



EPISODE 863

Make Your Mental & Physical Health Your #1 Priority to Go HIGHER

With Guest Big Sean

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SHAWN STEVENSON: It's time to go higher. It's time to live with purpose on purpose. It's time to take control of our lives take control of our stories and understand that the pen is in our hands. We get to write the stories that we choose, and so often we forget that. We feel disempowered. We're inundated with all these messages around us in our culture today, that we don't have the power that we have to outsource our power and our potential to other people. To get permission to live the life that we want to live. And I'm telling you right now, this is a powerful reminder that again, the pen is in your hand. No matter what the story was before this moment, you have the pen in your hand and you get to write a new story moving forward. Today, we're going to have a powerful conversation about manifesting your healthiest, happiest life again, starting now.

And so often inspiration can come from some of the most remarkable places from simple moments and sometimes from some of the most surprising sources as well. And this is why we do this show in the way that we do it, and bringing on a myriad of voices and experiences and perspectives. And I like to think that wisdom is being able to see things from multiple perspectives. To be able to gain knowledge and insights from many different sources and to put it together in our own, again, unique story. And so my special guest today is another demonstration of what's possible, not letting our circumstances dictate our potential, and he's here to share the story. He's here to share his incredible insights. And one of the most remarkable things that I got from spending time with him was just this really important tenet that it's up to us what kind of energy we bring to our obligations.

It's up to us what kind of energy we bring to the things that we do, to the things that we create, we get to choose. And so often, again, we're siphoning our energy. Our energy is getting siphoned from all these things that when we look back at things in retrospect, we realize like so much of the things that we waste our energy on are not that important. There are so many things that are robbing us of our energy today. And before we know it, we find ourselves in constant crisis. And one of the other things that he shared was that it's a lot easier to become stronger when we're not in a crisis. Now, of course, challenges can obviously make us stronger.

There's this tenet that what doesn't kill us makes us stronger. But sometimes what doesn't kill us is just like death by a thousand cuts. All right, it's imminent. It's just like it's a little slice here or there. And we also need to be able to heal. And we also need to realize at some point that we don't need the cut. We don't need the struggle. We don't need the crisis in order to grow. We can choose growth. We can choose it no matter where we are, even if things are not in the drama zone. All right. And again, hitting rock bottom sometimes is a great place to stand up from, but I'm telling you right now, we don't have to hit rock bottom in order to go higher in order to stand up for ourselves in order to create the lives that we want to create. So I'm very, very excited about this episode.

Now, our special guest came in here demonstrating radiating good health and he brought his pops along with him. He brought his father along with him and that spoke volumes to me about that connection in that relationship. But also the person that he is and the person that his father is and his father and I clicked immediately. We had a great conversation and just to see the vitality, the vitality of a man who's in his seventies and I'm telling, I'm real talk. He looked like maybe, maybe 50. All right. If it was for the gray, you know, maybe 40. Incredible vitality and just being able to implement certain things over time to really support their health and it's something that my special guest, Big Sean has been focused on for many years.

And one of the things that I share with him, which I do with all my guests, you know, off of them. Incredible beverages and snacks and things like that. But, you know, I offered him some electrolytes. He's like, Oh yeah, for sure. This is something that he utilizes on a regular basis. And he actually utilizes LMNT electrolytes from time to time. And I asked him, you know, I told him about which one was my favorite. And mentioned that we had a bunch of the chocolate one because that's my wife's favorite. And she was actually up here at the studio that day. But because she's not up here drinking the chocolate LMNT, we end up having a lot of it.

And so he was like, I'll try to, I'll do the chocolate. So he grabbed the chocolate LMNT, added to his water, knocked it down like a champ. Like I've never seen anybody guzzled the element, but he knocked it down. He's like, Oh, this is dope. This is great. And, you know, again, LMNT is really bringing forth something critical for our performance. In particular, if you're thinking

about our cognitive performance and how important it is for our brains, it's a science bag ratio of sodium, magnesium, and potassium. And if you just think about the magnesium component, a study that was published in the journal neuron found that magnesium is able to restore critical brain plasticity and improve our cognitive function. And a double blind placebo control study published in the Journal of Alzheimer's disease found that improving magnesium levels in adult test subjects, we're talking about with mild cognitive decline, age 50 to 70, could potentially reverse brain aging by almost a decade.

It can make the brain functionally about nine years younger. And what about our brain volume? Something that tends to atrophy as we get older. Does this have to happen? Well, absolutely not. What is the number one key to maintaining healthy brain volume? Well, that's sodium. And sodium plays a major role in the function and activity and speed of electrical impulses through our myelin. They're actually these really incredible voltage gated sodium channels. That help for our myelin to do what it does and send these lightning fast messages. And again, I want to keep that lightning fast, lightning McQueen brain function for the rest of my life. And a big part of that is getting adequate amounts of sodium.

And researchers at McGill University affirm that sodium functions as a, "on off" switch in our brains for specific neurotransmitters that support optimal brain function. Head over right now and get your hands on the very best Electrolyte supplement in the world. Go to drinkLMNT.com/model. That's drinkLMNT.com/model and not only do you get the best science backed electrolyte to support optimal cognitive performance and fitness performance as well. But you get a free sample pack with every single electrolyte purchase as well. So you get to try all their flavors including their chocolate. And by the way, they've got a chocolate medley that's available. It's kind of like a little seasonal goodie to go to, but it's got like a mint chocolate, a raspberry chocolate. So if you're a fan of chocolate and the chocolate salts, definitely check out the chocolate medley. Again, that's drinklmnt.com/model. And now let's get to the Apple podcast review of the week.

ITUNES REVIEW: Another five star review titled "educational and fun" by jr393. Every time I listen, I learn something new. Shawn always has interesting guests and topics, but most of all,

I love Shawn's positive energy. This podcast makes learning about health, fun, hit the subscribe button. You won't regret it.

SHAWN STEVENSON: That's what I'm talking about. Thank you so much for sharing that review over on Apple podcast. Thank you for the love. And also thank you for the shout out to make sure to subscribe to the show, whatever platform that you're listening on. I truly do appreciate that. And without further ado, let's get to our special guests and topic of the day.

21 multi platinum, platinum and gold certified hit singles, multiple number one albums and over 22 billion streams of his music. Big Sean is in a rare airspace with his impact on music and culture, but he's got an even Bigger mission to inspire people to improve and protect their physical health, mental health and overall wellbeing. Let's dive in this conversation with the one and only Big Sean.

I'm so excited, man. So excited. I got to tell you real talk, I've reviewed hundreds of books. This one is really special.

BIG SEAN: Thank you.

SHAWN STEVENSON: Not only did it speak to me personally, but I love how you took a really different approach, which was you didn't just take a certain self development subject matter and write a chapter on it.

BIG SEAN: Right.

SHAWN STEVENSON: You used your story. And brought forth, like, for example, these really powerful tenets that we'll talk about, these five tenets. And you put them like Easter eggs throughout your story, so it's really enjoyable.

BIG SEAN: Yeah, you gotta really give it to them, you know, and show them how it works for you.

SHAWN STEVENSON: Yeah. Yeah. Well, man, I'm just grateful for you to come and hang out with us, man. It's good to see you.

BIG SEAN: Yo, the pleasure's all mine. I've been looking forward to it, so.

SHAWN STEVENSON: Let's go.

BIG SEAN: Happy to be here.

SHAWN STEVENSON: Let's go. Let's start off with your superhero origin story.

BIG SEAN: Yeah.

SHAWN STEVENSON: So, let's talk about when did you fall in love with music? When did you decide that music was going to be your career?

BIG SEAN: Man. Well, growing up in Detroit, it's like a music city. You know what I'm saying? It's a city that has an identity of like soul and identity of like originality. You know, when it comes to music from Jay Dilla to Marvin Gaye's Aretha Franklin, Motown, Stevie Wonder. The list goes on and on and just like the creative, the origin of techno as well, like all of these incredible music, just historical things that are embedded in the city on top of the other historical elements that it has. It's just like music was just the background of the city. You know what I'm saying? Like everywhere you go, you're hearing something that is the genetic makeup of Detroit in the background. You know what I mean? So growing up. I had a subconscious love for music. I didn't realize like how much it meant, but like, yeah, we were listening to the Isley brothers in the crib.

We was listening to Stevie. We were listening to Diana Ross. You know what I mean? We listening to Marvin Gaye, you know, in the living room, whatever, whatever, dancing to my mama, you know, stuff like that. And so, but when I, when I decided to really like pursue music in a different way, you know, which is rap, I was probably like 11 years old. And I just felt, I don't know, it's just something I got into. I was trying a lot of things that I was like hooping at the time, playing baseball, you know, having fun. And Detroit is kind of like. Well at the time more

so it was like a pretty dangerous city too. So it's like my mom tried to keep me out of the streets as much as she could. You know, even when I went outside and played it was like she didn't want me to go further than if she went open the door and yelled Sean that you know, I could hear her. You know what I'm saying? Cuz it got real real over there.

But anyway I ended up like linking with my friends that lived on the same block as me and one thing led to another and I just started rapping at 11. And you know, she was the first person I rapped for my mom. And that was a crucial time too because she could have shut it down. At the time, like, you know, like gangster rap was so like just popping, you know, it was like everyone like it was at the height at that moment. I feel like it was like 50 and, you know, Biggie, and Pac. And just, you know, I was really into Bone Thugs N Harmony too. So like, I'd be playing it in the house and like, my mom would be like, what the f what is this?

