah, I noticed, I noticed it when it first came, first came in. You know, you have, let's take, you know, Jeff Bezos, everybody knows who's that is, is the gentleman that. You know, that Amazon, when he first got, when he first got in, you know, I'm going to sit here, I'm going to deliver packages to people's homes in two weeks.

And if he was satisfied, he'd been out of business. Then he came up and said, you know what? I'm going to do it in a week. Then I'm going to do it in two days. Now, you know what? I'm going to have these little things flying over people's houses and dropping packages off. On the same day, you know what?

That's not even good enough. I'm gonna have it so you can have it in an hour. You know, it's, it's always trying to figure out how to, knowing there's going to be bumps in the road and once there are bumps in the road, you know, you're on the right road and constantly figure out a way to do things a little bit better, a little bit more, a little bit more efficient, a little bit more efficiently, not afraid to try, not afraid to try through new things, not afraid to be embarrassed if things don't work out.

There's not a single individual on this planet that's had 100 percent success at everything that they've done. Just haven't. You look at all these individuals. They've had some massive failures. Massive.

SHAWN STEVENSON: Yeah. In your book you write, My goal is to make it so challenging in the gym that everything that happens outside the gym seems easy. What did you mean by that?

TIM GROVER: It was something I actually learned from Michael. Michael practiced so hard that the games were easy. He practiced so hard. And it was funny, there was a very few practices. Did Michael and Scotty ever play on the same team? Because Michael knew Scotty was the one guy, because top defensive player of all, that he would challenge him every single day. So it's, you know, it's being prepared for no matter what happens. It's going to be thrown at you, not only physically, but mentally. So you put in the time, you put in the effort, you've put in the research, you know, go back to when, and this is a great lesson for the kids, but even, you know, we had this stuff when we went, uh, when we were in, when we were in school. You had a test, you studied for the test, you'd go to school, you'd be like, no problem. You know, maybe a little nervous. You go in, you got a test, you didn't study. Man, I hope it, hope we get a snow day while out in San Diego. You're not going to get a snow day, but we're from where both you and I are from the Midwest.

Man, I hope we have a substitute teacher. You know, I hope there's a fire alarm that day. You weren't prepared. You weren't, if you weren't prepared. You have to be so well prepared that it makes everything else easy. Go back to the fit, go back to the fitness thing. And you know, people always say that, you know, working out is uncomfortable. Working out is supposed to be uncomfortable, right? But how uncomfortable is it with type 2D, uh, diabetes. How uncomfortable is it carrying an extra 50 pounds, not only on your heart and on your joint? How comfortable, uh, how uncomfortable is it with high cholesterol? How comfortable, how uncomfortable is it having achy joints? If you really go back and think about it, and you know, you know this better than I do, how many things, both physically and mentally, Could you just alleviate by exercising, by eating better, and getting the proper amount of, proper amount of sleep? Alright. So, you know, when you..

SHAWN STEVENSON: It's the root of almost everything.

TIM GROVER: Right. So, and that, but that, but that's what I'm talking about being so well prepared. Those individuals that are so well prepared, you don't think so, they take their workouts seriously? Right. Your, your most successful entrepreneurs in business, majority of them, have a very rich. strict regimen of exercising.

It's part of the protocol. You can look at, you can, you can look it up. All right. They eat well. All right. And they get the proper amount and they get the proper amount of rest. You know, everyone talks to me. Yeah. They always say, Oh man, I work 18. I work 18 hours a day. Yeah. Just because you listen. Just because you put in long hours and hard work, that doesn't guarantee success.

It's what are you putting the long hours in, and knowing when to say, hey, listen, you have an individual, you can be effective for a certain amount of time. Yeah, you might be able to do two days in a row where you've done 18 hours, but then when, after that, is your mind really thinking? Functioning. Is your body really functioning at an optimal level? You have, you have to recover. You know, Kobe, you said everybody thinks Kobe Bryant, you just take a thousand shots. Uh, you know, I took a thousand shots. He didn't take a thousand shots every day. Well, he understood that some days this is what I'm gonna do the next days. I'm, I'm here. These are the individuals, but they always listen.

