



EPISODE 878

Transform Your Money Mindset & Make Money EASY

With Guest Lewis Howes

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SHAWN STEVENSON: Welcome to the Model Health Show. This is fitness and nutrition expert, Shawn Stevenson, and I'm so grateful for you tuning in with me today. On this episode, we're going to be talking about the relationship between money and our health. Money, and our mental health, our sense of well being, how money is tied to healing. All right, I know that this sounds bonkers, but my special guest was able to relay this in a way that really impacted me. It made a huge difference in my perspective personally. And he's somebody that I've witnessed first hand applying what he's going to be sharing with us today. In achieving, a, I don't know what other word to use besides remarkable, mind blowing level of financial success, but so much richness in all the other areas of his life.

And it was not by accident. It was through many trials and tribulations, and so he's going to be sharing a lot of that today. But one of the studies that I mentioned during this episode was a meta analysis published just a couple of years ago in 2022, in the journal PLOS one, the public library of science one, and it determined that financial stress and depression are intimately connected. Now depression today, and this is according to the NIH, depression is the leading cause of disability in the United States, and it is multifaceted, obviously, but this part of it is simply not talked about how much financial stress. Impacts our mental health, including depression. So obviously, again, it's multifaceted.

Our symptoms of depression can be related to diet and nutrition, can be related to relationship and relationship conflicts, this could be related to sedentary behavior, this could be related to all manner. You know, just again, just the things that we go through in life. But this facet, this aspect of our mental health, being financial stress, this is something that requires education and conversation as well. We talk so much about the nutrition prescription for things. Movement, obviously super important. Our sleep habits, one of the fastest way to tip us into depression is to be sleep deprived. Right? We can go on and on and on, but understanding the impact and how much our financial health impacts our overall health is just an important part of the conversation.

And we are in a society today that literally programs us to struggle with money. We're programmed from a very early age that we go about things a certain way and then you can have the "American dream"

You go to college, you get a good job. But that formula has led to more people being in debt than ever before. This is not about financial freedom and security and wealth and all this stuff. Our ideas around money are so misleading. We all have a certain story, even our, our background and where we come from creates a certain template or foundation or character when it comes to money that we tend to carry throughout our lives.

And so we're going to unpack all of this stuff today, and I'm so grateful again to be able to bring this and lift this up in this conversation about overall health and mental health and well being. Because this is something that deserves more education around it. And it's something that, dare I say, once we get the right education, just like with our health, we can lock in, we can get into a flow. Dare I say, we can make money easy. We can create a life of financial freedom and live a richer life overall. Because it's not just about money, obviously. Money is just a medium that because of our psychological connection, we create a lot of stress around it. And so this is opening up a really powerful conversation and I'm so excited to share this with you.

Now, before we get to our special guest, we're living at a time when so many of our ideas about things are being turned upside down, being flipped on it's head, alright. So many ideas are break dancing. Shout out to breaking. And many of those ideas are related to nutrition. For years and years including my college education we're programmed that sodium, salt is dangerous. We gotta be careful. Watch the salt, low sodium. Watch the salt. Well, this conversation is being turned on its head because we're no longer looking at this very vanilla, one sided point of view when it comes to salt, when it comes to sodium. And by the way, sodium is just one type of salt. There are many different types of salt.

There's magnesium salts, potassium salts, calcium salts. All right. So to create such fear around one thing that the human body requires. We literally require sodium for just about every single thing that our body does. There's this incredible sodium potassium pump that's driving a lot of the actions and activities and processes in the body. And so this is why this recent peer reviewed study published in the European Heart Journal titled, Sodium Intake, Life Expectancy, and All Cause Mortality revealed, " Observation of sodium intake correlated positively with life expectancy and inversely with all cause mortality. Shocking to the

researchers in the scientific community at large, higher sodium intake than conventional beliefs about sodium is associated with a longer life expectancy and reduced all cause mortality".

Again, this is a meta analysis looking at multiple studies and this is just what the data shows. But why? That is the question. Why is sodium demonized? Well, most people in our modern society is getting their sodium intake largely through ultra processed foods! Alright? And this very, again, highly refined version of this important nutrient, but also all the other crap that comes along with it. this vital nutrient that's included in ultra processed foods. And so the question is, why does this correlate positively with extending our lifespan. Well, sodium is required to help conduct the impulses of our nervous system. It's required for our muscle contractions. It helps our cells, tissues, and even our brain to maintain proper fluid balance.

It's the most important part of this conversation is understanding that we need the right ratios of sodium, of potassium, of magnesium. These are key electrolytes that our bodies require to function and to function at their best. And a deficiency can lead to all manner of disease and dysfunction. And this is why, today, even during this recording, right here, in my bottle, I have the number one clean electrolyte supplement in the world. It has no sugar, no artificial dyes, and results that you actually And it's from the incredible team at LMNT. Go to drinkLMNT.com/model. That's drink L M N T. com/model. And with every electrolyte purchase, you're going to get a free sample pack to try out all of their electrolyte flavors again.

Go to drinkLMNT.com/model to take advantage of this. You get a free sample pack with every purchase right now. I'm super vibing with the grapefruit salt. It's a vibe right now, but get to try them out. See which one is your favorite. Mine has changed over time. Just depending on the kind of vibe and what's going on in my life and what the seasons what season I'm in what season life is in, you know, so that'll change. But the great thing is that you get to try them all for free in this exclusive sample pack with any purchase. So any purchase of their electrolytes, and this is going to also be their new electrolyte sparkling waters as well. You get a free sample pack. So again, head over to drinkLMNT.com/model to take advantage. And now let's get to the apple podcast review of the week.

ITUNES REVIEW: Another five star review titled "the best" by Mitchell Jones. It's the only podcast I listened to. There's a reason he's number one enough said, you know what to do.

SHAWN STEVENSON: That's what I'm talking about. Thank you so much for leaving that review over on apple podcast. Enough said. I appreciate that so very much. And if you have to do so, please pop over to Apple Podcasts and leave a review for the Model Health Show. It really does mean a lot. And without further ado, let's get to our special guest and topic of the day.

Lewis Howes is a New York Times bestselling author, keynote speaker, and host of one of the biggest podcasts in the world with over 500 million downloads, The School of Greatness. Lewis is a former two sport All American athlete and former professional football player. And due to a devastating career ending injury, he ended up broke and depressed living on his sister's couch. Step by step, he began to lift himself up and begin to ask people how they achieved the success that they achieved. And by interviewing people, he found his own passion. On his way to creating one of the top ranked podcasts in the world, Lewis was recognized by the White House as one of the top 100 entrepreneurs in the country under 30. And now he's focused on teaching people to transform their relationship with money and increasing their financial wellness. Let's dive into this conversation with the one and only Lewis Howes. My man, it's so good to see you.

LEWIS HOWES: Good to see you, brother.

SHAWN STEVENSON: Listen, you already know this. Struggles with our finances have a huge impact on our mental health, our physical health, our relationships, the list goes on and on. And in fact, I pulled this up because I knew you were coming in here. A study cited in the Journal of Family and Economic Issues found that financial worries are a leading cause of psychological distress in our society today, which you already know. A meta analysis, and this was published just in 2022 in PLOS One, determined that financial stress and depression are intimately linked.

All right, so this is something that is impacting our lives, whether we understand it, whether we realize it, whether we like it or not. And yet we are not educated about this. And so I'm curious what inspired you to make this your topic of focus with all the things that you have expertise in. This is something very unique. Why did you choose to get people educated on this?

LEWIS HOWES: My whole, my whole vision and mission is to help people heal and create wholeness within them. And as I went on my own healing journey of healing relationships, but also just my, my traumas as a child, I realized that was causing me to act out in certain ways based on these wounds, based on the story that I had from my past. It caused me to choose certain relationships I was in. It caused me to be anxious in certain moments. It caused me to be more reactive and defensive in certain moments. And I realized, oh, okay, this story that I have, my history. Shaped my belief system, right? The things I saw, my environment, my experiences, the things I did to other people, the things other people did to me, it shaped a belief, and those beliefs shaped my behaviors.

When I was triggered, when I was excited, I would behave in a certain way. And those behaviors created my outcome, my results. But more importantly, the feelings I had based on the results. It was something I always wanted to understand because as an athlete, I think you can relate to this. When I would accomplish my goals, I was very goal oriented and I would accomplish them, but I wouldn't feel good afterwards. So I'm always, always like, why am I not happy with the results I'm creating? Even though these are massive dreams that I have. And then I started to realize how to heal. past wounds that were causing me to be driven, these behaviors to drive me to achieve without feeling fulfilled.

And I started to learn how to heal so I could be fulfilled in the journey and in the success that I would have, or the failures that I would have. And. Just like you said, I'm glad you shared these stats. Money is one of the biggest pain points for people. And my goal is to bring people healing and create wholeness within them. And yes, we want to live extraordinary lives. We want to be healthier in all these different facets of life. We want to have beautiful relationships. But I just noticed after the last 12 years of doing all the content I do, A pillar of

my content is around money, and there was just so much pain and confusion around understanding the relationship to money.