Like, she was, she had, it's not like she hated it, but it's like, I remember my grandma was the one who would come over and be like, yo, what is he? I remember playing Doggystyle at like Thanksgiving. And like, I remember I got a whoop in that day for sure, yeah. Yeah, but I just, it just became a job for me since I was 11 years old, you know, and one thing led to another, led to me rapping for one of my idols, led to me getting a record deal eventually, led to me being one of the Biggest out of my city in Detroit and selling hundreds of millions of records. Just living an unimaginable, unbelievable, great, great life. So far.

SHAWN STEVENSON: So far. So far.

BIG SEAN: That has ups and downs. It comes with a lot of, it's not just all like peaches and cream, you know?

SHAWN STEVENSON: Yeah. Sunshine and rainbows.

BIG SEAN: Yeah.

SHAWN STEVENSON: But certain things can be traced back to certain moments, you know? And so you rapping for your mom, And you articulated this in the book as well, how scared were super nervous. You've known your mom your whole life, but you were nervous

BIG SEAN: Yeah, it's some nerve wrecking about doing something new. Yeah, I think people got to realize that, like, it's some nerve wrecking about doing something new. But when you got butterflies for something, that means you have a certain regard for it as well. So, you know, really honor that and respect that when you're trying something new. It's time to showcase that if you get butterflies, I think that's a good indication that you on the right track. You know, as if you annoyed at it, or if you don't care about it no more, if you don't give a f**k no more, it's like, that's when it's time to like, reevaluate what you're doing. But if you get butterflies for something or excitement for something, that's when you, I feel like you, you really in a version of your purpose, you know what I mean?

SHAWN STEVENSON: Yeah, for sure. How important was it for your mom to affirm you? In that moment.

BIG SEAN: How important was it for her to affirm me in that moment?

SHAWN STEVENSON: Because in the book, you even said it was so generous of her to do that. You were able to look back and see how she could have taken it and gone a different direction. It could have crushed you.

BIG SEAN: Yeah, I know. That in hindsight, right? Yeah. I think that like when a parent can embrace they kids dreams as their own and put their ego aside, essentially, and they're like trying to control them. You know, because I realized as a parent myself, it's like you want to, your very first instinct is to, Oh no, wait, you know, control them or you have an idea of how you want them to be. But then you realize that you come to a point where it's like, well, now I know the idea of that I want them to be is whoever they're going to be. And I just want to nurture that and help them guide them in the direction they need to be in, you know? So yeah, I just appreciate her and all the mamas will be like, treating their kids like dreams like it's their dreams, you know, all the moms that like, especially my mom, she's just been like a guardian angel.

You know, we were talking about all the things that she's introduced in my life just from the nutrition standpoint You know, from all of the supplements I take, all of the vitamins I . , all

the concepts that have really changed and that she was early on, you know, talking about microplastics and all these things like years and years and years and years and years ago, gut health. You know, over 10 years ago, she was like, you know, your gut is like your second brain. All of these things. How important it is to clean your colon, how important it is to just do a muscle test, how important it is to see how things work for you, to eliminate things, reintroduce things into your diet. All of these things that, you know, she used to make kombucha tea in the crib way back. This is way before whole foods. She was just ahead of the game. She really deserves to be a billionaire. Cause she's just so on it when it comes to that. That, you know, I'm just thankful for that. She really has probably saved my life in a lot of ways, you know?

SHAWN STEVENSON: Yeah, yeah.

BIG SEAN: For sure.

SHAWN STEVENSON: The billionaire part is through you, you know what I'm saying? She made you, you know?

BIG SEAN: Yeah, I know, I gotta get it for her, right? That's me, but that's what I mean though, like, she's, she's just been like so on it. Knows what she's talking about when it comes to that.

SHAWN STEVENSON: That's a blessing, man. Like, for real. This is one of the things I connected with you on is like, my mother in law, like she saved my life. I know she's listening to this right now.

BIG SEAN: Oh, yeah.

SHAWN STEVENSON: She listens to every one of my shows.

BIG SEAN: Shout out to her momma in law, for sure. Yeah.

SHAWN STEVENSON: And just like she impacted so many people. You know, she's occupational therapist. But she was going above and beyond like talking to her patients

because it's a standard of care. Yeah, just have them do these little exercises. She would make food for them. She would talk to them about nutrition She would talk to them about meditation.

BIG SEAN: Mm hmm.

SHAWN STEVENSON: She's been teaching meditation for decades, you know back in Kenya. She was teaching meditation, you know?

BIG SEAN: Wow, yeah, that's one of the things, same with me. Like, I learned in meditation so early on. You know, she introduced me to like, some of my favorite authors like, Esther and Jerry Higgs, and Deepak Chopra, and Paola Coelho, and you know, just a lot of people. Even Bell Hooks, you know, books like, just like, she really was on her, on her, just strong, black woman, heavenly, angelic vibe as a queen, you know what I'm saying? So, I couldn't ask for a better mom, and my dad is in the room with me now, like I couldn't ask for better parents when it comes to just, you know, getting blessed with good parents, you know? Yeah, and like, even that's one of the things in the book, it's like, Go back to like me rapping for my mom, like that.

One of the five practices I talk about is trying. And it's important to try these things. And when you do try them, you know, you got to really fill out like, dang, like, is it something that's making me nervous? Is it something that's making me excited? Is it something that's giving me like that, a passionate feeling or giving you that fire? Because if it is, like, even if it's just playing video games, even if it's just like whatever brings you that that feeling or those feelings, like that is what you're searching for when you're trying things out. You know, so never forget that, you know, I remember on the song control, I said, trying to not do it because not doing something and not doing, but it's like, You try and ultimately to do, but really, you, it starts with trying, you know what I'm saying? So I just want to put attention on the power of trying and how important it is to try these things and get that feeling and get that fire.

SHAWN STEVENSON: Yeah, no, thank you for that. Because sometimes we have to give ourselves permission to do it. Give ourselves permission to try because we live in a society where we can be kind of programmed to play it safe. And even talking about your mom and my mother in law, like. From the outside looking in they can seem like they're very different very strange and it's okay. It's okay to be different It's okay to be strange.

BIG SEAN: Right.

SHAWN STEVENSON: Because that can impact so many lives like through her, you know through her teachings I've been able to impact the lives of millions of people.

BIG SEAN: Wow.

SHAWN STEVENSON: Right, but it's in the same with your mom. But at the time it could seem like this is different like everybody else is doing this but you It's a feeling, you know, like really leaning into that feeling. And so thank you for giving people permission on that.

BIG SEAN: Yeah, try. Just keep trying. You know, one of the best conversations I talk about in the book is me talking to Barry Gordy.

SHAWN STEVENSON: Yeah.

BIG SEAN: Who's the founder of Motown. For anyone who don't know, he's the most iconic record executive to ever walk the earth. He created the craziest moment in music, I think.

SHAWN STEVENSON: Smokey Robinson.

BIG SEAN: Yeah.

SHAWN STEVENSON: Jackson 5.

BIG SEAN: Yeah, Jackson 5, Diana Ross. Supremes, Marvin Gaye, you know, really and I'm gonna keep it 1,000 when I was growing up All of them was like, oh, that's old, you know

music that Stevie Wonder. It's kind of like I appreciated it as I really became who I am now, the music is, you can't duplicate it. You can't make that sound even if you try no matter what. But point being is that he said he failed at everything he did until he was 30, I can't remember.

SHAWN STEVENSON: 33.

BIG SEAN: 33. He was like, bro, I failed at everything I ever did, you know, I could have given up. He was like, I tried one thing, and then another thing, and then another thing, and then another, and then another, and then another. And another and then another, but he was like, bro, it never stopped me from trying it out. You know, and that, that one try really took it over the top.

SHAWN STEVENSON: Got us in here talking about him now.

BIG SEAN: Yeah.

SHAWN STEVENSON: It's powerful. So powerful, man. And I want to circle back because, you know, there's this deep human need to feel significant, to feel seen. To feel like we matter. And you know, your mom affirming you when you did that rap for her, you know, as scared as you were, you know, really, really tapping into that for you. And if you could, can you talk about that? Because it's also we want to affirm people. We want to be affirmed, but we also want to find that within ourselves as well. So talk a little bit about searching for significance outside of us. And especially again, there's levels to this and being a kid versus being adult. But you gained a lot of significance and notoriety from the outside world. But for many people they end up feeling empty still.

BIG SEAN: Yeah.

SHAWN STEVENSON: So let's talk about cultivating that self assurance and self confidence from within versus the outside.

BIG SEAN: Yeah, I think that the importance of having acceptance in your life, it's something that we all seek. It's just about where you're seeking it from, where you're looking to seek your acceptance from. I think it's important to, if that's what you're desiring, to get acceptance from your family, from your friends, from people who matter to you. I think it's like when you're trying to please everyone who even you don't know, and who isn't directly impacting your life. That can be a tricky game, a slippery slope. I talk about that in the book too, is like trying to, being in the business of pleasing everyone is a business. Hardly anyone probably is or never successful at, truly, you know what I mean?

Because everyone has been blessed with their own individual taste and their own opinions. Some people like chocolate, some people like vanilla, some people like strawberries. Some people like all three. Some people like mango and don't like any of 'em. You know what I mean? It is just like it is what it is. So I think that when I, when you, when it's natural, like, you know. For example, when I rap from my mom and she heard me out and she gave me, she helped encourage that confidence. I feel like the importance of giving confidence to a little boy or a little girl is just priceless. It's like the most valuable thing you can give someone.