You know, you get the one thing, and we talked about this earlier, how do things become easier? How do things become easier is when you start to listen to individuals that have expertise in other fields and you put that in action. My first professional client was Michael Jordan, all right? He knew I was never going to play. I've never scored a single point. In an NBA game, Navas scored a basket in every NBA arena when it's empty of taking the shots up, but he knew this individual has an expertise. It's something that can benefit him. Yeah. And he was willing to listen. And when you're willing to listen, you're willing to adapt, you're willing to overcome things become easier. They become easier when you expect them, when you stop expecting them to become easier.

SHAWN STEVENSON: Awesome, awesome. This is something else you talk about. We're going to have fears. They're going to be there. You're going to feel nervous. But I think you mentioned to Michael one time because he talks about even him. Being nervous before big games and you mentioned something about getting the butterflies moving in one direction.

TIM GROVER: Yeah, it's funny. You know, everyone says man, you know Being nervous is a part of life. All right, it happens. It's something that you know, it's an instinctive thing. So a lot of people can't control this man. I always have this thing, you know, man. I got butterflies in my stomach. I said, that's great You got butterflies as I make sure they're all going in the same direction That's right. You know, you control which way you want the butterflies to go. It's just like your thought process. If you, if you got thoughts in here and you got them bouncing around all over the place, you don't have clarity up here.

You don't have clarity. All right. You have to get whatever direction you choose to go in. All right. You have to have clarity about that. You have to have clarity about that direction. And once you have clarity about the direction and the and from a physical standpoint and from a, um, Mental standpoint, you know, people always say I want to move forward. Yeah, okay. If you're moving, you want to move forward, but you want to move forward and upward. You just don't want to move forward. All right, if you're only moving forward, you're following the pack. The idea is to get away from the pack. The idea is to separate yourself from individuals. The idea is to separate yourself from the pack.

The more you, the better you do for yourself. And this is where society's a little bit, I disagree with this. You know, everyone always says, you know, You need to help other individuals. You need to be available for this. I agree with that 100%, but not at the stake of not taking care of yourself. Because if you can take care of yourself, that allows you to do more for yourself and allows you to do more for others.

SHAWN STEVENSON: Again, there's so many things I want to ask you about, but having, having this in front of us, this opportunity to get better, to improve, we're also going to fail. And all of these incredible athletes that you work with over the years, they failed. Numerous times but they don't see failure in the same way that the average person does so can you talk a little bit about that? What you've seen consistently with them is a..

TIM GROVER: Failure is a learning failure is a learning problem failure is a learning process All right, it's never failure. It's only failure if you don't learn from it. If you learn from it It's not I don't you could never consider it failure. All right, so that's how that's how you got a kind of look You got a kind of look at it Uh, these individuals that everybody's going to fail at, so you're not going to hit every game winning, you're not going to hit every game winning shot, you're not going to throw the perfect, uh, you're not going to throw the perfect pass for the touchdown every single time.

But are you willing to learn from that process? You know, I have people who always say, I love how they say this all the time, you know, you learn more from losing than you do from winning. that your top of the top people learn just as much from winning as they do from losing. It's a constant learning process.

If you have a constant learning process, Are you really failing? Okay. You only fail when the learning process stops. And if you decide you failed at something, you figure out a different way to get that end result. But as long as you continue to constantly learn and don't let that failure beat you up, you know, there's people that are constantly, it's something that they failed at way many, many years ago.

And they, They just, it's kind of just continues to eat at them over and over and over again. Well, you need to, you're never going to forget about it, but you can't constantly think about it. You know, the greats, the greats, they, they, they remember their failures. You know, they, they could tell you to the detail, you know, you talk to your greatest entrepreneurs, you tell them, they'll tell you every business idea that didn't work well, every stock that they bought that didn't, that didn't go.

And what did they do? They just, they use it as a learning thing and they laugh at it. Did they forget about it? No, but they don't constantly think about it. People that don't know how to use failure. They're constantly thinking about that, that failure moment. And when you're constantly thinking about the failure moment, you're not in the moment. Your greatest athletes and your greatest business people, and I say this all the time, Thinking to them is a distraction because if you're thinking you're not in the moment you're in order to be in that 1 percent or not even that 1 percent that 0.001 percent the zone is not about thinking. The zone is about clarity. It's about being able to let your instincts do everything that they're meant to do. It's not thinking about, it's not thinking about the failures. It's you're in the moment. How many times can you talk to an individual that they can tell you I'm in the moment? Not many.

SHAWN STEVENSON: Not today.