Most people want to make easy money, but they don't know how to make money easy. Most people, money is hard for them. It's stressful. They don't even want to pay attention to it because they don't understand it. They have stories from their past that created wounds and traumas and limiting beliefs that then dictate their behaviors and influence their behavior around money in their life. If you ask people how much money do they have in their bank account, they probably have no clue. If you ask them how much debt do you have, they might have a ballpark, but they really don't know most people are avoidance and they don't have a healthy relationship with it. And my vision in part of this book in this process was to go and interview some of the world's most financially successful individuals who also have inner peace and abundance around money. And also understand the dynamics of trauma around money the wounds around money, our, our belief system around money.

And when we have an environment where our nervous system is reactive, or anxious, or scarce around money, it's typically going to dictate our environment externally with money as well. When we receive it, when we spend it, how we feel. And I noticed this with most of my life. I got really good at making money at a certain point. After years of struggling, being broke, living on my sister's couch for a while, not thinking I would ever make money, then I obsessed about it, and I hoarded it, and I saved it, and I, I wouldn't spend it on anything for years. And I noticed, okay, I'm making money, I'm getting the success, but I still don't feel good with money.

Even a year and a half ago, as I was finishing this book, and, and doing my own, you know, research, I had some big wounds that came up where there was a company that owed me about a million dollars. And the old wounded part of me as a child that had money stolen from me at one point it came up and I saw this reaction and this scarcity and this stress and this anxiety that kind of, you know, put me in a lower energetic state for a few months. And I was like, how perfect is this that I haven't finished this book yet writing it, but this is showing up for me a big wound. And it was a beautiful blessing because I was like, it's teaching me a

lesson on what I still need to improve on and how I can still grow around my own money story and create more peace.

And I think the whole goal of this book and this conversation for your audience would be to show people how to create peace, harmony, and abundance around money in their life. How to define what a rich life looks like for them, and how to understand and reflect on if money was a person. If it was a relationship in your life, how is that relationship for you? So I'll give an example and I'm gonna ask you to share this in a second. I asked, I asked a family member of mine, a relative of mine. If money walked into a, you know, a restaurant and you were in the restaurant and money walked in through the door, what would you do if it was a person, if money was represented into a person and this, uh, this person was in their late twenties, in their late twenties.

And they said, I would run to the bar and avoid this person. If it was money, I would talk bad about it behind its back. I would. But then I would fake and act like I liked it when it came up to me. Then I would use and abuse it when I needed it and I would ghost it if it ever reached out to me. And I go man that seems like a really unhealthy relationship with money and they were like, yeah, I know. And their environment their experience around money has also replicated that, that connection, that feeling, that relationship. And it's it doesn't mean something's good or bad right wrong. But it's asking ourselves. Do we have a healthy relationship with money? Is it causing more pain in our relationships? Intimately in our environment and if it is causing pain, how do we create a different relationship? So Shawn, if money walked in the door as a person, how would you respond?

SHAWN STEVENSON: The first thing that I would feel when you just pitched that and I could see it, I would feel grateful to see money. And I would speak to money and I would make sure that money wasn't there to like, somebody else needed them more, right? I didn't want to be greedy with their time and attention, but also I'm open and welcome and I know that money knows me well, uh huh. And so, you know, it would just be a vibe. It'd be a good vibe.

LEWIS HOWES: Yeah, exactly. That's good So you probably have a good relationship with money because that's how the experience is. So it probably means like when when someone

gives you a check or you receive money, you have a good feeling. It probably also means when you're spending money to invest in something or you're going on a trip, you're not stressed and anxious about it. Like, Oh, I'm spending this money. I have to really penny pinch everything. You know, maybe you're not extravagant spending everywhere constantly, but you have a good relationship and a good balance with it, which is healthy and a secure relationship. And most people don't have a secure relationship with it.

And I think that's, that's really what I'm trying to do, is give people the tools and the knowledge to understand their money story. To see how their personality style matches with their wounds or their traumas around money and just see is that serving you in your life. Do you have a rich life because of the story and the style that you've developed over time? If not, how do we start rewiring you emotionally in your nervous system to feel safe with money when it comes to you, when it leaves you. You know, there's a mantra I have that it's the more I relax, the more I can receive. When I'm tight, when I'm clinched, when I'm anxious, when I'm stressed out, it's hard to receive love, affection, money, opportunities.

It's hard to see the opportunities when we're in that fight and flight mode, right? But the more I relax, the more I can see and I can receive and I can be generous and I can, and all these things can happen. And I just see so many people struggling with money. And I'm, I'm in no way some money guru. I don't know the best place to invest your money. I don't know where you should be doing these things. I have my strategies that make me feel good. But this is more about understanding your story and your belief system around it and how to heal that so you have a beautiful relationship and a rich and abundant life.

SHAWN STEVENSON: Yeah, This is something you talk about in the book, but you're one of my money mentors, you know.

LEWIS HOWES: I love it.

SHAWN STEVENSON: It's because I can relate to you. You know, you come from similar circumstances, similar part of the globe and also coming from such a dire circumstance as well. And you even unpacked it even more. And like, if something hit me, like I had to take a

moment reading your book and also just coming back from your wedding, of course, I'm just feeling a lot of emotions around you. And so, you know, you getting injured, you know, working, doing, living your dream really as an athlete. And of course, You know, you were working towards something and that injury that took you off the field and, you know, at that point you're still able to depend on your dad.

LEWIS HOWES: Yep.

SHAWN STEVENSON: And your dad was in a devastating car accident not too long after that. And so being faced with this new magnified problem, like I, I guess I don't have my dad to depend on either. So what am I going to do? And so like everything was just being taken away from you. And also taken away from your dad, and just that story really hit my heart as well, but just the things that you went through and for you to progressively overcome things. But then you can develop some different, you know, you talk about the shadow side of these styles and we're going to talk about all this stuff. But you were able to achieve many different levels of success, but ultimately defined fulfillment. And this is this is something I didn't mention about this Let me share this with you. So in that study from PLOS one determining that financial stress and depression are linked. They also found a positive, of course, a positive association between financial stress and depression in high income and low low to middle income areas. But it was even stronger among people with low income or with wealth, so both extremes of the pendulum of the, of the spectrum, so wealthy tends to be more depression linked to it.

LEWIS HOWES: Isn't that interesting?

SHAWN STEVENSON: Isn't it? Because that, as you mentioned, that fulfillment isn't necessarily there and you can start to make strange decisions.

LEWIS HOWES: I mean, I got an interesting story around that. I mean, it's like, imagine having everything and feeling like you have nothing. And in everyone else's world, they say to you, you have all the money in the world, you have all the success, you're healthy, how do you not see how good your life is? So imagine hearing this from other people, and knowing that you

have everything, but inside of you, you feel worthless, you feel undeserving, you feel unloved, and you feel like you have nothing. That is a prison in my mind. It sucks to be poor and know you have nothing, but to have everything and not appreciate it?

Man, that's really challenging and there's that's part of the study of the extreme. And a few years ago I was living in an apartment building here in Los Angeles and I went on a road trip I came back and there was a tent in the valet. And as I was pulling up there was a white tent, I kind of made a joke to the valet attendant, I go someone didn't jump today and he was like, yeah, they did and I was like, this is it Wait, this is a joke. We're in one of the nicest buildings in Los Angeles apartment buildings And are you serious? Are you sure you're not joking? And he was like, yeah, it just happened like 30 minutes ago.

And it was this shocking thing when I found out who it was. The person was worth hundreds of millions of dollars and jumped. Now, this was the day after Father's Day. And I don't I don't plan to assume I know this person's life story, but in the news it talked about he was estranged from his son. You know and you could just start to go down and make an assumption of the story You can put the pieces together. And you start hearing from other people that knew him. You start hearing stories from people that worked in the building. It was like, oh, here's a guy who seemingly had everything in terms of financial wealth, but didn't live a rich life inside. And maybe that's part of the statistic of this extreme wealth linking to depression. If you're unable to appreciate and love and accept yourself and have rich relationships, it might be even more painful having that wealth.

SHAWN STEVENSON: Yeah. You, you mentioned that money is a magnifier of who you are. So many of us, we think that money is going to change us and our circumstances and you know, and so what you really pointed out is that with building wealth and making money easy, we want to not just you're giving people those insights on how do we get to that place financially, but also, to have the fulfillment in a rich life as well. And so, a big part of this, and you've already mentioned this several times, you said the key word is the relationship. And we're in relationship with everything.

Everything is a relationship. We're in a relationship with our food. We're in a relationship, obviously. We tend to think about it just in terms of people. With our, with our spiritual connection. If we're reading a book, we're in a relationship with that thing. And so starting to personalize it, I love that example of if money walked into the room and you hear the different spectrum of answers that I gave versus someone else.

LEWIS HOWES: Yeah, you'd be grateful, you'd greet it, you'd be generous. Hey, how are you? What do you need today? There's a, you know, I interviewed a guy who wrote a book called Happy Money, which is, his name's Ken Honda out of Japan.

SHAWN STEVENSON: And, I met him at Agape.

LEWIS HOWES: You did?

SHAWN STEVENSON: Yeah.

LEWIS HOWES: He's such a sweet guy.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: And he does all these kind of social experience with himself, or he has over the years. And one of them was, you know, he didn't have a good relation with money at one point. And he said, you know, every time I, I see money, I'm going to thank money. I'm just going to do this little simple practice inside that like, if I find a penny on the street, I'm going to say, thank you. If someone gives me a million dollars, I'm going to say, thank you. I'm just going to say, thank you. Whenever I get any type of payment that comes into my bank account. Thank you. Thank you. Gratitude. Gratitude. And then he follows it up with saying. Thank you money. Where do you want to go? Do you want to go in my bank account? Do you want to go to an investment? Do you want to buy you a home with you?