And that's coming from, I feel like a woman like my mom who is confident in a lot of ways and also lacks confidence in a lot of ways. You know, based on the product of being a product of her environment. Same with my dad, you know, they grew up in segregation. They grew up. You know, my mom still cries about like having to drink from certain water fountains or going certain places, like not be able to do things or not be able to land certain roles as an actress. You know, all sorts of things that she, when she was pursuing her dreams that she wasn't able to do and be held back. And it really shot down a lot of her confidence, you know, regardless of how beautiful she is, regardless of how amazing she is, the sparkle. And same with my dad being a black man coming from. Monroe, Louisiana is just like the confidence can get it can get corrupted. So I think that's one of the beautiful things that I've been blessed to be able to not just recognize but be able to.

That's one of the cycles that I'm able to change passing on to my son is like recognizing that and building up his confidence and letting him know. You know, even on the song I did about my son on my last album, I was like, I was talking, I forgot the exact lyric. What I said, "*see my*

something that me and his mama had instilled in him, and the confidence you lose, you could build again." You know, it's like really instilling that in him. So I think that. It's very important as a black man or anyone of color, especially because they tear our confidence down directly and intentionally, you know. Just keeping 1000 with you.

So I think that is the, one of the most important things is to inspire that confidence in our brothers and sisters. And to seek validation from yourself first and foremost. And from the people who really matter to you, if that's what you're after. Some of us don't need validation. Some of us know what it is. Some of us don't need anyone to tell us that we know, we're on track. And some of us could use a little bit of validation. And it feels good to be told, Hey man, you doing good, or you did a good job. You know. I think when you seek it from people who have nothing to do with you though, that's when it can get a little dangerous. That's when it, because then, you know, you're living and dying by something, you're looking for an unconditional feeling from conditional people and conditional circumstances, and those things can like be very dangerous sometimes.

SHAWN STEVENSON: Yeah. Yeah. That's a word. So obviously you've been talking about your mom, you said that she also introduced you to manifestation.

BIG SEAN: Yeah.

SHAWN STEVENSON: She's the person who really put you onto that and the power of that. Yeah. Let's talk about that a little bit.

BIG SEAN: Yeah. Yeah. I mean, so, you know, naturally me rapping. You know and taking it serious from 11 years old . As time got on and my mom being such a student of just like amazing authors and, you know, spiritual. We would go to church every Sunday . You know have Sunday dinner. We were you know, we I was blessed to have such a beautiful family in that sense and she just, you know, always knew the importance of manifestation and I kind of feel like she waited to the right time to really bring it to me. But I was always naturally into it, you know what I'm saying? I think that's one of the reasons I love, like, Dragon Ball Z so much and Star Wars and like, things that show people defying impossible odds or, you know, the hero's journey.

You know, she saw that in me too. And I think that, like, she waited to a certain time to introduce certain books that applied to me, you know, like, and certain, like, concepts. And I think she was very well crafted. She didn't just throw everything at me. She kind of really was peeping where I was at in my life and being like, yo, why don't you try this? Like, this book, *The Seven Spiritual Laws of Success*. You know, it really, it really tells you how to call on the powers that you're blessed with and to manifest your reality, you know, or like the Esther and Jerry Hicks, asking it is given. You know, that really teaches you the power of the law of attraction, the power of manifestation and the importance of meditation. A lot of those things.

So those were kind of like the first books that I got introduced to from her that really did it for me. And I apply a lot of those lessons in my book as well. It's kind of like I trimmed a little bit of the fat and like really what works for me, I kind of applied it and simplified it. But I definitely want to give credit where credit is due when it comes to like the books that inspire me. Those are just a couple. Then you got *The Four Agreements* and you got *The Alchemist* and then you got *Secrets to the Richest Man Who Ever Lived* and you got what *You Think of me is None of my Business*. And all of these you know, the list goes on and on. But that was when I really started getting into it and it was kind of around the time when I was graduating high school ish.

And when I was like, I have to be, I have to make this work. There's no other choice. It wasn't like a plan A or plan B. It was like, this is my baby. You know, when you're talking about your baby, there is no plan B. You know, you go only, it's only plan A. So, That's what I had to do. I had to manifest it and I took it super serious and I had a notebook for every book I read where I had the notes. So that way if I took a day or two break, I could like read the notes and be right back in that vibration and yeah, it doesn't necessarily go how you always want it to go. I feel like God gives you what you want sometimes. And it always gives you what you need and sometimes what you want and what you need align and sometimes they don't.

And that's when it could be heartbreaking in life for all of us, you know, who are after something and don't get it in the way you think you meant to get it, or it may come in a different way or it may never come to that way, but you never know what that path could

have led to. One of the things that I manifest for myself first and foremost is like the greater good of me and my family. And like the, you know, like if it affects that, then it's not for me. If it compromises that, then it's not for me.

SHAWN STEVENSON: Yeah.

BIG SEAN: Yeah.

SHAWN STEVENSON: So this is one of the five practices that you embed into the book. Accept, strategize, try, trust, and manifest. And with manifest, it's so powerful because this is, from my perspective, something that we're all doing all the time, but we're largely unconscious of it. And you're affirming for people that you can be a conscious participant in this and manifesting your life and creating. And it doesn't always show up in the way you want. But what what I believe is that life qualifies you for those things. So it's also being careful what you want what you think you want.

BIG SEAN: Yeah.

SHAWN STEVENSON: Right.

BIG SEAN: Yeah.

SHAWN STEVENSON: And for some people that's this my question. I know some people can look at your story, and be like he just worked hard. That's how he got there. Can you talk about how manifesting Intentionally showed up in your life, especially early on with music

BIG SEAN: Well, my mom worked and my dad worked harder than me and I got more money than them. So, the thing is it's not about how hard you work. You know, my point of being is that my mom having two jobs working all day than having another job. And I know I was laughing but it's real because it's not about how hard you work. It's about how smart you work I'm not to say hard work, isn't it? I definitely worked hard by the way, you know, and there have been times where I worked all day and night myself, But my point being is, I don't think hard work is what justifies how much, whatever it is you're after. you get.

It could be money, it could be, I don't know, let's just use that metric. Some people are not after the money, some people are after the respect, some people are after the, I don't know, fulfillment for their idea of success, whatever it is. Just because you work hard for it, and by the way, there are people who are, have hundreds of billions of dollars who may work an hour a day. You know, not even ever work, you know what I'm saying? It's like, that doesn't dictate that now. It does take hard work to be able to stay disciplined, to be able to, you know, there comes that 10 percent of whatever it is you're doing that separates you from everyone else. And that is when your passion comes through and that discipline comes through. And, but there's also times where it doesn't even feel like work because it's something you love so much, you know what I mean?

So, when it comes to manifesting something and that, that's obviously one of the practices in the book is manifesting. It is something that we do on a daily basis. It is something that we, you know, for me, I realize, you know, you think you have all these goals and I've done vision boards. I have vision boards. I do all of these things and sometimes I manifest things on them. Sometimes I don't. Sometimes they'll come around years later and I'll be like, Oh yeah, that was on there. Like, you know, but, yeah, that's it. It all happens on God's time, one. And two, you have to realize and pat yourself on the back for all the manifestations and all the things you are doing, you know, even if it's on a small level.

We kind of discount ourselves of the small wins every day that we accomplish, you know, whether it's like, Hey man, today I need to, you know, Do my laundry, do this, fold my clothes, I need to brush my teeth, I need to take a shower, I need to do these things that become routine. And, but they really are an example of you setting a goal and accomplishing it.

SHAWN STEVENSON: It's a muscle.

BIG SEAN: It is a muscle. And once you recognize that, It just, it's like you feed it, you know what I mean? And you feed the energy of, okay, that's what, that's the type of person I am. I'm going to, I'm an accomplished person. I'm a manifester. It's like, you know, when you're in a relationship sometimes and you do all these sweet things for each other, and then sometimes they can start to become regular. You know, these acts of love starts to just

become routine. You don't really recognize them or give them the energy anymore. Not only do they not mean as much, sometimes they start, stop happening. Sometimes they fall off. It's like, whatever you give your energy to and appreciation to, and gratitude for you breathe more of it. You know, it's the simple recipe of success, and one of the key parts of manifestation that I learned is to be thankful for all your wins and to celebrate them in your own way.

So that is real, real important for everyone to recognize that if you want to create more things in your life. Celebrate the things you're creating right now, even if they don't mean that much to you consciously. Your subconscious can't tell the difference between you being disciplined and with your gratitude, your consciousness can't tell, your subconscious can't tell, it's just going to be watering those seeds and growing more and more that garden that you just are lusting for, you know, and desiring.

SHAWN STEVENSON: Yeah, for sure. So, can you talk a little bit about, because again, it was like a we can't even put a number on it. One in a trillion chance, one in a billion chance of you running into Kanye.

BIG SEAN: Right.

SHAWN STEVENSON: Right. And you were doing a certain thing. Can you talk about your intention in that? Because it wasn't just you getting a record deal. You already had an intention on who you want to connect with.

BIG SEAN: Yeah, period.

SHAWN STEVENSON: So talk about that.

BIG SEAN: Yeah, I already, like, when I, one of, one of the key things in manifesting is like clarity. Finding clarity on whatever it is. And when I was in high school, in like 10th grade, and I heard College Dropout from Kanye, I immediately knew it aligned with my type of person that I am, you know? And so when I sat and thought like, who would I want to be signed to? Who would, who would I want to get a record deal from? It was like the first choice at the

time. I was like, yeah, whatever. I found out he had a label and I was like, oh, good music. I'm trying to be on good music. Then it was Rockefeller.

Then it was Shady Records. Then it was like, um, T. I. 's Grand Hustle. Then it was Interscope. Def Jam, all, you know, all the, I had like a whole long list. I hope I could find it somewhere cause it's really, it's really incredible. But, yeah, it's just, you know, God hears you, you know, the universe, whatever it is you call that source, it hears you. And it's paying attention to you. That's why I still speak things out. And a lot of things don't go the way I intend for them to go sometimes, you know, it doesn't go the way I want it to.