TIM GROVER: Yeah, not today. Not with all the distractions. And this all ties back to what we talked about earlier. It's with the distractions. You get distracted so easily, you're never, you're never in the moment. And I'm not talking about just, I'm just talking, I'm not talking about, you know, work. I'm talking about when you're with your family, when you're with your kids, when you, you know, whatever you're doing, be in that moment. Because if you're not in that moment, you're going to miss that moment. And sometimes you don't get that missed opportunity or that missed moment back. That's a failure.

SHAWN STEVENSON: Alright, I hope that you're enjoying this compilation. We've got one more powerhouse expert for you. And again, keep in mind that part of peak performance is not getting taken out of the game.

Not getting taken out of the game with random quote bugs taking you out. All right. So making sure that we're fortifying our immune system to play at a higher level. This is a competitive advantage. You know, when your competition is, you know, getting taken down by the little stuff going around and you're thriving and feeling good.

It can be a competitive advantage out here on these streets. And not only do we have an immense amount of science today affirming the effectiveness of what I'm going to share with you, but going all the way back to the father of modern medicine, the father, the father of modern medicine, Hippocrates, according to a study cited in the journal *Frontiers in Pharmacology*. One of his most notable treatments for preventing infectious diseases was propolis. Today, numerous peer reviewed studies are affirming its benefits as well. Another study published in the peer reviewed journal *Antiviral Chemistry and Chemotherapy* revealed that propolis has significant antiviral effects.

Specifically in reducing viral lung infections. The list goes on and on. So many different studies affirming its benefits. It's noted to be an immunomodulator and also it's been shown to reduce the incidence and severity of things like allergies. Again, the list goes on and on. Now the key here is the sourcing and the quality.

And I'm telling you right now, folks that are utilizing the vaccine, This propolis immune spray from beekeepers naturals are finding that they're just not getting sick as often as other people. It's just remarkable. Now again, this could be attributed to a number of things but this is one of those things consistently standing out in peer reviewed data and Anecdotal data for people that are utilizing this and this is something I definitely utilize especially when i'm traveling Under more stress than usual You You better believe I'm utilizing the Propolis Immune Spray from Beekeepers Naturals.

Go to beekeepersnaturals.com/model and you're going to get 20 percent off their incredible Propolis Immune Spray and store wide. All right, they've got wonderful super fruit honey. They've got an incredible nootropic based on royal jelly, but here's the key. They're utilizing premier third party testing for dozens of common contaminants found in bee products to make sure that you're getting the highest quality products in the world.

Go to BEEKEEPERSnaturals.com/model again, 20 percent off storewide beekeepers naturals.com/model. Now moving on to our final segment with the one and only my family. So grateful for this individual. He is the real deal. He is the person that people see, you know, he's, he's got, I don't know, probably a billion views on his videos. This individual is also a New York times bestselling author. And when we're talking about motivation for a peak performance. Whether it's in this sphere of business or in the sphere of sports, when he was last here in this studio, actually he was utilizing the model health show studio in between, he went to speak to the then reigning champion, Los Angeles Rams.

All right. And he's the number one requested. Speaker and teacher for the very top professional sports teams. And in this segment, Dr. Eric Thomas is going to share what it takes to go from average to phenomenal. And also you're going to notice he uses several basketball references and keep in mind, this was from actually a conversation I was at his house. It's so cool. You get to go on a field trip with me. This was about six years ago when he's mentioning particular players. Just keep that in mind. But to learn how to go from average to phenomenal from him is priceless. So check out this segment from the amazing Dr. Eric Thomas. There's a difference between being average and being great. You know, the difference between being average and being phenomenal. And so I want to know for you, what can people do? And what did you do? to take yourself from, you know, I'm pretty good at this to being world class. Like what does it take to do that?

ERIC THOMAS: Yeah, I think for me is, you know, it's three components. I think the first one is you, you want to get your credit up and whatever you're doing, you know what I'm saying? I think Sean, if you and I both sat here and talked about health, um, you'd blow me out the water, you know what I'm saying? And not just the information, But you've been doing it in terms of the physical working out for years.

You also had an ailment that you know, that you studied and was like, I gotta get through this. You know, you, you, you actually helped thousands and thousands and thousands of people do it. So there's a credibility that you have because you, you've become one with the, with, with what you're doing, where somebody who read a book and then say it, it's like, ah, That's good information, but some kind of way it's not coming across the right way.