Do you want me to give you away? Do you want to pay for someone's coffee? Where do you want to go? And he's has this direct relationship and he's very intentional every time money comes where it's going to go. He gives it a direction. He has this relationship with it and he's

taught It's almost like he's talking to money As if it was a person, as if it was like a living being. It was like this energetic being. And it doesn't mean he's like worshiping money. He just has a relationship with it that makes him feel emotionally safe and abundant. And, you know, food is energy and so is money. Money is energy. Food is energy. And when you eat things with a lower frequency within the food, it's going to affect your energy physically.

And you're going to have a relationship with that constant eating. You're probably going to gain weight. You might have inflammation. You're going to get sick maybe at times. Your immune system is going to be suppressed. On the opposite side, when you start eating healthier foods, you have a different relationship with that energy and you're nourishing yourself with that energy. And I think we need to be thinking about money in that same nourishment attitude, that same reflection, that same relationship. And you talk about the food side of things so much. It's like having a relationship with your food. I love the, the, the cookbook that you have, or it's like sitting down with your family, talking, thanking food, you know, people pray over their food.

And there is this intention setting, thank you food for being here. Thank you for people that made this food. Thank you to whoever made it here preparing this food. It's creating a ritual. It's not worshipping food, but it's creating a beautiful relationship with it. And I think again, our beliefs around food impact and influence our behaviors on what we're going to eat, and that impacts everything. The same thing with our beliefs and behaviors around money.

SHAWN STEVENSON: You could have just changed everybody's life just now, getting that part, you know, the same thing with, with our food and having gratitude and, and, and thanksgiving and blessing the food, blessing the people involved in it. And having that relationship with money as well and not making it, it's not that you're worshipping money because of course that's a tenet that can make people repel money is, is the root of all evil. It's the love of it, right? Making that your God.

And we know some people make that mistake as well, but we're not talking about that, we're talking about having a healthy relationship because Here's a concept to eat that food. Probably gonna need some money, you know, so it's all in relationship. And so a big part of

this relationship that we have in my perspective when money walked in the room It's different from what it was 10 years ago 20 years ago 15, you know, 25 years ago.

LEWIS HOWES: What was it like when you were broke, you know in Ferguson, Missouri? Struggling and you were, your back was broken and you couldn't walk and you're not making money. What was your relationship like with money then?

SHAWN STEVENSON: Phew, man, if I could tune into that.

LEWIS HOWES: And you're eating fast food all day and you're sick and you're, you know, You know.

SHAWN STEVENSON: To be honest, I probably wouldn't even recognize money. Money would come in on like with a trench coat and you know what I mean? Like, it'd be like money would be like a Superman type, you know, like, like, is that kind of You know, Clark King's got glasses on kind of look like. I wouldn't have even been able to recognize.

LEWIS HOWES: Really?

SHAWN STEVENSON: You know, for sure, for sure.

LEWIS HOWES: What if you would have known okay money someone announces money is walking in the door right now and it says here it is. What would you have done in that moment? What would your immediate relationship?

SHAWN STEVENSON: I've been I would have just stayed in my lane. Yeah, I would just stayed stayed in my lane stay money. I mean, here's a this is a thing. And now is that I'm talking about this and I love this why I love talking with you too. I would feel that money would notice me I would feel that not money wouldn't notice

LEWIS HOWES: Would see you.

SHAWN STEVENSON: Yeah, would would notice me. And not necessarily again come and talk and all that stuff, but I I would see and maybe this is like a prediction of my future right, but I wouldn't have been feeling like I deserved per se to be noticed. But I just would have felt like I had there's something about me that money would notice Right? So that would be the extent.

LEWIS HOWES: It would have noticed you, maybe it would have spoken to you or not, but it would have just said, Oh, I see this person over there is struggling or maybe it's doubt.

SHAWN STEVENSON: Not necessarily struggling, but just like there's, I see you.

LEWIS HOWES: Okay. You know, like that, you know. And how would you have responded if money came up to you and said, Hey, I see you, I see your potential.

SHAWN STEVENSON: Mmm. Whoa. I would probably, mmm. This is, I'm conflicted right now. I'd probably be like, part of it is like, it's about time.

LEWIS HOWES: Yeah, yeah.

SHAWN STEVENSON: The other part would be like. Are you sure? Like, I don't think I'm ready for this, you know, I, I, I'm not, I don't, I don't think that I'm worthy of this. You know, so this leads me to my point, which is our relationship with money is dependent upon our story. And our story about ourselves, about our relationship with life, who we see ourselves as. And so let's talk a little bit more about our story in regards to like our money blueprint.

LEWIS HOWES: Yeah, I mean. I'll show you a couple moments of my story, when I was a when I was younger. And I think people could relate to some of this And I would love for you to leave a comment if you're watching on youtube leave a comment of some of your money story memories below or somewhere on social media so Shawn can see this. But I have, my money story was tied to stress and chaos because my parents, I like to, I don't like to use the word always, but frequently they were stressed out, screaming at each other, slamming doors.

And that just seemed to tie into a sense of lack. You know, We were middle class, but I remember playing kind of roller hockey in the, in the neighborhood parking lot. And I was the only one who had sneakers, not rollerblades, because we couldn't afford it. So it's like, okay, like I was playing with them, but I couldn't afford it. You know, Nintendo was big. I couldn't afford the Nintendo. So it's like I wasn't able to get those things. So we, we had a home, we had food, all these things, but there was always stress around it, which has caused part of my story. There was a time where my brother went to prison and there was a lot of money stress around that.

Paying for lawyers and just kind of going in debt. My parents, right? So it was like this trauma tied to we didn't have the money to pay for things. Plus my brother's in prison for selling drugs to an undercover cop. And there was just kind of like trauma tied to money and pain. During that time, I wasn't really allowed to have friends in the neighborhood growing up in a small town in Ohio. Because everyone knew that my older brother was in jail. So they didn't want to hang out their kids with me. And I remember there was a moment where these two kids started a club. I don't know if you're ever in a club as a kid. These two kids started the club, an after class club or whatever in the basement of their house.

And I was like, I really want to be in this club. Who's that? And they have friends. They said, well, you either need to answer a list of questions to get in to see if you're smart enough, or if not, you have to pay to be in the club. And I was like, I don't have any money. So what are the questions? They asked me the questions, I didn't know the answers. They're like, you can't be in the club unless you pay us. It's a 5 entry fee. So I went home and I asked my mom, I said, Mom, I really want to get in this club and be friends with these kids. Can I have \$5? And I could see the disappointment in her mind, not because she didn't want me to be friends with them, or be a part of this club, but she didn't have the money.

She goes, let me see what I can find. She's literally asking me to flip over the cushions and the couches and just you know. They'd spent all their money on like legal fees and it wasn't like they had a lot. Somehow she finds in an hour's time change and puts it in a shoebox for me, five dollars and change. So I go to this house where these kids are I give them the shoebox

and they let me in their club. But for the next hour, they're just hanging out with themselves and I'm kind of alone in the corner in the basement, like what am I doing?

It was the most like depressing like even just thinking about it. It's like a wound It's a story. It's a memory that shaped my personality style. It shaped me in a certain way. And there's other stories like that. I remember I'd never, I went home afterwards after that night and I never went back to that club because I didn't feel good. It didn't feel worthy still, even though I paid. Right. And, um, There's certain stories like that. I had money stolen from me. I used to steal money a lot Um from people and it's like it shaped me these wounds That I had to learn how to break and I had to learn how to heal and it just took time and I think whoever's watching or listening like write in a story that you have that shaped your your history and type in a money wound or two.

Like, can you remember something you don't have to share all the details, but something that happened that you still think about today that might have shaped part of your personality style with money. And you said this, you weren't ready for money. One of my money mentors early on, when I was broken, my sister's couch. I was working for free for someone as an intern and my payment was I could ask him questions at any moment. So every day we'd go for lunch and I just ask him questions and he would teach me. And one day I was like, man, I'm broke. I could really use some money. And he said, money comes to you when you're ready for it.

And I was just like, I feel pretty ready for money right now. Like I could use it. I'm on my sister's couch. I don't have any money. I feel helpless. You know, I was 23, 24 at the time. And I was just like, I don't feel like I'm living up to my potential. I don't, I can't do anything with my life. I don't have a car. I just felt like a bum. It's like money will come to you when you're ready for it. And as painful as it was to hear at that time, about a year and a half, two years later, I started to make some money. And I remember reflecting back to that moment. And I was like, if someone had handed me 5,000, I would have blown it because I wasn't ready for it.

I needed to learn certain skills on how to navigate money better. And that's why you see a lot of people that the statistics with people that win a lot of money in the lottery. They go broke

within a couple of years, they commit suicide, they go through depression, all these different things because they weren't ready for it. Some people maybe were and they got lucky. You see this with elite athletes who go bankrupt within a couple of years after retiring from sports. Maybe they're ready for the spotlight, but they're not ready to manage the money, the wealth that comes to them at 19 years old. They don't have the energy, the emotion connected to it.

And I really navigate it and all the different relationships that people want from you now. Now that you have success, you have money and everyone's asking for something from you. It doesn't feel good. It doesn't feel good. If money walked in and you just said, give me money. It doesn't like that relationship. What are you going to provide for the money? How are you going to serve money as well? Where's the, the, the common thread in the relationship. And so I really had to learn that like money comes to you more when you're ready for it. And even when you're ready to make it, it doesn't mean you're going to have a healthy relationship with it.