SHAWN STEVENSON: Talk about that. interaction at the radio station?

BIG SEAN: Yeah, so You know After I made this list and good music at the top of it I kind of just let it go into the I just kind of let it go, you know I wrote it and I let it be and then one of my friends calls me and is like, Yo, you know Kanye's down at the radio station. And by the way, I was doing a radio show at this radio station every week called the Friday Night Cipher, which is like where you battle rap. And then whoever wins the battle raps gets to rap on air, like over an instrumental, you know, of your choice. And like, I was doing that every week for like over a year. And I was doing that to be able to just be heard on the radio cause one of my dreams was to hear myself on the radio. So every week I would have people be like, Oh, I heard you on the radio rapping. And it was like, that was a real example of manifestation right there. I also did it to get the relationships at the radio station. So when I get the call that Kanye's down at the radio station on a Saturday morning, I was cashing my check, I was a telemarketer at the time and I left the bank, ended up getting down to the station through a crazy series of events. And lied and said I left my phone back there, you know, cause I was there the night before rapping and they let me in cause they knew me.

I've been going there for like over a year and they like, Oh, you know, Kanye's back there, man. I'm like, Oh, oh, word. Like, Oh, like, okay. I have been selling CDs around school. I had my press kit. I was like already prepared. You know what I'm saying? Because not, I didn't realize it, but that was just what it led to. Anyway, I got a chance to rap for him as he was walking out the station. He told me I had 16 bars and I ended up rapping for like 10 minutes. Cause I had, I was

writing a rap every single week for the radio station to be on the radio. So I had a hundred raps that I could just pull from and I'm just one after another. I'm just like, you know, rapping like my life depended on it. He heard me out, him and his whole team. Don C, Ivan Jasper, they all heard me out and that was the initial contact and he was like, you got any music? And I had my CD that I've been selling around high school and had my press kit. And it took years and years after that, you know, it's a crazy story, but that was the initial meeting. And he first told me he wasn't looking for any new artists, you know what I'm saying? And I didn't really let that discourage me though. I was just kind of like, you don't think you looking for new artists, but I already know.

SHAWN STEVENSON: You haven't met me yet.

BIG SEAN: I just felt it, you know what I mean? So anyway, it's a long, long story, but that is, that is one of the, I feel like a fairytale rap story. And it ended up working out through a crazy series of ups and downs and events. It's something that I'm just like looking forward to passing that energy on because life is You know, it was one of the biggest lessons I learned is that when you do things out of a passion you never know what is leading you to. You know I didn't print up the CDs to have it ready for that moment to rap for. I printed up the CDs because I wanted people to hear the music around my school, in my hood, you know what I mean?

I didn't have a press kit ready because I was going to give it to him. I had it ready because I was passing them out saying, I was trying to get my name out there. I wasn't, I wasn't rapping at the station. I didn't know rapping at the station every week would build my confidence up enough to rap for, you know, One of my idols at the time and.

SHAWN STEVENSON: Under pressure.

BIG SEAN: Under pressure and not mess up . But that's how it goes when you do it. You can't even see the full picture You just realize that the picture you thought it was is just a piece to a puzzle.

SHAWN STEVENSON: Yeah.

BIG SEAN: You know, yeah.

SHAWN STEVENSON: Yeah, man, that's the preparation. You know that saying preparation meets opportunity. That's what luck is.

BIG SEAN: Yeah.

SHAWN STEVENSON: But lucky me, you were, you were putting. Right, you were putting those reps in at the radio station.

BIG SEAN: Mm-hmm .

SHAWN STEVENSON: You know, for a year, like you said.

BIG SEAN: Yeah.

SHAWN STEVENSON: And also having the press kit. Having the CDs. You had all, everything. The preparation met the opportunity.

BIG SEAN: Yeah.

SHAWN STEVENSON: You know.

BIG SEAN: And you gonna get that whenever you want to pursuit of something. Whenever you really taking it serious and you put them that 10, 000 hours in. And by the way, I know I'm not contradicting myself either that 10, 000 hours of you could call it work, but it come, it could be passion. That's why I say like hard work doesn't dictate success always. I'm sure there are people who worked harder than Michael Jordan who weren't as successful as Michael Jordan. And by the way, just another statistic is that the people who are the highest scorers are also missed the most shots. So don't get trippin, don't trip off of things when they don't go exactly how you want them to, or aren't as like, big as you want them to be or small, or

you know, whatever it is it's just like. We realize when you step back just how special it is to be here and to be taking these shots at life. It's a remarkable, dog.

SHAWN STEVENSON: Yeah, this leads to another one and you know, we talked about manifest and by the way again, you dig in super deep on all of these five practices: accept, strategize, try, trust, manifest. And again, I love how you embedded it into your story. You didn't just like here's what I mean by try, and you make those words jump out. It's like little Easter eggs, you know, like kind of watching, you know, like a Marvel movie or something.

BIG SEAN: Right.

SHAWN STEVENSON: It's really dope.

BIG SEAN: Thank you, man.

SHAWN STEVENSON: But, this ties into strategize very, very well because, especially when things might seemingly be going wrong. Strategize really speaks to, for me, the power of questions, right? And asking empowering questions. So talk a little bit about that.

BIG SEAN: Yeah, strategizing is just one of the key elements to having a life of happiness to me. And I do believe in having a very spontaneous life as well. But when things are project based, which is a lot of our goals we're after in every, any field. Whether it's legal, whether it's medical, whether it's showbiz, whether it's music, whatever it is, right? Whether it's podcasts, whether, you know, strategies are the blueprint of whatever it is you're building. And the strategy is something that is just, it's so. It's so fulfilling to just strategize on something that you're passionate about. I can't stress that enough. Like having strategy is like the key to it's the key. You know, it's the missing key to opening so many doors that a lot of people kind of fall through on.

Because if you're not passionate about something and you're doing it for the wrong reasons, you may fall off on strategy. You make a try and you may, you know, I don't know about trusting, but when it comes to strategy. You're gonna be like, I just, nah. You know, you'll fall off of it. You know, you have to be passionate about what you're strategizing about. And

realize that I love strategizing because my life depends on it. When I work out in the gym, I'm strategizing. Like, okay, when I'm in making music, I'm strategizing on like, what do I need to put this team together to bring this song to life, to be able to lift people up, or whatever it is I'm trying to get done.

Strategy is one of the most important things in the world to apply to any situation you're dealing with to me, the main ingredient in manifesting. And what it takes to strategize is just, I talk about it in the book, it's really important to have someone that you consider a mentor. Whether it's a family member, whether it's a friend, whether it's a somebody you have admired, even from afar, even, you know, we got social media now and you can tune into people's interviews. You could tune into people and really just, it really just takes an element of them for you to strategize on what it is you admire about them and how do I apply that to my story. And that having mentors or people you look up to, or people you consider, you know, even just peers or anything that are inspiring you in any way, if you could really drop the ego of it all and just realize that you're a student and you're here to be of service, that strategizing will take you anywhere you need to go.

SHAWN STEVENSON: Yeah. I think that you articulated sort of like. A compass in a way if you ask the right questions, which is, let's give an example, you know, you went through that period when Kanye and good music wasn't reaching out, right? And you can easily, we can maybe talk a little bit more about it, but you can easily get into this. Why me? Why is this happening to me?

BIG SEAN: That victim mentality.

SHAWN STEVENSON: Right? Instead of asking, okay, what is this trying to teach me? You know, what lesson is, is, or gift is trying to emerge? What quality is this situation trying to birth in me? Right? So it's like being able to reframe it and ask a more empowering question, right? And what you shared was even in the good stuff as well like how can I make this even better? But the compass with the strategy is the questions.

BIG SEAN: Yeah, how does it get any better than this? Yeah, it is, you know, and during that time . There was that time when I was like, I guess 19 and my label like the label wasn't hitting me back and I Turned down all my scholarships to go to college and like my admissions. You know, and like, I was still in the same room I grew up in for the majority of my life. Sleeping in the same twin bed, you know what I'm saying? And just, just like over it. You know, just my friends calling me like, yo, what's up with the deal? What's up with the record deal? Like what's going on, man? You could have came to school like, or I would go visit my friends at school, see how they live in living on their own, doing this crazy stories, you know, new girls, new friends, new everything.

And like, I'm kind of was on, had to take a different path and it was a lonely path and it was a path of, you know, that was my first wave of depression. My first wave of, you know, I was victimizing myself as well. And in hindsight, you know, you can look at me like, Oh, that was silly. But in the moment though, I was able to recognize that if I'm feeling this way, that just means something isn't aligned. And I was able to recognize that that's a gift in itself. Because I have an opportunity to get aligned and to make this, this possibility really happen. How can I do that? I need to strategize. And that's what I did. I was disciplined every day. I was connecting with all the, looking for new producers to work with, to flood my label, to show them what I can do.

I was doing any other opportunity I could, aside from that, just You know, looking up like what open mics I could go to, looking up who could I, you know, open up for, get in the studio with people, writing stuff for other people, like being selfless about it, not just being like, this is for me. All those opportunities all paid off in one way or another. And I think that's important for anyone to recognize that if you're feeling down, depressed, that's just an indication that you're meant for something different, something more, something greater. And that's, that's a beautiful, that's a beautiful opportunity.

SHAWN STEVENSON: Yeah.

BIG SEAN: Yeah.

SHAWN STEVENSON: Got a quick break coming up. We'll be right back.