So I think the first thing you need to do is like literally live what you're talking about. And I think a lot of people. You know, like I hear people shine, you know how to make a million dollars. I'm like, bro, you were dead. What do you mean how to make a million dollars? Like what does that mean? Like you you're making that up. You don't really believe that you know, or you haven't lived it. So I think one, you know, the lived experience is always the best one number two. I did it every day every single day You know, I was either teaching a GD class or I was going to the hospitals and speaking, you know, just when I'm not necessarily in front of people, but my, like I said, my GD class, you know, church, I would get an opportunity, you know, go speak to elementary school, you know, go and serve at a, um, you know, at a shelter and not necessarily in front of everybody, but I'm one on one with this person and I'm perfecting, you know, my skill.

And then the last one, which I think is the biggest challenge. Okay. People do what they do outside of the people they're doing it for, you know, it's the weirdest thing. It's like people self proclaimed like I'm a great speaker. Who told you you were great. Was it the people that you were talking to that they tell you they were great or did you just make up in your own mind? You're great. And so I spent a lot of time. What do the people want to hear? What are they? What are their challenges? What are they going through? So when you see me at a Michigan State Steel. You know, when you still see me at the, at a, as a, at a prison or, you know, at a shelter, I'm doing that because I need to be, I need to know the pulse of the people that I'm talking to.

And there are a lot of people, they, they get, they, like, they do a shine outside of the people that they're doing it for. That's one of the things I appreciate about you. When I was talking to you about, you know, my wife's health, you know, it was a, okay, E, let's talk about what, like, not some just R E M S.

It's like, oh, okay, what's your wife, what is she, what's Deedee going through right now? What is she experiencing? You know, because there'll be people who talk to me about MS. I'm like, yo, my wife not in a wheelchair. You know what I'm saying? Like you talking to me like my wife, like, and, and I know people who are, but like, you're talking to me like my wife was in a wheelchair. Like you, you, you have not gotten to know my wife yet. So you're giving me some information not based on what she's really going through right now. So we need to talk about what, and I just think a lot of people, when they do their work, Sean, they don't care about the people that they're actually working for.

They're so consumed with the work itself. And speaking, that's like, yo, it's so easy for me to do what I do because I spend 30, 40 hours with people. And then when I talk, I only talk about what they told me they wanted to hear. You know, so I think if you do those three things, that's going to help you to get to that next level. People have to understand, I think we all have something that we're good at and we need to work at it. But there's something, let's just be honest, that may be natural for you. So, um, speaking is natural for me. Speaking to Kings English. You know what I'm saying? I'm saying, and then understanding the culture that we live in because I think a lot of it is cultural.

Somebody might say they're dumb. You're not dumb. If you were in another culture, a culture that was an art culture and you were in the art, you blow up. You just live in America and there's certain things. And culturally, and the timing that we're in, art was something, I remember coming up as a kid, art was phenomenal, like you can spend twenty, thirty thousand dollars on a piece of art. I don't know with technology now, because people have photoshops and things of that nature. Art is not what it was, you know what I'm saying, thirty years ago. So I realize, yo E, you got a gift, but culturally, you are a part of the minority, you're not a part of the majority. So if you're going to dominate in the speaking arena, then everything you've learned from Detroit, that's not majority, that's minority.

So you're going to have to go to college now to understand the majority because you're competing against, you know what I'm saying, like the individuals you're competing against, they don't come from Detroit. They don't use that slang or that language. So you have to become a lot more linear in your thinking. And I'll never be, you know what I'm saying? I'll never be what some people are, but I knew you needed a master's and a PhD so that you could have a clear understanding of the game. You feel me? Like you right now, E. T., you don't, in no disrespect, you might be like, and one basketball, you might be like globe. Try to basketball. You know what I'm saying? You need to get N. B. A. Then after N. B. A. Sean, European because European basketball is on a whole nother level in terms of fundamentals. And so I had a gift, but I was like in the culture. I don't have the skills or the tools. To be able to dominate in this industry.

So I need to go to school because I, by getting a master's and a PhD, and you'll see none of them hanging on my wall, which has nothing wrong with if a person accomplished them, but I wasn't doing it for that. I needed to know the language. So every master's class, I was picking up the language, the codes, the rules. You know what I'm saying? Like I was picking up, how do you tell stories? You know, when do you start and when do you stop? Because what you do at a church is not what you do for corporate america And if i'm going to dominate in corporate america, I need to understand the language So for me every teacher for me was giving away They were giving away the clues every presentation.