I still was hoarding my money for the first eight years. Cause I was afraid to go back to my sister's couch. I was afraid to go broke again. So I wasn't really able to enjoy it. Sure. I felt like I had safety and like a safety net, if something happened and I couldn't make money, I had it saved, but I wasn't living a rich life internally. Cause I was still living in fear around it. And I think again, one of the biggest problems people have is when you make money and you start to make it and you start to use your talents, your skills and add value to something and you start earning money and you can't appreciate it. You can't appreciate it, you can't be in peace still. For me, that's a big problem.

SHAWN STEVENSON: Yeah, yeah. And now to think of it, thank you for sharing that story man. Yeah. It pulls on my heart strings. But to think of the healing that you've gone through with the process and the growth and what just happened and I'm just, I'm going to bring this right to the spotlight.

LEWIS HOWES: Bring it up.

SHAWN STEVENSON: So you had a moment of essentially paying to have friends, right? And just not even having the resources really to even make that happen. You just got married, surrounded by your friends, you know, just a couple of weeks ago. And the thing was all of us felt privileged to come and to be a part of that and we paid. It was in Mexico, so, you know.

LEWIS HOWES: I paid a lot too.

SHAWN STEVENSON: Of course, no doubt. No doubt about it, but it's just like it's like a full circle moment to where you know, you don't have to try to advocate or to buy the affection of others like it's like all of these people just love you because you're you and we're willing to, because of the person you are, do what we can on our part to be a part of your story.

LEWIS HOWES: Yeah. And it's appreciated. And it's so interesting because as we were trying to plan this wedding, you know, part of us were like, Oh, should we do it in LA? Should we do it in Mexico? Like, where should we do this? Should we have a big wedding, a small wedding? Should we just do us too? You know, we're just, talking about all these different things. And I was like, I don't know why I don't want to do it in L. A. Because I don't want to feel like I'm obligated to invite everyone. You know, like everyone who's in L. A. I was like, I'd rather just invite a select few people. And it doesn't mean I'm not friends with more people that I would want to invite.

But I was like, let's only have a certain amount. And we can only invite a certain amount of people then. If we only want to have this many people. We only wanted a hundred. I think there was like a hundred and twenty. And most of them was her family, you know, it's like an extended family. But I was like, we're going to see a lot of like who our friends are if we go somewhere else to see who wants to actually pay to go because anyone could show up in L. A. and just like drive down the street. But like, Let's just see if people want to go. And if no one comes, like, that's okay too. Like, we don't have to spend as much on the wedding, you know, it's like, we'll see. And it was beautiful. I think like 98 percent of people like RSVP that we invited and the people that didn't, they just had like a child or something recently or something else happened.

But, it's beautiful to see when you create those scenarios. And also it's beautiful to know that I didn't need people to show up in that, in a sense, like I would've been, yeah, I would've loved myself and loved our marriage if it was just five of us in fact in the family. You know? It's like I didn't need all these people.

SHAWN STEVENSON: Didn't need the validation.

LEWIS HOWES: I didn't need it. And it was almost like, oh man, we kind of wish less people showed up. You know, in a sense. I'm glad everyone did, but it, it wasn't a, it wasn't a need, and that's a big full circle moment for me. It was like I needed friends when I was like eight years old. All I need is like, is to love myself and feel peace about myself and have a great relationship with Martha and my team in my community here, but I don't need lots of friends anymore, and I don't need lots of money. I want money to be able to use it for my mission to be able to serve my mission to have an expansive rich abundant life, but it's not like I need and I crave it. And so it's just shifting the relationship a little bit and it's a constant work in progress. It's not like I've mastered this It's still learning growing developing healing. It's a constant journey.

SHAWN STEVENSON: Yeah. Yeah, I didn't share this with you But I don't make a habit of going to weddings.

LEWIS HOWES: I don't like them either, man. It's a lot.

SHAWN STEVENSON: It's because.

LEWIS HOWES: It's a lot.

SHAWN STEVENSON: It's because, and I'm just going to share this with everybody. It's because of the investment. In the relationship. I'm, I'm voting for you. I'm investing in this and I don't know the parts, right? Being able to spend time with you and with your wife over the years, even that magical moment, moments of how you guys met and connected. And we spent hours talking.

LEWIS HOWES: Do you remember that at the, the hotel?

SHAWN STEVENSON: In Atlanta.

LEWIS HOWES: Yeah, man.

SHAWN STEVENSON: Right? In Atlanta.

LEWIS HOWES: That was funny.

SHAWN STEVENSON: And, uh, you know, I had to hit you up just like, hey, we're here, invited you to come out. And then we just sat there. The restaurant was closed. And just hear, I was literally, my jaw was on the floor and all these synchronicities of how you guys connected. You know, and just to see that unfold over time and to see the commitment and the growth and all the things just like, yes, like I'm vote, I'm, I am casting my vote for this. And also the sync, the synchronicities I knew were going to be plentiful, which was.

LEWIS HOWES: At the wedding?

SHAWN STEVENSON: Yeah, of course, of course.

LEWIS HOWES: Yeah, that's great.

SHAWN STEVENSON: I share this with you that even when we got there, the people that came up to us, like literally certain, a couple rushed up to us and just started talking to us. Didn't really know us like that, you know, not from the you know, internet sphere. But just like somehow they were magnetized us, of course, they end up being seated at the table with us. You know on the wedding day like you you guys already knew like who to seat together.

LEWIS HOWES: Of course.

SHAWN STEVENSON: Like we ended up spending time with the people that we ended up being seated like you guys already knew.

LEWIS HOWES: We were very intentional about everything.

SHAWN STEVENSON: Like that's bonkers.

LEWIS HOWES: Everything was very intentional. Everything was very intentional in terms of seating people in the right place. And we went over many times like who do we want to get to know each other and who's gonna resonate with each other? and I think when you're intentional with your money that relationship with money can grow. Just like when you're intentional with your relationships. You know, you do a really great job with this. I think this is one of my superpowers as well, is connecting people to help them accelerate their growth together?

SHAWN STEVENSON: Yes.

LEWIS HOWES: I was asking you before like who are some of the top episodes you had and you were like this You know dentist guy. I was like, oh, I just went through this traumatic experience with my teeth for the last six years I'd love to interview him and that's probably going to help a lot of people. And so when you can, when you can invest in your relationships and and seeing how you can serve people and add value, that relationship grows. When you can invest in your relationship with money and how you can be of service to your money to see it grow, it will continue to flourish, thrive, and create abundance for you.

And you don't know where the relation, you adding value in people's relationships in life will stem from. I don't know what's going to happen with those synchronicities you had at my wedding. The people you met that you knew that you didn't know maybe something happens, maybe something that never happens. But you're gonna have a memory and that memory is valuable. It creates a moment inside of you. That's abundant. That's a beautiful experience. It's made this thing that happened. I met this person. It's just going to live inside of you. And when you can plant those seeds in people, you're investing in relationships. And the same is true with your money.

SHAWN STEVENSON: Oh, man. 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.com/model. 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: All right. So what I want to do is to dig in a little bit more on something that you, I took the quiz as well in the book and I was shocked.

LEWIS HOWES: What was your style?

SHAWN STEVENSON: My, my style was the director.

LEWIS HOWES: Uh huh.

SHAWN STEVENSON: All right. So I took the quiz and I'm just like, I don't know about these questions. I don't know. But then once I read the detail on what the director is, just like, Oh, you just read me.

LEWIS HOWES: Really?

SHAWN STEVENSON: You know, and I can also see, and I went through it and I thought about my wife and also her perspective, like, you know, the choices that she would make and I could see how she's bit, she's more one type. And you also talk about like, what if you're two, you know, and so yeah.

LEWIS HOWES: So we might have a mix of all of them. It's just kind of, what's your dominant type?

SHAWN STEVENSON: I think all of us do, but like, what is the dominant type?

LEWIS HOWES: Is she the shepherd or the analyzer? What was she?

SHAWN STEVENSON: She's more of the shepherd. But analyzer was the other one that was very close.

LEWIS HOWES: Exactly.

SHAWN STEVENSON: How did you freaking know, man?

LEWIS HOWES: I know her personality.

SHAWN STEVENSON: Talk about these money styles. What, what is a money style?

LEWIS HOWES: The money style is really just kind of like your, your unique personality style towards money. There's an amazing book called attached. I don't know if you've seen this book. It's about a relationship book. And supposedly there's kind of three styles that we have in relationship, three kind of personality styles. And some of us are anxious. Some of us are avoidant and some of us are secure in relationships, like you and your wife seem very secure. Sometimes people get together and one person is anxious and one person is avoidant. So there's a clingy person and the person that just wants to run away. Or it's two people that are clingy or there's two people that are avoiding each other, right?

And I was like, that's kind of interesting because usually when you have that similar personality style in a intimate relationship, it might mirror and match your personality style towards your money relationship because money is very intimate for a lot of people. So I just wanted to go through that to see like, okay if we could create a a personality style and understand it by going through a quiz to see this assessment to see what is my personality style towards money, then it just gives us more power, more knowledge. And there's some benefits and there's kind of these shadow styles as well towards your personality style. You know, someone who's like, I guess anxious in a intimate relationship, there might be some benefits of that. Like they're always looking out for the person. They're always checking in on them.