One of my favorite strategies for maintaining a high level of health and fitness is to make it easy when I'm on the go, whether it's traveling to speak at an event or spending all day in my son's basketball tournaments. I'm not going to leave it up to chance to have some nutritious snacks to keep me going. That's why I always travel with the snacks from Paleo Valley, including their incredible superfood bars that are made with certified organic superfoods and 10 grams of real protein from 100 percent grass fed bone broth protein. They come in a variety of flavors, including apple cinnamon, chocolate chip, and more.

And right now my favorite pumpkin spice superfood bars are back. And the coolest part is you get 15 percent off. When you go to paleovalley.com/model, go to P A L E O . V A L L E Y . c o m / m o d e l . You get 15 percent off store wide and also check out their 100 percent grass fed and grass finished beef sticks in a variety of flavors. No artificial preservatives. And also their supplements have no binders, no fillers, just all real organic superfoods. Again, this is what I always travel with. And I also keep here in the studio to share with guests of the show and my team head over there and check them out. I've been utilizing Paleo Valley's incredible snacks for many years. Again, that's paleovalley.com/model for 15 percent off. And now back to the show .

SHAWN STEVENSON: Man, just even thinking about the power of having some, some direction and intention, but also along the way you're going to have these obstacles. I kind of think about it sometimes kind of like a steeplechase. It's so random, you know what I'm saying? It's kind of like, it's not a sprint, it's a marathon. And you got this random big ass turtle in a puddle and whatever.

BIG SEAN: Yeah.

SHAWN STEVENSON: And all these kinds of unexpected things. If, if you get to a certain place, you start to, it's a pattern, it, it is to be expected.

BIG SEAN: Yeah.

SHAWN STEVENSON: Because if you want growth, it's going to have to qualify you in many different ways. You're going to have to grow. Yeah. You know, if you want growth, you're going to have to grow. Exactly, growing pains.

BIG SEAN: Yeah, man.

SHAWN STEVENSON: And you talk about that too.

BIG SEAN: Yeah, growing pains, what is life without it? We look back at all the things that will cause us distress or things we like, you know, really the mindset is the one of the most important things. If that was a six practice, it would be mindset. Your mindset of how you look at things can alter anything. And one of the most important things about my mindset that moving forward that I've able to apply to my life that has made my life so much more pleasurable, no matter what is going on, is separating my happiness from everything else and not letting something not going my way dictate that. It's like what I mean by that is like we kind of tie all of that together like my whole life It's like yeah, I was depressed because the record deal wasn't coming through and I didn't go to school. And my friends was happy at school, right. When really all of those things are separate things.

I still could have made myself happy I know how to make myself happy because i'm the source. That's the beauty of it. You know, that's kind of the detriment when you on drugs and like you get high off of something. It's like, that's the source of it. But when you're the source of it, when you high off of your life, you can really do anything and be high at any time. You know what I mean? And that meaning that high of happiness, meaning that like you in control of that. And that is one of the things that no matter what really goes on, things phase me and I'll be like down about it, but it never can take me under like it used to. Sometimes that could really ruin somebody.

Sometimes that could throw somebody off for the rest of their life. There's no way that could happen to me because the power of me working on myself has been an armor that I need to put on and to go through this world and take any hit possible. And knowing that I got the power and there's always a golden thread that's going to lead me from where I'm at to where

I desire to be at. And there was nothing that could cut that off except me. You know what I mean? So no matter what, everybody got a way to do what they got to do. Like the impossible has already been done. In fact, that word probably is just not even, doesn't even have the same meaning anymore. It's like we saw Tom Cruise do mission impossible nine times. Come on. No, but, but for real though, it's like the, what's the, what is the impossible? You know what I'm saying? It's like, it is possible. It's the end po, you should call it like end possible because it's possible within.

SHAWN STEVENSON: Yeah. One of my favorite lines in the book, you said, "it's a lot easier to become stronger when you're not in crisis", right? We tend to want to change when we hit the ground. You know, when we hit that just absolute devastation, you know, we want things to change, we hit the rock bottom.

BIG SEAN: Yeah.

SHAWN STEVENSON: That inspires a lot of people to change. And that's a way. But, and this is something I've been struggling with for years as well, just thinking about how can we change through choice and not through crisis and drama. And what you're doing with this project and I don't know if this was the intention, but it's like you're giving the keys to grow without the crisis and part of that is like these very simple tools. You're like, it's a practice, right? The affirmations, the agreements. And you're basically you're making your floor is, is moved up. Like you can't ever hit that same floor again, right? Because you've elevated yourself so much. Can you talk a little bit about.

BIG SEAN: And even if I do hit that floor, it's not, it won't be the same floor. Even if I went back to exactly where I started and moved back into the exact same house on the exact same street, under the exact same circumstances, it still would not be the same situation because I'm not the same, you know? And nothing about it is the same because of all of the things that I've accumulated. That's one of my favorite things about *The Alchemist*. You know, not to, I'm going to get back to this. The, my favorite part about *The Alchemist* that hits me every time is that he goes on this journey to find all of these things that he's looking for in life.

It accumulates all of these things. He learns how to work at a crystal shop and create all this tea. He learns how to be an alchemist and make gold out of stuff. He learns how to just be a, you know, he sells his sheep early on all these things. And when he finally hears the voice of God. He said, the voice of God, he said, God, where is this treasure that I've been looking for? And he's like, oh, it's at a church. Literally, the church where he started at. Oh, it's at a church. It's right there. That's where the, that's where the treasure is the whole time. This whole time you go on this trek. So it's like, to me, you know, basically it's saying that you have it. It's already there, you know, the journey is the, is the reward, but so let's go back. So what was the question again? I just wanted to get that off. So you said.

SHAWN STEVENSON: Affirmations and agreements.

BIG SEAN: Okay. So affirmations and agreements for me. Affirmation is the communication of exercise and the power that God has given me. You know, that's what an affirmation is. I'm affirming whatever it is I believe is possible because that is the talent that I've been granted. The talent of being a human being, the talent of having intellect, the talent of being able to naturally be a part of this nature, you know what I'm saying? So to me, an affirmation is like sitting down like how we are and saying what it is that I would like out of this situation now. We go through these things, though, and some of them work out in our favor and some of them don't.

I never lose faith, you know. One of my favorite lines from Tupac in an interview, he was like, yo, I want God to know I'm not soft hearted, I'm not a punk. Like, I was, you know, he gave me, he put me in the Benz's, God was there for me in the Benz's, God was there when I didn't have nothing either. And I want him to know that I recognize him in everything, in every situation. So for me I think that's important for people to recognize is that when things don't go your way, you don't lose faith in yourself and you don't lose faith in God and you don't not trust yourself. You have to trust in the deeper, Bigger picture of it all.

SHAWN STEVENSON: Yeah.

BIG SEAN: You know that this is something working out way different than you could ever imagine. So to me, when you go back to the power of affirmations, you are just giving your best shot and communicating what it is that you would like to see best in your life. And as far as an agreement goes. An agreement to me, like when I make an agreement, it's set in stone as, and by the way, when I write my affirmations and when I write my agreements, I sign them at the end of it, cause I write it in my paper. I sign it because like how I would sign a million dollar contract, cause that's how official it is to me. I'm signing it. It's actually more important than that.

So I'm signing every time I do affirmations every day. I sign in like a contract. Sometimes I sign my name and my son's name because I know how it's affecting him too. You know, and same with agreements and agreement is something that to me is just unbreakable that I make with God. Like an example to me of an agreement. It's like, I'm going to be the best father for my son, Noah. You know, that's something that cannot even be. No, nothing can come between that, not even death. You know what I'm saying?

SHAWN STEVENSON: One of the agreements you talk about is with working out. And this is gonna be helpful. This is gonna be helpful for a lot of people because a lot of people fall off the wagon. They aspire to start consistently working out, but something happens. You had this revelation and you made an agreement. One of the things that you mention in the book as well is like, you see this as something that your life depends on it. Like you made that shift in your brain that this working out isn't even negotiable. My life depends on it.

BIG SEAN: Yeah, and that's the, and another power of an agreement is that you have to realize that these agreements you make, your life depends on it. That's the only way you're going to do it. If you, if you not working out, if you don't think working out is a life or death thing, you're going to fall off of it because you're going to think that there are so many other things that have precedence over it. But I'm gonna keep it 1, 000. When you treat things like it's life or death, like working out, that is when you are disciplined enough.

When you treat your dream like it's life or death. When you treat your When you treat these things like it's life or death, that is the only way to be successful at it. And to me, successful is

purposeful in it how to find happiness in it. And there have been times where my schedule literally doesn't permit me working out, and I don't get to have the same consistency, but I know how important it is. And I will never not do that. I know that it's life or death and I think that that is the only way that you'll get in that gym consistently or whatever it is you're doing the gym figuratively or literally. You know, some of us literally go to a gym. Some of us go to a different gym in a different way.

SHAWN STEVENSON: One of the things you talk and speaking of being busy, you know, being productive. You said in the book that working out is one of the most productive things that you do. Why'd you say that?

BIG SEAN: Yeah, working out and sleeping is one of the most productive things that I do. I realize how important sleeping is, as my dad's asleep right there in the corner.

BIG SEAN DAD: No, I wasn't sleeping.

BIG SEAN: I know, I'm just playing.

SHAWN STEVENSON: Say it loud. Say it loud.

BIG SEAN DAD: I was not sleeping. But I didn't sleep for about three hours last night, so I am a little tired.

BIG SEAN: No, it's okay.

SHAWN STEVENSON: He's locked in.