They were put together. I'm, like they're going to close like this is what I need to do. You know, I need to make a statement and then I need to have empirical evidence. I need to have data to back that up. You feel what I'm saying? And so you can do the You A passion boy, but the passion is not going to make you the money you want to make. It's not going to give you the influence you need. So for me, school was, yo, I need to go pick up the patterns. I need to learn the patterns of this culture for this time. And I went and did that and made it happen. So that's why I'm saying like, for each person, you have to be careful. What are you going to school for? What are your goals? So it was easy to not easy, meaning the coursework. But the why was, was, was, was given when I realized, yo, I'm going to blow this company up. If I go get this PhD and learn all of this stuff, if I don't, even my staff or they're going to be limited to me, you know, and one, you look at a LeBron, he can go anywhere he wants.

You know what I'm saying? He can go to any team, once his contract is over, he can play for anybody, but there's another guy playing, he can't go, let's just say maybe a Carmelo, who's a good player, but he can't necessarily go to any team he wants to go to. And I was like, I will do, I will, I will not serve my company well, If I'm limited in any way. So this PhD is going to put me in a position where man, we'll be able to dominate the industry. One of the things, Sean, that I'm going to really teach people this year, you know, you and I have talked about DD. You know, an MS and just the brain and what you need to do, you know, in terms of saturated fats and, you know, things you need to do for the brain, things, you know, that you need to eat to stimulate the brain and just really bring that health to the brain.

Cause a lot of people, like you said, they always think it's the, the gut, you know, et cetera, like building your chest out, but you're like, yo, that brain is our, I think Sean, uh, when you look at birth, Um, you look at animals are born with fangs right off the cuff to protect themselves. You look at claws, humans, no human is born with that. And let's just be honest. The average human doesn't really get to the point of strength today, really in their late teens, like you not five years old, bench pressing one 50. So what is the thing that God has given us to protect ourselves? It's the brain to me. It's the brain. Like it's the, that's the one thing we have that, that other creatures don't have.

That allows us to, to, to, to really, you know, be progressive. And so what I'm going to teach as you were talking about DD and her brain with MS and some of the things she can do to get healthy. You know, bro, I'm taking it back to the imagination. Like we shine, ain't nobody on that no more. Nobody's talking about the brain and what the brain can actually do.

You know, like when you talk about meditation, a lot of people just hear from, Oh, I'm going to meditate to rest, to rejuvenate that. No, no, no. I want you to learn how to use the brain to create things that don't even exist because that's the power we have. When you look at Walt Disney, like Walt Disney was teaching us. Like yo the brain you look at disney world like he got people coming from france and germany italy Africa spain all over the world to come to disney world and when you finish in disney world You're like what in the world and while we have a lot of things There's not a lot of things that have topped disneyland and disney world.

So one of the things i'm going to teach this year It's like, yo, you can use your brain to fix some of the problems that you have in your life. You can use your brain to fix your marriage. You can use your brain to fix your rel You can use your brain to get a bigger house. I'll never forget when I told people I was moving to Cali. How you wanna have a house and a church here and You're not using your brain. Like, what do you mean? I'm not going to be the only person that has properties all over the place. You know what I'm saying? I won't be the first, but if you're not using your imagination, you can surely, you can't do that. So one of the things man, I want to teach this year is you have one of the most powerful tools. You had a computer's great. You know, your cell phone is great. But man, your mind is a, it could get you from being homeless in a high school dropout to where I am right now. So we're going to do some brain training this year. Yeah. We're going to do some brain training.

SHAWN STEVENSON: Thank you so very much for tuning into this episode today. I hope that you got a lot of value out of this. If this inspired you, I ask that you share this with someone that you care about to spread that information, spread empowerment, make. Empowerment go viral. I appreciate you so very much again for tuning into this episode today. We've got some incredible masterclasses and world class guests coming your way very, very soon. So make sure to stay tuned. You don't want to miss a thing. Take care. Have an amazing day. And I'll talk with you soon. And for more after the show, make sure to head over to themodelhealthshow.com. That's where you can find all of the show notes. You can find transcriptions, videos for each episode. And if you've got a comment, you can leave me a comment there as well. And please make sure to head over to iTunes and leave us a rating to let everybody know that the show is awesome. And I appreciate that so much and take care. I promise to keep giving you more powerful, empowering, great content to help you transform your life. Thanks for tuning in.