They're concerned about them. But the shadow style might be like, they're, they're so clingy that they're never trusting them. You know, and it's trying to understand that towards your money. And some people spend, spend, spend because they're wounded and they get a benefit. They get a dopamine hit when they buy something every day and they're shopping online. They're not secure with their money or some people don't spend it all and they're stingy or they just hoard it. I was that way for a long time because I was living in scarcity. I was able to make money, but I still lived in scarcity because I was like, well, what if I lose it all? So it created anxiety inside of my nervous system.

And so I just want people to have awareness on their story, their history around money, awareness around what personality style towards money is more their dominant go to. It doesn't mean it's like this all you are, there's four different styles. And when you put those two together and you multiply it, you understand like how your money strategy is. And when you can start to see how you can shift these things, you can heal the past, you can shift your, your money style better and lead into the strengths of your style, then you can just start to make better decisions with your money. And that's what I want people to do. Feel emotionally at peace and free with their money. So they live an abundant life.

SHAWN STEVENSON: It's powerful, man. You know what, what you're doing with this, with this relationship with money is you're bringing it right into our face, right? Because this is happening, whether we like it or not understand it or not. We're having a relationship with

money. But so often, and you know, this, like our culture, we are programmed in a way that, you know, we pick up these stories, right?

LEWIS HOWES: Yes.

SHAWN STEVENSON: Your story is similar. It's the majority of us have dysfunctional stories around money.

LEWIS HOWES: Yes.

SHAWN STEVENSON: And we believe subconsciously is like, if we check all the boxes, then we can make money.

LEWIS HOWES: Yeah.

SHAWN STEVENSON: Right? Like I go to school, go to college, get a good job, and then I'm going to be financially successful. And most people that follow that track are not just not successful monetarily.

LEWIS HOWES: They get in debt.

SHAWN STEVENSON: They're in debt. Our, our society is set up in a way that is encouraging people being in debt.

LEWIS HOWES: Yes.

SHAWN STEVENSON: And creating all this anxiety, creating dysfunctional relationships, furthering them, you know. And so one of the cool things about the book is that, and my favorite section is taking you to money therapy.

LEWIS HOWES: Yes.

SHAWN STEVENSON: All right. So I thought we would go through some of those steps of going to money therapy. All right. So, step number one in taking yourself to money therapy is identifying your money triggers.

LEWIS HOWES: Yeah. Oh, one for me. And it's, and again, it may not ever leave you, right? It's like healing is a journey. And so your triggers might be a journey as well. And the goal is to just notice them and ask yourself, okay, do I feel safe? If not, let me create safety within my nervous system. When I feel safe within my nervous system. Then I can respond differently to these triggers. So for me, when, when I felt like someone was taking advantage of me, it felt like abuse because I was sexually abused as well as a kid. Talked about that on the show. And so that could show up in any little thing. If someone's cutting me off in a car, it's like I could feel like I'm being abused. So there's little triggers, or if I feel like someone's trying to overcharge for something, I'm like, huh, they're trying to take advantage of me. It's like unfair.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: And I could feel like this trigger.

SHAWN STEVENSON: Connected to that wound.

LEWIS HOWES: Exactly. And so, you know, I'm not really as reactive now as I used to be. But those could still be triggers that could show up if I'm not doing the practices, if I'm not continuing to be on the healing journey with money therapy. And so that's just something for me.

SHAWN STEVENSON: Yeah, yeah. So that's something, again, as we're going through, and by the way, of course, get the book like yesterday. But being able to identify what your triggers are, your money triggers.

LEWIS HOWES: Do you have any money triggers? Here's another one while you think about it, when something, some big announcement comes out about me and people see it. And then I see people reach out to me and I know they haven't reached out to me for years.

And they reach out to me and it's almost like there's this feeling that they're about to ask for something and they were then like a few weeks. They say, Hey, can you help me with this? Or can you help me with this? It may be innocent, but I also feel like, huh, they haven't been investing in the relationship for years.

And all of a sudden they want something from me because they see me doing something well, that can be a trigger where I feel taken advantage of. And I'm like, Oh, they want me for my success or my money, or they're going to ask for money. So it's just learning to like be okay and feel safe within myself around these things. And also I don't have to give everything to everyone. I can create boundaries, healthy boundaries, but just not feel as triggered about it. So, do you have any money triggers?

SHAWN STEVENSON: So one thing that pops up for me is something that I've, I've healed from, but it was relative, it was a couple of years ago. Still, it's still bother me. And that was, you know, being seen or taken advantage of by people close to me, you know, when it comes to money and having a relationship built on that, right? I grew up in a condition where, you know, there's a lot of, obviously, you know, we were, we're in poverty, you know, we were getting money, um, you know, food stamps and, you know, there are times you get food from charities and things like that. And so there were a lot of stories around money, like these sayings that my mom would say I still hear to this day.

LEWIS HOWES: And what are those sayings?

SHAWN STEVENSON: I'm broke as a joke.

LEWIS HOWES: Oh man.

SHAWN STEVENSON: There's one which is wildly inappropriate. She'd say I'm broke as a broke a** dog.

LEWIS HOWES: Wow.

SHAWN STEVENSON: That's why, why mom, but she would just say these wild things when it comes to money, you know, like, do I look like I'm made of money? You know, this kind of stuff.

LEWIS HOWES: Has your mom ever been financially free?

SHAWN STEVENSON: No, no.

LEWIS HOWES: On her own.

SHAWN STEVENSON: Uh, yeah, she's been on her own. And that was a journey.

LEWIS HOWES: I mean, has she been financially freed now, or she's like.

SHAWN STEVENSON: She's, she's, she's doing stuff. She's, she's, she's created her own life, but I, I do a lot for her.

LEWIS HOWES: She hasn't created her own wealth necessarily.

SHAWN STEVENSON: Yeah. Right. And this brings me to the, to the trigger, which is there was a time when. My mother, when I was like, stuff was very sketchy for me, and I was basically getting a refund check from my college scholarship and like grants, and I'd get maybe like 2,000 back, right? And I would use that to pay my rent, right? And my mom asked to borrow some money. And I'm just like, mom, listen, I got to pay, you know, so make sure, please give it. She was like, I just, you know, take care of it.

LEWIS HOWES: She said she'd pay you back.

SHAWN STEVENSON: She ghosted me.

LEWIS HOWES: Oh man, I've had that happen to me so many times.

SHAWN STEVENSON: My mom, my own mom.

LEWIS HOWES: Oh, that's a wound.

SHAWN STEVENSON: Right?

LEWIS HOWES: That's a money trauma.

SHAWN STEVENSON: Now, here's the thing. Me then was so hurt that my mom would allow me to get kicked out on the street. And I remember calling her. I called her from a different number. It's how she picked up because, you know, you got to call her ID and I'm like, where are you? And she, you know, she made up a story, which is something typical. And at the time I felt so brokenhearted. Now because of, again, healing and taking responsibility. I see she was just trying to survive. She was trying to do what she felt she needed to do. It's not that she doesn't make it right though. It doesn't make it right at all. It obviously she doesn't want to hurt her son, but it's just the situation that she was in.

And so I stopped. That's what the trigger would be. Her asking me for things and over time still I would loan her like give her right because I didn't have my stuff together. But then once I got to a place of more certainty and stability for myself, I was just like just take it Whatever you need.

LEWIS HOWES: Don't give it. I don't want it back.

SHAWN STEVENSON: Right? I don't want it back because she would even say that. Still, it took like it took a long time for her to stop saying I'll give it but I'm just now please know this is just I'm your son. I love you. I want you to be well.

LEWIS HOWES: That's good.

SHAWN STEVENSON: You know, and so I, I freed myself of that trigger of being asked for something and then being chemically and emotionally dependent on them coming through for me.

LEWIS HOWES: And not being let down or disappointed.

SHAWN STEVENSON: Right.

LEWIS HOWES: It sounds like you've gotten to a place where you've created a money agreement with yourself that you say, I'm going to give a certain amount to my mom at certain times that I feel good about. And she doesn't have to pay me back is what it sounds like you created a new agreement by going to money therapy. And when we don't have these agreements in place when someone breaks our agreement when they lie to us, they say I need money I'll pay you back and they don't. They've broken your heart because they've broken an agreement, and it's sad. And that's been a trigger of mine for many times, many times. Loaning out money, giving money to people, and then not paying it back when they said they would do it. And feeling really like, how could you not do this? And being so emotionally hurt by it. That creates a money trauma, a money wound that we need to learn how to heal.

And you can do that by taking your power back and also creating new agreement with yourself, having the boundaries around money. Okay? If my mom asked me for money and you know, do I feel good giving it to her knowing that she's not going to pay it back? If you don't feel good, maybe you don't give it right now or maybe you give less or maybe you ask yourself where you're at in your life. If you are able to give some cool, you give some, it all has to depend on where you're coming from. So, yeah.

SHAWN STEVENSON: You know, a big part of that was an act and I'm just now talking with you, it comes up for me. That ended a couple of years ago when I decided to do something for her proactively without any expectation. And this was a change in our relationship. When I was a kid, I, I told her that when I grow up, I'm going to get you a Cadillac. Right? And it's just something that I wanted to do for my mom. It was always there in my mental Rolodex, you know, my memory bank. And so I did that.

LEWIS HOWES: A couple of years ago you did?

SHAWN STEVENSON: Yeah.