BIG SEAN: I'm just playing. My daddy is locked in. But yeah, working out is one of the most productive things you could do. Sleeping is one of the most productive things you could do. If you realize the mirror of what's outside. And realize that this universe, this star, so everything is correlating and rotating literally is inside of you as well. It's a whole universe going on in your body with all of these trillions of neurons and cells and things that are doing this job to make sure you wake up every day to make sure you're here and that it's a real miracle. You are

literally a physical walking miracle. The fact that everything is working in synchronicity and the fact that you're able to open your eyes. And fire off this message to here and this electron in here. You realize that you're a walking miracle. So yeah, when you are taking care of yourself, that is one of the most productive things you could do because it's literally like taking care of a whole universe.

It's like taking care of a planet. It's like taking care of a whole more than one person because not only are you taking care of yourself, you're offering it to the whole world to your whole environment. You know, and in many ways, not just in physically, but also vibrationally. So to me, you know, productive, when you think about being productive, a lot of us kind of use that word as a metric referring to like money or like referring to product, but really productivity is you being happy and you being your best self. That's the most productive thing you could do and because all of the everything else just flows after that. Whatever it is the money the I don't know whatever it is you're after. That comes as a byproduct of you being your best self. That's why it's important to work on yourself.

SHAWN STEVENSON: Yeah. Let's address the guilt people feel about it. You know, because that's one of the it's a it's a real phenomenon in our culture today, is like taking care of yourself and I, we're kind of programmed with that as well. You know, like especially coming from where I come from is self sacrifice. You know, you basically kill yourself to uplift your family in some weird way, right? And many times the opposite is true, right? Because what tends to happen is you do that and then everyone suffers when they lose you, you know, versus like let me take care of myself and invest in me so that I can show up as my best self for the people who need me. So let's talk about the guilt people feel with taking care of themselves and a different way to approach it.

BIG SEAN: I mean, I understand you could feel guilty about taking care of yourself. For some people, there's a thin line between selfish and selfless, or selfish and self care. And if you're not surrounding yourself with people who understand that you're a human being and you're doing your best in this world, then you gotta take a. It takes a village, by the way, to raise kids. I know, you know, like, there are times where, yeah, I feel like I need a break and I don't have I can't take a break at a time. But then there are also times where I've been given the grace to,

like I say, to have time to work out, to have time to meditate, to have time to, you know, create. And a lot of us have responsibilities, so when you do take that time, I do understand you feeling guilty.

But you just gotta change your mindset, really. Change that belief. Kill that belief. Break that cycle if you feeling like that. It's self sabotage. And it's probably the reason you're not able to really get ahead truly in life is because you have that type of guilt for taking care of yourself. You know, when a face mask comes down on a plane, you got to put it on your first. Then you got to take care of your child. All of these simple things apply to a lot of other major factors in your life. So basically I believe in taking care of yourself first and foremost, drop that guilt. Now there is balance in everything. I ain't saying like work out for six hours a day. You know, I'm not saying like.

Don't be there for the people who love you. I'm not saying like, don't be there for a friend because you're taking six months to take care of yourself. No, like it's about balance and it's about being considerate of you, not all just yourself, of other people and doing what you got to do to show up. Right, you know?

SHAWN STEVENSON: Yeah. I hope my oldest son listening about that six hours a day working out. He knows. He's at the gym right now, probably.

BIG SEAN: Yeah. And as I get older, I realized that the more hours you put into something and doesn't mean. You're getting more out of it. If I spend 12 hours in a studio, that doesn't mean I'm more productive than spending two hours in it. If I'm spending an hour in the gym or two hours in a gym, that doesn't mean if I spent eight hours in the gym that I accomplished more, it actually does not mean that. And I think that's another belief we have to drop as human beings. It's really more so about, because you could be overtaxing your body. You could be overworking your mind. You could be over stimulating your nervous system. You could be overeating over . You know, it's like everything has to be in moderation and you really have to pay attention to what your limit is.

SHAWN STEVENSON: Yeah. We mistake doing things for being productive.

BIG SEAN: Oh yeah. Those are two different things. Those are two different things, my friend.

SHAWN STEVENSON: Yeah. So getting in and changing that inner belief, dealing with the guilt, processing things, just being able to associate with yourself. You talk consistently through the book about the power of meditation.

BIG SEAN: Yeah.

SHAWN STEVENSON: And I want to talk a little bit about where you picked up, I know you mentioned your mom as well, where you picked up this practice and how it has evolved and how it's impacted your life. And like, why is it so important to you today? Let's start with that.

BIG SEAN: Well, I got introduced to meditation through Deepak Chopra and like him doing his meditations with him and Oprah and also Esther and Jerry Hicks as well. And my mom introduced me to that. And, I kind of really discovered it on my own in that sense though. It's like she gave me the tools, but I really took it serious. And what I realized meditation is for me is two things. One, it's time to take off for yourself, right, of being conscious enough to realize that you are a walking magnet. So meditation really gives me the time to concentrate on my breathing, realize the power that I have, and also give me a layer of protection to go out into the world and face all of the world's problems.

Energy through it and not let it penetrate me in that sense. Another thing it does is it is a super charge for all of my affirmations. It super charges. Whatever it is. I'm focusing on good or bad when you meditate on something you are . It's really like charging the magnet that you are of to God and the universe of all the things that are coming your way. And it's like, you're like drawing it to you even more. That's what meditation does for me. And it feels like after you work out and you take a shower and you just hop out and you clean, that's what it feels like it does for my brain and for my consciousness. And there is no wrong way to meditate. I think a lot of people get the misconception that it's like, Oh, I can't turn my brain off. Oh, I'm doing it wrong. Oh, I'm thinking about all these things instead of like, You know, I love guided meditations.

It kind of gives you something to focus on but even then your brain wanders. But that's the beauty of it. Just like any other muscle that gets stronger and you get better at M and you start to see the effects in your life. It doesn't matter if your brain wanders. You're not a robot. You can't shut your brain off You can't go brain dead and then turn your brain back on. That's not how it works. It's in fact, embrace that. Embrace that your mind is so busy and just try and bring it back to a central thought And eventually you get better at bringing it back to a central thought.

And eventually you may not need a guided meditation. Like I don't need a guided meditation all the time. I'm able to just do my own thing. But a lot of my idols that I realized to meditate as well. Like I remember when I had a conversation with Colby and he told me how he meditates and how I literally, he was describing what it did for him. And it was like, man, this really does that. And a lot of other people who I respect on that high level of what it does for them and what is creative for them. It's really kind of like a slept on gym that I feel like people don't talk about enough. It's like a real secret to success, like, meditate on whatever it is you're going through. Meditate on it and pray on it. Don't ever think that like, prayer, meditation, all that stuff works so well. Just work it. It's there for you to work it.

SHAWN STEVENSON: Yeah, yeah. And funny enough, we've got the science to prove it now, you know, but this has been known for thousands of years.

BIG SEAN: Yeah, explain that because the science like yeah, that's another thing. People think meditation is like some woo woo thing or like a. It's been scientific studies that show that how much it improves your brain. How much it improves that, like the, the bridges in your brain of firing messages, how much it improves your brain health. How much it improves your memory, the, how healthy people's brains are, you know, much more healthy than the people who don't meditate. You know, and that's one of the things I got to, I experienced when I did 40 Years of Zen by Dave Asbury. And, you know, they firing off all these neurons and correcting how your brain flows and all of these things. Meditation does that naturally on a way slower level. But yes, it's, it's scientifically proven to be great for you.

SHAWN STEVENSON: Yeah. And also we affect the world around us. We're connected to it. You know, there's a great experiment, some researchers led by Popenheim and they had a vacuum.

BIG SEAN: Right.

SHAWN STEVENSON: So this is like an apparatus where there's nothing in it. It's completely empty. And, but you can't get rid of bio photons, like the little energy packets that make up everything.

BIG SEAN: Yeah, that's right.

SHAWN STEVENSON: And so they were just kind of randomly scattered in the vacuum, as you would expect. They put a strand of human DNA into the vacuum and the researchers were shocked when the bio photons basically conformed themselves. They all were attracted to that human DNA. Right. And so already they're just like, okay, this is fascinating. The human DNA is changing what's happening in the environment. Now, when you take the human DNA out, you would expect it to go back to its random conformant. They took the human DNA out. But those energy packets, those photons, those bio photons stayed as if the human DNA was still there.

BIG SEAN: And then they changed the environment completely.

SHAWN STEVENSON: It changed it. It left not a permanent imprint, but a lasting imprint on the very stuff that makes up our reality. You know, and so that's just one example of how we are literally sending out a frequency. And that's another part of this too, the Institute of HeartMath. The human heart has a magnetic field that extends from our body. Like we're sharing an energy space. This is how we feel people's vibes. You know what I'm saying? Like, this isn't just, we say this stuff in culture, but like, this is scientifically proven now and not something for us to sleep on. And so when you were saying, Don't sleep on meditation and prayer. Like this stuff works. You are impacting the world around you and you're deeply, deeply directly impacting yourself. And these tools are available anytime, anywhere. If you're guided to go higher

BIG SEAN: That's right.

SHAWN STEVENSON: You know, shout out to your book.

BIG SEAN: Yeah. And you know, as a father, it's like you pass on that on. So when you are intentional about it, you're correcting things that you may not want to pass on. You know, trauma, healing, trauma, healing genetics, healing a gut, healing your, you know, things that you really can't pass on. Just like how you pass on a smile to your kids or the way they wink or, you know, the same hair or the same this, like you passing on so much more than that. And that is also the beauty of working on yourself and maybe correcting something that you don't want to see in the next generation, or not, or even not your son your nephew or either people around you, or your community because it rubs off in so many ways. Like you said like how one, DNA human DNA impacted a whole that bio. What is it?