LEWIS HOWES: Wow. How did that feel?

SHAWN STEVENSON: It felt amazing. You know, it felt like I fulfilled a promise.

LEWIS HOWES: Wow.

SHAWN STEVENSON: And when I did that, it was like, it was there was no expectation. There was no expectation. I'm doing this for my mom because I said I want and I wanted to and it brought a sense of like completion for me as well. And so the relationship was different after that. There was no more expecting her to do certain things or be a certain way. Just because she's my mom. It's just.

LEWIS HOWES: She was still acting the same way. She asked for money every few months. She was still being herself.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: She was your relationship shift.

SHAWN STEVENSON: As a matter of fact, she asked for me to help her fix her car.

LEWIS HOWES: The one of you bought her?

SHAWN STEVENSON: And I know, no.

LEWIS HOWES: A different one?

SHAWN STEVENSON: A different car. And instead of that, I got her a new one.

LEWIS HOWES: Oh, that's pretty baller.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: Wow.

SHAWN STEVENSON: Yeah. I mean, listen, it wasn't a brand new off the floor with all the.

LEWIS HOWES: Still, it's nice.

SHAWN STEVENSON: You know, seeing the screens and the automatic start. You know what I'm saying? It was, it was.

LEWIS HOWES: It wasn't a junker though.

SHAWN STEVENSON: No, yeah.

LEWIS HOWES: But your relationship shifted within you with her.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: Right. And she kept being the same. She, she didn't change, but you shifted and it helped heal you.

SHAWN STEVENSON: Yes.

LEWIS HOWES: That's powerful.

SHAWN STEVENSON: Yeah. So let's, let's move to number two here. So number one, identify your money triggers. Number two is to write it down.

LEWIS HOWES: Yeah, I just think it's powerful to like identify within your mind and think about these stories. But then write down a kind of a list of these triggers, these wounds, these things, so you can have them in the forefront and start to address them one by one. Start to process them, start to see what acts can I take that will support me in overcoming these things that cause me anxiety in my nervous system when I think about or cause me these triggers. Just having the awareness, writing it down as a powerful act.

SHAWN STEVENSON: Yeah. Yeah. I love that. I love that. It's bringing, it's just again, getting it out of your head.

LEWIS HOWES: Getting it out, man.

SHAWN STEVENSON: And, and speaking it, whether it's speaking it out, which goes to this next one. Talk to a safe person.

LEWIS HOWES: Yeah. Don't talk to someone who's caused the trigger or the trauma necessarily right away. Talk to someone that you trust, a mentor, a friend, a therapist, a coach, a priest, whatever it might be that you feel safe with to address these things. It's going to give you so much more peace just speaking about it with someone that's trustworthy who can listen.

Not someone who caused the trauma that you want to like scold them, you know. Maybe there's another time for that where you can come to peace with them if that's possible. But getting it out thinking about it writing it down speaking it out.

SHAWN STEVENSON: Yeah, and again, this is a process This is taking yourself to money therapy identify your money triggers write it down Talk to a safe person. The next one number four is to forgive yourself and others.

LEWIS HOWES: Man I don't know about you, but I held on to so much resentment towards myself about stealing as a kid. For about a year and a half, I stole every time I went into a store from like 10 and a half to like 11 and a half, 12. It was like every time it was like a game and it was trying to get attention because I didn't feel like I was, I had no friends, I had no validation, I had wounds and it was trying to be seen, you know. I didn't think anyone was seeing me and it gave me a sense of power by being able to steal and it was like candy bars or like it wasn't like a ton, but it was still. I was living out of integrity every single day I went into a store. To try to feel powerful because I felt powerless and in return, um, I hurt a lot of people.

You know, I hurt these store owners. I'm out of hurting employees who they were counting inventory and they had missing inventory, whatever it might've been. I caused pain on other people. And for years I would beat myself up and I was like, God, I was such an idiot. How could I do this? I was so stupid. What was I thinking? And sure I should have a consequence to that, but holding on to that pain and resentment of myself for decades did not serve me. And again, there's a, there's a, there's a, it's a good part of the consequence of like knowing this part of me. When I had money, I just wanted to pay for everyone all the time.

I was like, I just want to pay it forward. I'm going to buy everyone's meal. I'm going to pay for everything, whatever it might be. Cause I felt guilty, right? So there was maybe some good side to it also, but then I just felt shameful as well. And that shame doesn't create anything abundant. That energy of shame is very low frequency energy. It doesn't create abundance. And so that I've lived in scarcity and it wasn't until I started to forgive myself for all the things I did when I was 10, 11, 12, whatever. Stealing and hurting people in that way, then I was able to be more at peace. And again, my intention is to give people the tools to feel financially free.

It doesn't mean you're going to have millions of dollars in the bank, but you'll hopefully be peaceful and harmonious around the money you have or don't have, because you've cultivated that within you. And that takes healing, forgiveness, letting go of self criticism of what you used to do. Now that we have awareness, we can make different decisions. And when we feel abundant versus scarce. We can live the most powerful habit within the seven habits in the book, which is the mindset habit, which is to be generous and grateful and continue, you know, all the time. Like you said, if money walked in the door, you'd be grateful. You say, thank you for being here.

And most people say, I'll give when I have money. But we need to flip that on its head and say, this is the first habit that I need to have to create a rich and abundant life is to be grateful and give generously. Even if you don't have money, you can think about ways you can give of your time, of your energy, of your love, of your curiosity, of your presence, of your connection, of your connecting people together for them to flourish. You can think in other ways on how can I serve and give generously. And when I was 23, 24, 25, living on my sister's

couch broke as a joke, what your mom would say, uh, you know, had no money living in college debt, you know, living off my sister's food and feeling worthless, feeling undeserving and unworthy.

I had to shift out of that by saying what. Can I give? I didn't know because I didn't have a college degree yet, and I didn't think I had skills to contribute to anyone. But what I did have was passion. I had like hunger. I had a curiosity. I was able to be consistent with my goals and follow up and do whatever it took. And little did I know, Shawn, that I would make a, you know, a multimillion dollar business off of asking questions and being curious. Like one of my skills was asking dumb questions to people and just being like, how do you do this? And well, how'd you do this? And what about this moment? I never thought that was an asset, but we all have these invisible assets within us. That when we can cultivate and give them generously, we can live a rich and abundant life.

SHAWN STEVENSON: That's so powerful. I love the framing on that. You know, what people would think, why are you asking dumb questions?

LEWIS HOWES: I know, right.

SHAWN STEVENSON: No, you literally built, not only that, did you, did you build this success for yourself, but you've impacted the lives of so many millions of people, so many. And it's just like, you've paid it forward immensely in ways you don't even realize, you know, because of that audacity, you know, and it was kind of, this is the cool thing. It was built into you. Already and that's where you're directing people to with make money easy which is directing them inward because we all have a personal relationship and to be more aware of it. And so I want to take you to Number five here on this list after forgive yourself and others again. We're taking ourselves to money therapy.

LEWIS HOWES: Yes.

SHAWN STEVENSON: Number five is the practice overcoming your triggers.

LEWIS HOWES: Mm hmm.

SHAWN STEVENSON: So this is practice.

LEWIS HOWES: That's it, man. When someone come on ..

SHAWN STEVENSON: Talking about practice?

LEWIS HOWES: It was a.. Practice we're talking about playoffs. When you know, I used to get triggered a lot in LA when I first came out here because of being stuck in traffic I just didn't like it. And I literally felt like people were trying to hurt me, and abuse me when they would cut me off. And I remember this is, you know, I don't feel good saying this, but I remember there was a guy I pulled up. I don't know if I've told you this story. I was in West Hollywood. I was driving my Cadillac that from that I bought from my money mentor that you met three weeks ago at my my wedding, Stuart Jenkins, who you're sitting next to. I bought his Cadillac for 5,000 from him when I moved to Los Angeles 13 years ago, and it was a 5,000 caddy used cars in 1997 cadillac Eldorado Berets.

Beautiful, you know, old grandpa car, but it was amazing for me. And, I was driving in West Hollywood. Look at these synchronicities that are coming here. I'm driving in West Hollywood in my, my Cadillac. And you know sometimes when you like, roll into a stop sign, you slowly go and you're looking left, but you're gonna go to the right, but you're seeing who's left first. I slowly like, I stop and then I kind of roll slowly across the white line to turn, to look both ways. And as I turn back this way to the right, There's a runner that's coming in and kind of like stops because I'm rolling in front of him, stops and he punches my car and runs around me and says something, some profanities.

And I took that as like abuse, right? He punched my car, he ran off and he said something nasty to me. I was so triggered at this time, this is 13 years ago. I drove after him. He started going around the block. I'm driving after him. He turns around one way. I go in the middle of street, turn around to go after him. And at one point, I stop my car, I open the door in the middle of the street, and I start sprinting after him. That's how crazy the trigger was for me, of the abuse. And I realize, oh, something is wrong. This is all before my healing journey. And I realize, oh, something is off. And so now, if something, if that happens again, you know, it

wouldn't be that extreme, but if someone cuts me off and I don't like it, now I act differently. I take a deep breath. You know, it's like, what was the, what was the point that you said this point number six, seven, what is it?

SHAWN STEVENSON: This one is practice overcoming your triggers.