SHAWN STEVENSON: Bio photons.

BIG SEAN: Yeah, bio photons . So imagine a trillion of those, trillions of those, which we are . And the power we have to affect our environment through meditation, through praying, through being intentional, through affirmations, through saying it out loud, through just intention. We are a whole vibration. I'm a product, you know, I had, I used to have a heart issue when I was younger. My, the magnetic field in my heart was off. And they were trying to operate on my heart and put a pacemaker in my heart saying I had a syndrome. And then I went to a holistic doctor. Shout out Dr. Brownstein, the best holistic doctor located in Michigan. I doubt he takes any new patients. He's the man though. I love him and his family and his daughters. They're all amazing. They're doctors now as well, too. So anyway, I got prescribed magnesium and a lot of other herbs that really helped heal my heart immediately.

It put a magnet, it gave it the rhythm back to the magnetic field that my heart was off on and it put it back on its rhythm. And I went back to the western doctor and they were like, oh, we don't need to do the surgery anymore. You know, this is about to be surgery. We can't afford all sorts of stuff. I was gonna have a pacemaker in my heart. So later on, so many of my friends who have had heart palpitations and similar things with their heart have tried

magnesium and 100 percent success rate. 100%. Everyone has hit me and been like, yo, I don't have that anymore. Incredible, bro.

SHAWN STEVENSON: Listen, listen. This is, so, magnesium is an electrolyte. These are minerals that carry an electrical charge.

BIG SEAN: Yeah.

SHAWN STEVENSON: But we, again, because we separate things mentally. Mm-hmm . Your heart is running on that electrical energy. Right. If you're deficient in these things, your heart's just gonna do what it can do. Yeah. You know, like I, I was.

BIG SEAN: We were sippin on electrolytes before we started that.

SHAWN STEVENSON: That's right, damn right we were.

BIG SEAN: Yeah, we did.

SHAWN STEVENSON: I went out and did a show with Dr. Oz back in the day.

BIG SEAN: Oh, shout out Dr. Oz.

SHAWN STEVENSON: Yeah, and he was a cardiologist, and he shared with me that during heart surgery, they would actually use magnesium to keep the heart beating, right? And like, kind of like a solution. And I'm just like, word, like that, again, it makes sense, you know? And so, our cells are like, It's crying out and it's communicating to us that it requires certain things just to function normally, you know, and so that's so powerful. And again, this also speaks to you being connected to the right person at the right time because so many other people every day, they find themselves in that kind of standard of care. And they don't get that real insight because you could end up having surgery and had a whole different life path. So it's incredible.

BIG SEAN: Let me tell y'all the food we eat. It's not the same food that our parents, grandparents grew up on. The food we eat does not have enough nutrition to support us fully as a human being. We have to supplement. It's like the land, the earth has been so stripped of nutrients without us being conscious enough to put nutrients back into the soil that it is really hard out here to get everything you need. Not saying it's not possible, it's very difficult and most of us probably won't have the discipline to do that. You have to find out what works for you, you have to take things to help you digest, you have to take care of your gut, you have to, you know, you're going to have to take probiotics, you're going to have to take enzymes or whatever it is for your digestive system. You're going to have to find Electrolytes that work for you.

You're going to have to find these certain things that really, you know, I have a whole bag of supplements that I take every day. But you're going to have to find out what it is that works for you. Every, all of us are so unique. Some of us have to heal certain things. Some of us need to get the EMFs out of us. Some of us need to get mold out of us. Some of us have all of these issues that sounds so foreign and like, no, that can't be me or parasites. You know, all of these things you have to figure out what works for you and you must if you want to live a long lasting healthy fun life. I'm telling you. It's like essential to be able to take care of yourself. Electrolytes, especially, is one of the most important things you're gonna need.

SHAWN STEVENSON: Yeah, you mentioned that it was your grandmother who was really on you about taking your supplements, about working out, about reading to be a better man. Let's talk a little bit about her.

BIG SEAN: Man, so I was just a blessed to have such a military minded, black, beautiful, strong, Southern toughness, amazing, just quality grandmother. You know what I'm saying? Who was one of the first female black captains in world war two and was in a 6888 Battalion. And she was incredible. She was everything that you would expect. Like, just set the standard for being the backbone of the family. I feel like I'm the backbone of my family now.

She's gave me the blueprint of that too, you know, because she put it all on her back and she made sure she made dinner. She made sure we had Sunday dinner. We would go to church.

We would do all these things that she believed was the best way of giving us the best life. She introduced us to all of these beautiful things. And even when I did the opposite of what she wanted me to do, which was I didn't go to college. I pursued music. She still supported me and I spent all the money she saved up for me with all these college bonds on studio sessions. And even when she thought it was still going down the drain and I was throwing my life away, she never turned her back on me and showed me what unconditional love really is.

And what to really support a family member really means. And I was so blessed to be able to buy her a house before she passed away, her and my mom and like really, you know, one of her favorite things was Jeopardy. She would watch like Jeopardy and all of these Westerns and stuff. I remember I was a question on Jeopardy one time and the answer was me. And she just, to me, that was like one of the coolest things ever. Probably one of my most like. Well, when did you feel successful? That was my first, probably the one of the times where I felt like true success. So yeah, I don't know how else to describe her, but she was the best there ever is, ever was. And Yeah, I mean, just a strong black woman that has like lives in my DNA, you know, I feel her with me every, every day.

SHAWN STEVENSON: Yeah. You talked about that. And this is another power or type of meditation is even if somebody is no longer here to be able to communicate with them.

BIG SEAN: Yeah.

SHAWN STEVENSON: Because not only is she in your DNA, but we know their voice. We know what they would say right and just to be still and this is a practice that I absolutely love that I value and cherish . Even with people that I might not necessarily know I've had this practice of having my Trusted Board of Advisors. If I'm dealing with an issue, I'll sit and put certain people at the table that have experience in that, and I'll go through and ask their perspective. I've been doing it for years and years and years, and it's one of the most nurturing things that I do . Specifically when I can talk with my grandmother.

BIG SEAN: Yeah.

SHAWN STEVENSON: Yeah, talk about that a little bit

BIG SEAN: You go through these situations in life and you wonder, what would they do? What would my granddad think of this? What would my mom, what would my grandma think of this? What would my great great grandma I never thought of think of this, you know? And that's, that's someone who I really don't know her voice like that, you know? I've only met her a few times when I was younger. So, you realize that DNA is a piece of information. It's like a computer. It holds all of these different information and this information is passed on to you. And you can go in this information and unlock answers to whatever it is you're looking for because the answers are already there.

It's one of those common sayings, like. You know, that you think has no meanings, but the answer is inside you. It really is, you know, and it is because that DNA is a computer. It's like information that you can unlock if you just search for it and type in a password to it. So, yeah, you know, I, I do. I asked, man, what would, like, Mildred, my grandma, what would you do in this situation? And when I really tune in, whatever really comes to my mind, I really feel like that's the communication. I don't have to think about it too hard. It's not something I have to search for. I think it's that easy.

SHAWN STEVENSON: Yeah, and thank you for sharing that experience because of course a lot of times kids are going to make decisions that parents, grandparents might not necessarily agree with and sometimes rightfully so.

BIG SEAN: That's fine.

SHAWN STEVENSON: Right. But for you, you know, having this vision of what you wanted to create and this passion and taking a different approach, you know, foregoing an opportunity with school and really investing in your future as a rap artist. And your grandmother's still loving you through all of that and wanting you to have your education and now you're educating the world through music and now through this book. What do you think your grandma would say or what would she feel if she was able to go into that bookstore today and see your book there on the shelf?

BIG SEAN: She would be happy for sure. She would throw a party or something. We would like. Just be proud. Because it's really a culmination of her. Even though my name is on it, it's like her book too, you know, or my family's book. I feel like it takes a village to raise somebody. It's like that whole village, the whole community, is whose name is on it. It's not just Big Sean, you know. She would be very proud, very excited. It's crazy how many lifetimes you could live in one lifetime.

SHAWN STEVENSON: Man, say that, man.

BIG SEAN: Yeah, it's like I've been practicing holding back tears, so I'm good at not crying, but it's definitely like I'm holding back so many emotions right now.

SHAWN STEVENSON: Yeah, yeah. You said in the book that this was something that you always wanted to do. You always wanted to write a book. You had that in you. You just knew that that's something that you wanted to do.

BIG SEAN: Yeah.

SHAWN STEVENSON: And my question is, Why this book? Why now? Why did you decide to put these phenomenal insights into this package to share with everyone?

BIG SEAN: Man, it was really a podcast that I did with Jay Shetty. And it was my first podcast that I did in that fashion. And we did the podcast and afterwards he was like, you got to write a book, got to write a book, man. And I was like, Oh man, I appreciate that. He's like, no, I'm serious. He was like, I do a lot of interviews and I don't say that hardly ever. I don't even think I've said that. He said, you have to write a book because there's too many. He was like, there are so many people that come from where you come from that didn't have the grandma or the mom or the dad or the guidance or the that didn't have this that don't know how to get from point a to point b to z. You know, you have to give that basically you got to give that game, you have to. You know, he was like you i'm telling you write a book man.

Do it . And I didn't realize the importance that he was stressing to me until I really thought about it You And I remember when Nipsey Hussle died and when like a lot of people died,

family, you know, just people were passing away. And then also the birth of my son. You kind of realize how fast life goes and how these moments you think you always have, you don't have for real sometimes. Sometimes life can, you can make plans and God laughs at it. So I realized the power of now, which is another great book. *The power of now* is doing what you can right now. And this is something that I could, that it took a couple of years, but I realized that I need to not just always think that I'll have this chance to do this in my life.

You know, I got to live my life. I got to stop living my life. Like it's always going to be there. So that's when I was like, let me write this book. Let me get it off because it's all my spirit and that birth of my son, boy. That really put a lot in my, in perspective for me as a man and me having an opportunity to write a book to share some of the things that I've experienced and the secrets that I've gone through. Like this is a top priority, you know, so that's, that's why I did it. So shout out to Jay Shady, shout out to just life in general. You know, that taught me that life is the best teacher, right? It's like the best professor that you got to do what you can now. And this is one of the things that I'm proud I was able to do.

SHAWN STEVENSON: Yeah. You talked about in the book, the importance of having role models. You're on the model health show.

BIG SEAN: Yeah, that's right.

SHAWN STEVENSON: This is one of the principles and tenants, because with your book, you can absolutely provide value to people who are aspirational who are dedicated to their growth and self development. They want to be better intentionally. They're going to love this. But what's different is when I was reading this, I realized that 15 year old me living in the inner city, living for a time right next to the crack spot, right?

BIG SEAN: Another Sean .

SHAWN STEVENSON: You know, having, um, having family members who fall victim to this environment, losing people and feeling like I'm grasping for straw sometimes. I have this thing in me like I know that I matter and I can do something powerful in the world.

But also I got this whole environment is just fighting against me seemingly. And I know that Shawn would have read this book because of who you are. And that's what's so powerful about this is that people kind of what Jay Shetty was alluding to who don't necessarily have that access or that experience. But come from a similar place, they're going to resonate with this. This is going to get them to crack it open. And that can change their life. So, thank you. Truly. Thank you for having the audacity to write this.

BIG SEAN: Thank you. Yeah. And to, like you said, the people who feel like the world is against them, cause it feels like it is, and it can be. I'm not saying you're wrong. In fact, when you go through life, you realize there's too many things that aren't right or wrong. It's just all a perspective. Just know that, yeah, that is why I wrote this book, to give you a foundation to build off of, to be able to change the circumstances in your environment, and to realize how much power you have.

Not just through the knowledge of your mind, but the power of creating your own blueprints by trying something new by strategizing, by trusting in it, by manifesting. You know, and first of all, that starts with accepting where you are and accepting your environment. It's accepting where you are. Even if the world is against you, it doesn't mean settling for it. It just means that you're letting go of a lot of these things that are burdened in you and you're ready to create something different about it. You're ready to change it. And accepting where you are has so much power. Because it makes room for going to another place instead of denying or going against something. It's like, accept where you are and accept that you got the power to go higher. You know what I mean?

SHAWN STEVENSON: Yes, sir. Yes, sir. Final question. What is the model that you're here to set for other people with the way that you live your life personally?

BIG SEAN: The model I'm here to set for other people, you know, to live their life is enjoy this beautiful life that we fought so hard to be here for, no matter how crazy it is. You gotta understand, to even be born is a one in a trillion odds that you already beat. So whatever odds you face in life, you already beat impossible odds that don't even compare to that. Whatever it is you're after, change your whole mindset, change your whole mind frame, and

realize that whatever you think the whole world is, you're just a piece of a puzzle to a whole bigger picture.

So how can you contribute to that? How can you be the best version of yourself to that is to live your life in true happiness as much as you can. To figure out what your purpose is what drives you and to be able to be a magnet to live in a life you desire and that is really what this book represents. And what it really, I don't want to say teaches you, but it inspires. And you know, I just want to say that. You know I'm a product of someone who was on a pursuit of happiness and was actually able to see it manifest in my life in so many ways and more. So, you know, whatever your idea of success is, which to me is to live purpose, purposefully and to live the life I feel like I deserve, which I feel like I may be the most successful person in the world if you measuring it in that way. So that is the model that I would like to set for others and that knowing that you deserve it and that it's not only is it possible, it's just, it's on you. Go ahead and get it.

SHAWN STEVENSON: Yes, sir.

BIG SEAN: Yeah. Thank you, man. I'm really, by the way, I've got so much respect for you. I appreciate you not only giving me your books, but just being conscious enough to, to teach, you know, to, to realize how important and how, whatever words you want to use, how important, how spiritual, how amazing it is to be conscious of the foods you're eating. To how food is such a healing, holistic, even eating food every day is such a ceremonial thing, that people kind of like, we get in front of a TV and eat and all these things. But really you're neutral, you're giving your body nutrition to be able to survive. It's one of the most incredible things, and we sometimes, as humans, we eat such trash. I appreciate you speaking up, because we don't know any better. It's not we eat trash because we want to eat trash.

SHAWN STEVENSON: Facts.

BIG SEAN: It's that we don't know any better, and that you're speaking up and introducing a very achievable lifestyle that is, just makes life better. So much better in every single way possible. You know, that's the, that we need to, I need to come back and we talk about just

that, you know, we don't talk about book stuff. We talk about like, your mission and your passion and because I feel like I align with you. When it comes to the Holistic journey and the and the food choices and you know, like we were talking off camera. So that's a whole nother thing, but I just want to say congrats to you. I know we share the same name, but aside from that I'm just proud of you . You know as a Man, as a brother out here that's just preaching his, you know, his mission.

SHAWN STEVENSON: Yeah. Thank you. That's what I felt. I was going to say that same thing, man. I'm so proud of you, man. Like, real talk. I'm so proud of you for putting your life into this form. You know, and understanding that you are so much more than, even what you started off to do. You being somebody who's dedicated to uncovering those layers like this takes work, man. This is not that when you shared that quote from Tupac that really hit different. You know, and just and and you know, man, I'm just I'm so grateful for you. I'm grateful for this experience and I'm grateful to share this with everybody Go higher.

BIG SEAN: Yeah.

SHAWN STEVENSON: Available everywhere books are sold. Where's the best place people can pick up a copy?

BIG SEAN: Wherever books are sold. Target, Barnes and Nobles, Amazon. Love Amazon. Independent bookstores.

SHAWN STEVENSON: Yes.

BIG SEAN: Shout out to all the independent bookstores. You are loved. You are appreciated. And if you have an opportunity to go to an independent bookstore and support them in that way, that would be my first choice of how you get this book is to go to an independent bookstore, purchase this book, and feel the energy and the vibration. Books carry vibrations.

SHAWN STEVENSON: Facts.

BIG SEAN: They really do. That's why, like, I keep a Bible by my bed, you know what I mean? My library of books is so stacked and flourished of sometimes even duplicates of certain books. I like having in different rooms. Like I got a copy of a couple books in different rooms because it's just the energy they bring. So go to those independent bookstores, rather than independent bookstores, go to a bookstore and just realize how you feel in there because there's so much magic, so much energy in these books, man. It's a different vibration than just ordering it online, but order it online too if that's what you could do, if that's what you got the time for. I order books online as well, so.

SHAWN STEVENSON: Yeah, and my recommendation is to get a copy for yourself, get one for a friend, and get one for a young person. If anybody that you know has ever even listen to a Big Sean song, get them this book, and use that knowing about your music as an entry point for going higher. My man, thank you so much for coming out with this.

BIG SEAN: And also, if you don't like my music, I really still suggest this book. I know. Whether you like my music, don't like my music, know my music, don't know my music, like, I just want to say. Like, no, for sure, what you said, like, definitely, but even if you don't know who I am musically, this book is way more than that, way more than that. But I do appreciate that.

SHAWN STEVENSON: Yeah, for sure.

BIG SEAN: But it's like, it's definitely different from the music, and it's bigger than me as a person. Even though my name is on it. You might as well not even have my name on it, cause it's really like a village of people that really go into this book, so. Yeah. I'm very thankful to be here, man. And the biggest honor in life really is to serve. So that's what I'm here to do.

SHAWN STEVENSON: Yeah. True. True that. And yeah, real talk. If you just turned off a country song to listen to this podcast, I'm saying Dolly Parton, Conway twinned, whatever you're into. This is a unifier, you know, it's from everybody. It speaks to everybody and that just speaks to who you are and your character to be able to create something this. So amazing, man.

BIG SEAN: Alright so next time man

SHAWN STEVENSON: Let's go.

BIG SEAN: That's it. We signing off man.

SHAWN STEVENSON: Big Sean.

BIG SEAN: Model health show. We got Sean here, Sean here, and that's it man. We done.

SHAWN STEVENSON: Thank you so much for tuning into this episode today. I hope that you got a lot of value out of this and this is something again to take care of. Action on in writing your own story. Manifesting the life that you truly want. And utilizing tools and insights and mentors and messages and collaborations and really investing in yourself this year and beyond. And one of those items can definitely be this incredible book. Go higher is a super page turner, really embedding a lot of insights and messages throughout this, the telling of his story.

And incredible examples. And again, this is a very shareable book to inspire a broad range of people in different backgrounds and different ages. There's definitely something for everybody. And that's what we're going to strive to continue to do is bring on messages and voices that help to uplift us, that help us to remember who we are and how powerful we are. And also, of course, To help us to achieve the best health ever. I appreciate you so much for tuning into the show today. Share this out, by the way, take a screenshot. I want you to show Big Sean what we're about. All right. Take a screenshot of this episode and share it on Instagram. Tag Big Sean and tag me.

I'm @ShawnModel. Make sure that our voices are heard. Let him know that you heard him here on the Model Hell Show and how incredible this community is. And I appreciate you so much for investing your time into yourself. With me today and Big Sean, we've got some epic masterclasses and world class guests coming your way very, very soon. So make sure to stay tuned, 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 the model health show.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.