LEWIS HOWES: Practice overcoming your triggers, right? It's like we are going to be given our triggers on a daily basis. And we get to prepare for them in the beginning of the day and then reflect on how we showed up at the end of the day. I love meditating first thing in the morning and saying, how, how do I want to show up today? What is my intention for today? When something goes wrong, how can I respond? And rehearsing and practicing it. And just noticing, I'm going to take a deep breath in my nervous system and I'm going to try to do my best to manage it. Not be perfect. And at the end of the day, I like to reflect, did I show up with the intention I had today? And I think that is a key in practicing overcoming yourself. When you write all these things down, when you think about it, when you write down your, your money triggers and your stories, you start speaking about them.

You can start to process them. When you process, you can start to practice it better when it comes up again, because these triggers and things will show up for you constantly in your life until you overcome them. And so it is a goal and a vision and an intention every morning to say, How do I want to show up today when something happens when my mom calls me and ask for money? How do I want to respond? Let me practice this. I'm not going to be perfect, but let me do better than last time. When someone cuts me off, when someone asked me for help, when some whatever it is. Based on these triggers, how can I respond? I think it's just a constant practice in the healing journey.

SHAWN STEVENSON: Man. It's so powerful. I love that example, too. It was a whole movie. It was like, in my head, it was 21 Jump Street, right?

LEWIS HOWES: Oh man, I was.

SHAWN STEVENSON: You're a Channing Tatum type. It was, man. Jumping out the car. You're like, I got speed, brother.

LEWIS HOWES: You know, the crazy thing is I caught myself because I could have gone and like run this guy down.

SHAWN STEVENSON: Of course.

LEWIS HOWES: And I'm like, somebody stops and go, what am I doing? And I'm like, my car is back there a quarter of a mile. And I'm like am I really going to run this guy down? And then what? Beat him up? And then what? Go to jail? Like, what am I doing? Based on a trauma response. This does not serve me.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: And I had so many of those moments where I was like, something's wrong with me. And it means I've got to heal and reflect and overcome myself.

SHAWN STEVENSON: This is the thing I love about you. One of the things I love about you is that. You know, so many people you share things so many people can identify with, but they don't talk about them, you know, the stuff you.

LEWIS HOWES: What a way to humiliate myself, man.

SHAWN STEVENSON: But, you know, just even sharing, you know, what you went through with, with the, with the abuse and, You know, and what you've gone through again with your, with your parents losing your father and sharing that story. Like it hit different. I knew about it, but I didn't know about the time in your life when it happened and just like. You know, it just, again, it helps us to feel more connected and that there is a way so number six here. And taking yourself to money therapy is to create healthy boundaries.

LEWIS HOWES: Man, I've had the, it sounds like you did this with your mom and maybe you didn't create it with her, but you created it with yourself, right? I've had different people close to me ask for money over and over again. And I felt taken advantage of, and it wasn't until I spoke up and said, this doesn't work for me anymore. This relationship doesn't work for me anymore. And I'd like to create a new relationship with you around this. Here's why it doesn't

work. I feel the only time you reach out to me is when you ask me for money. That doesn't feel good. I don't feel like you care except for that. I can give you money. That's not a relationship I want. Here's the type of relationship I want. Is that something you're open to? And having these kind of challenging conversations where I used to just shy away from them and just avoid having them all in all.

Now I'm learning how to have the courage to speak up and say, hey, that doesn't work for me. Risk having someone being upset with me and being okay with it. It's very challenging when you've have anxiety in your chest. And so I've had to learn that process over the years of having those tough conversations and those boundaries is what has given me peace and abundance. It's creating those boundaries. Being willing to disappoint people at times, but doing it in a loving way. You can't determine how they're going to react. But if you show up for you, you're taking care of that inner child who has all those wounds that you've written down. And you're saying, I'm the adult in the relationship now, I've got you. No matter what anyone else does, I got you. And those boundaries create peace and freedom. And when you tie that to money, it creates financial freedom.

SHAWN STEVENSON: I don't think we talked about this before the show, but a lot of times with achieving a goal or, you know, achieving that success that we want. It's about, it's not just about the things we do, it's about the things we stop doing. Right? Because not having those boundaries, like that, essentially it's a, it's a barrier of protection. If there are leaks in that, it's literally leaking your energy to be able to create what you want to create.

LEWIS HOWES: Sucking the energy out of you.

SHAWN STEVENSON: Yeah. And so with that, with that ex, that example with my mom, you know, because of where my story and where I come from. My heart just wants to take care of my mom. I just want to take care of my mom. And what I would do is, like, I'd take care of my mom, then she'd run from me. And I feel like I always have to try to run after her and she disappeared. And so, you know, um.

LEWIS HOWES: You're, you're getting new burner phones just to call her. So she picks up, right?

SHAWN STEVENSON: Yeah. You know, when I was a kid, man, and I don't know if I've shared this before. I know I've shared it with my family. But I would have this reoccurring dream when I was a kid. Like I would have it for years. Like maybe this was around when my brother was born and then I'd have it for years. You know, he was, I was, I'm five years older than him. And so she was holding him and she was off in the distance. And so every time I get close to her, she'd go through the door, and then I'd go through the door, and then she was off in the distance again, and I couldn't get to her, and she was holding him, and I felt a little bit like I wasn't as close to her, you know. And so I've, I carried that for years, and just wanting to protect my mom, to be there, but my mom is the type of person, the environment we come from, where she just wants me to be tough. She doesn't want me to be too emotional, too soft.

So that's how she raised me. It wasn't to be close, but I yearned for that, you know? Just suck it up, be tough, yeah. You carry that into adulthood to where I have these other weird, it's showing up in different ways where like, okay, I do this thing for you, you want it from me, are you going to call me now? Are you going to like, just check in on me? And that happened for years, right? And she ghosts me, disappeared.

LEWIS HOWES: She wouldn't do it.

SHAWN STEVENSON: But it's also, again, it's loving her anyways, allowing her to have her story, how she lives her life. But creating that healthy boundary to where I'm no longer attached to this thing.

LEWIS HOWES: That's great.

SHAWN STEVENSON: Because it is my mom and my story, I'm deciding to, you know what, if you need something, I got you, but I'm not going to have any expectation.

LEWIS HOWES: That's beautiful.

SHAWN STEVENSON: And so that was the boundary I set up. In other circumstances, literally like You know, like I'm, I'm just going to have to decline not, not with my mom, but like other situations, it's going to depend on you, but please, everybody listening for you to heal and to have a better relationship with your finances. And also this is with life stuff is to intentionally proactively set up some healthy boundaries. Stop allowing yourself to be hurt.

LEWIS HOWES: That's the key.

SHAWN STEVENSON: You know, it's not righteous. It's not, you know, nobody's going to look back like, you know what? We were able to abuse the sh*t out of this person. You know, like we've got to set up some boundaries so that we can create the life that we want to create. It is your birthright. So the last one here ties perfectly in taking yourself to money therapy is to motivate yourself to grow. That's number seven.

LEWIS HOWES: I just think, you know, learners are earners and when we continue to learn and develop skill sets, we have the ability to earn more again financially, but earn more spiritually, emotionally, physically, and relationally in life. And so continue to invest in learning and receiving feedback. And unfortunately for many years, I would, you know, make the same mistakes over and over again and just be in pain as opposed to saying, okay, this doesn't work anymore. Let me take the feedback and start learning new information and acting in a different way.

And it's secular. You know, it's like you've got to, you got to heal the money story to create a new belief system for yourself that something is possible and maybe you've never seen it possible for you yet. Like for years, I didn't know it was possible for me to make money. Once my dad got into his accident, all his money was gone. He was my backup plan to go work for him. I didn't have a college degree living on my sister's couch. I didn't know. Like it just didn't resonate with me. Why would anyone give me money? Why would anyone hire me? Give me money for what scale? I didn't have any skills. So I had to shift, start shifting that belief that no one's going to give me any money because I'm not valuable enough to earn money in this business world.

And that was a hard thing to shift because I just didn't understand money. I started researching, reading books, learning about it, and just getting knowledgeable about it. Okay, I'm learning more. It's not as scary. Once I learned more, I found money mentors. I talk about that in the book as well. And I found money mentors and I started asking them questions about how did they overcome it? And I could see before and after for them. Okay. I see models, mentors with models that I can mimic. Great. Now I just need a money map. I need a money game plan and it doesn't need to be what's my 10 year financial plan. Like what's the next three months. How do I get enough money to get off my sister's couch, not become a millionaire. Screw all this Instagram life stuff. How do I make a thousand dollars a month? Let me just figure this one thing out. And from there I learn, I act and I get feedback and I laugh my way to the bank. I learn, I act and I get feedback and that's the key.

SHAWN STEVENSON: I love this so much. You know, there's so much more that we can cover. We're getting short on time here, but I do want to really quickly touch on this because. Step three in the book. So number step one in the book is know your money story, and we dug in on that. Step two is reset your money mindset and that was part of going to therapy.

LEWIS HOWES: Yes.

SHAWN STEVENSON: But step three is where you prepare for more money.

LEWIS HOWES: That's it.

SHAWN STEVENSON: And these are really digging in on the mindset habit the mapping habit the monetizing habit. I just want to touch on really quickly up just a couple of these and so when it comes to a mindset habit about money. What do you mean by that?

LEWIS HOWES: Most people think that when I have money, then I'll be generous. Then I'll give, but we need to be thinking, how can I give and be generous and be grateful first, not I'm going to go make money. And then when I have it, I'll give back to charity. I'll give it to my friends. I'll give it to my church. It's thinking, how can I be a contribution to the world now? Whether it be in a bigger scheme or just my world, how can I contribute and be generous?

If you don't have money, how can I give time? If you don't have time, how can I give other resources, connections, being generous with your information. And you know, a lot of the wealthiest people that I've interviewed, the billionaires, the people have exited billionaire companies. I ask a question about generosity and how it's tied to making more money.

And probably 95 percent of the wealthiest people that I've interviewed when I asked them, when you give uncomfortably, a certain amount of money every year. Do you usually make more money next year? Almost all of them say yes. And they all say that's part of the secret to generating more wealth. It's by giving more away. You're relaxing and allowing the flow of money to come back. Now you can't just say, I'm going to give all my money away and do nothing. Like you have to provide value. You have to have a system that can generate more money. It's, it's getting uncomfortable. I'm not saying I'm going to hoard all, all my money to myself.

I'm also going to contribute it. I'm going to relax. The more I relax, the more I can receive. The more I can give, the more it can come back to me. So it's shifting this mindset of like, I'll give when I make money to, I'm going to give what I can right now with the money I have, the time I have, the resources I have and be generous now as opposed to being generous later. That's for me, the most powerful mindset habit.

SHAWN STEVENSON: Amazing. Amazing. Again, we've got seven habits here. We're just going to touch on one more. I want to ask you about the monetizing habit.

LEWIS HOWES: Monetizing a habit is, is figuring out your skills. This is where I didn't know what my skills were. I went to go try to play football. I was making 250 bucks a week playing arena ball in Alabama. And, you know, we were getting food stamps and living rent free. They were putting us up in an apartment. But I felt rich in my life because I was living my dreams, even though I was making 250 bucks a week. After that, on my sister's couch, I didn't know how to monetize anything. I didn't have the skills. So I had to make a list of all the things that I really enjoy, love doing, that I'm curious about, that I'm passionate about. I just started writing it down. And I was like, how do you make money with this stuff? But little did I know, all those hidden skill sets that I had is everything I'm doing now to make money.

And it's just figuring out how to monetize those skills. So first is identifying the skills that you have and also identifying the skills you lack and going to master those skills. I wasn't able to communicate. I didn't have public speaking skills. I didn't know how to do sales. I didn't know how to do any of these things. I didn't know how to write. I didn't know how to write books. So I found mentors. I found a public speaking mentor. I found a writing mentor because I knew those would be tied to my goals of helping people in the world. And one guy was a professional speaker that I met. He said, if you want to influence people and, and impact people in a positive way, you need to learn how to communicate your message through public speaking.

Whether you're in a boardroom and you work somewhere for 50 years, you're going to need to influence people in an office space, or you're speaking to the masses. And he's like, you need to go to Toastmasters and learn to overcome your fear. So I had a list of my skills and a list of my fears, and I started going all into my fears to develop those skills as well. And I'm using all those skills and monetizing them now with what I'm doing today.

SHAWN STEVENSON: I love it. You sure are. You sure are.

LEWIS HOWES: Having fun, man.

SHAWN STEVENSON: You know, and we all have this within us. We all have unique gifts and talents. And this is important more today than ever is, you know, there's this idea of a personal brand and it's really about you as a person. And doing that internal investigation, that self assessment to look at, like, what do I love? What would I do for free? And you know, if I, if I didn't even get paid for it, I would love to do all the time. For me, it strangely, it didn't just land in my lap though, still putting yourself in position. I had overcome my own health challenges and transform my body and my health.

And somebody asked me for help at the gym. They saw my transformation. You know, this was actually outside the gym, but they had, they saw me on campus. It was a friend of mine's sister who was going to the school. And she was just like, can you help me? And I literally was

like, well, I'll meet you at the gym on Saturday. She was like, how much should I pay you? What?!

LEWIS HOWES: I get paid to do this?

SHAWN STEVENSON: You would pay me to do what I would do anyways. And so, what are those things that you love to do? You know, maybe it is like, and again, we do want to get off the couch a little bit, but maybe it is netflix, right? How can you monetize that? How can you, you can create a podcast around reviews, right? Create merchandise around it, you know, maybe find some licensing thing, you know, like.

LEWIS HOWES: The biggest podcast or watch parties of TV shows.

SHAWN STEVENSON: Yes. Again, like.

LEWIS HOWES: Watching and talking about it.

SHAWN STEVENSON: Maybe you, maybe you are obsessed with My Little Pony. Maybe you, you know, you, you love a certain sports team, you know. Pokemon, Pat Flynn.

LEWIS HOWES: He's crushing.

SHAWN STEVENSON: You know what Pat Flynn is doing?

LEWIS HOWES: Of course. It's amazing. I'm watching it. I don't even like Pokemon. I like watching his stuff.

SHAWN STEVENSON: It's crazy, man. He did this as an experiment about a little over a year ago. Him and I are in a mastermind, which another one of your, the, the, let me go back. Okay.

LEWIS HOWES: Mastermind habit.

SHAWN STEVENSON: The mastermind habit. Habit number four is the mastermind habit. And I'm going to, Pat Flynn and I are in a mastermind for about seven years now. We talk every Monday, right? And so to see his growth and what he did, like as a, like a side thing. A Pokemon channel that now has, it's getting close to probably 2 million subscribers.

LEWIS HOWES: Crushing, dude.

SHAWN STEVENSON: And I know about the behind the scenes, like what it's doing for his life, And for his financial.

LEWIS HOWES: It's bringing him joy, too.

SHAWN STEVENSON: Yes, he loves it.

LEWIS HOWES: You can't put a price on joy and freedom. You can't. You could have all the money in the world, but you could also have no money and have joy and freedom inside of you.

SHAWN STEVENSON: Yeah.

LEWIS HOWES: And he has so much joy because he's leaning into his passion and his curiosity. These hidden skills inside of him that he probably never thought he could monetize. Not only is he monetizing them financially, but spiritually and emotionally, he's monetizing that joy. And that is an incredible currency.

SHAWN STEVENSON: Absolutely. And again, I just encourage everybody take some time. If this is important to you, take some time, write out what you're passionate about. What are the things, what are the top 10 things that you love. Love to do you love about life? Write those things down and look at what are some ways that I could potentially monetize my, my passions.

And it all, it's not always going to work out like that, but maybe the thing that you are doing is helping you to spend more time doing those passions. So maybe it's a job you're not

necessarily passionate about, but there's also this other tentative. How you do anything is how you do everything.

LEWIS HOWES: Yes.

SHAWN STEVENSON: And having that carry over. But all the details are here. Make money easy. Make money easy. From my really, really good friend. Recently married.

LEWIS HOWES: What's up, baby?

SHAWN STEVENSON: Recently married, Lewis Howes. Let everybody know where they can pick up a copy.

LEWIS HOWES: Get it anywhere. MakeMoneyEasyBook.com or go to Amazon and check it out there.

SHAWN STEVENSON: I love you man. I appreciate you. Thank you for putting this together for us. It's, it's not just about money, it's about healing. It's about healing and I love that, that inroads into this. Make Money Easy, pick up your copy today. The one and only, Lewis Howes.

LEWIS HOWES: My man.

SHAWN STEVENSON: Thank you so much for tuning into this episode today. I hope that you got a lot of value out of this. This is something to make a priority, to get educated about. If we want to become good at something, we need to make it a study. And it's great learning from people like Lewis, who've literally started from the bottom. You know, and everybody's bottom is a little bit different. Is that a butt thing? Wait a minute. Anyways, there's all kinds of bottoms out there. Wait a minute, this is going too far. All right, let me reel it back in. And now I got Drake. No, wait, not his bottom, but like he started from the bottom. Nevermind. We've got to make sure that we are learning from people who have a similar story and sometimes connecting with somebody who seems to "have figured everything out" or they come from a certain circumstance.

We not, we might not be able to connect with them, even though they can offer us value as well. But knowing Lewis and seeing his growth personally, this is deeply impactful for me and why. You know, I've chosen him as one of my money mentors is because again, he's found a way to figure things out even from complicated circumstances, but we're all different. You know, I'm coming into this arena and doing this work and working to build something exceptional, impact people with three kids. Very different. Lewis has done this solo, but now he's married. He's a married man. And I know that he started the process, of course. But you know, we all come from different circumstances, have different variables for us to consider in our relationship with money and our finances.

And so having a tool like this, it doesn't just address the tactics like put your money here, do this, you should put 5%. It's not that it's addressing at the core who we are and how we relate to money. It's addressing our mindset when it comes to money. Our relationships that revolve around money and also being able to consciously seek out and be around people that function as really a mastermind when it comes to this subject because we've been so miseducated, so miseducated. And the fact that this is such a huge stressor and one of the leading causes or contributing to depression, we've got to do something about this. This is another one of those things today where we have resources. At our fingertips. They've been closer than ever before. We just have to say yes. We have to take action. So I highly encourage you to pick up a copy of Make Money Easy by New York Times bestselling author Lewis Howes.

And we've got some amazing Amazing 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 themodelhealthshow.com That's where you can find all of the show notes. You can find transcriptions, videos for each episode. And if you've got a comment, you can leave me a comment there as well. And please make sure to head over to iTunes and leave us a rating to let everybody know that the show is awesome. And I appreciate that so much and take care. I promise to keep giving you more powerful, empowering, great content to help you transform your life. Thanks for tuning in.