

Scot McKay (00:03.055)

All right, gentlemen, how's it going? This is your main man Scot McKay coming at you again with another episode of The Mountain Top Podcast. You know what's really strange about this culture? You guys already know this without me having to tell you, but just to kind of remind you and to bring it to the forefront and let you know we're gonna hit it with a big, heavy hammer today. You can look great on the outside, but inside you're a mess. And I have a lot of theories about this.

But I also have a guest on today that this kind of stuff is pretty much all that he thinks about. He's a high performance coach for executives and men who want to make the most of themselves. His name is Mike Basovic. No, I'll I'll change it.

Coach Mike Basevic (00:45.57)

Ha ha.

Scot McKay (00:48.973)

His name is Mike Basovic and he is coming to us today from Florida and his brand is No Limits. It's some what is it? No Limits Nation, right?

Coach Mike Basevic (00:59.17)

Yes, absolutely.

Scot McKay (01:01.451)

And his brand is No Limits Nation, which already sounds good to me. Mike, welcome to the show, man.

Coach Mike Basevic (01:06.668)

Thanks, Scot. Great to be here. Excited.

Scot McKay (01:08.685)

Yeah, you know what? It's interesting. I hear from guys all the time that they look at women out there and they say, my gosh, look at her. She's fantastically sexy. She's completely out of my league. Yet they have no idea what's going on in this woman's legs. She thinks her stomach's too big, her legs are too short, that, you know, her nose she needs plastic surgery on her nose. She's probably looking for crows' feet in the mirror at night, and she just thinks she's like a five out of ten.

Meanwhile, this guy's looking at her going, she's just the perfect woman. And he's already putting her on a pedestal. And we may also look at other guys. We may be competing against them in a softball league or looking at a promotion at work. And we're thinking, this guy's just got ultimate confidence. He's bulletproof. He's never made a mistake in his life. The women love him. He's dressed great. And meanwhile, that guy's brain might be a bigger mess

inside his internal thoughts and even the even us looking upon him thinking, this guy's got it all together. We in Western culture can camouflage what's really broken inside of us with means and we can camouflage it with cosmetics if we're a woman and with nicer clothes and a happy face. And we really are the I'm fine, how are you culture? And meanwhile what it's doing is it's just it's all a big lie from an outward perspective, isn't it?

Because we're all human.

Coach Mike Basevic (02:36.192)

It is. It is. Yeah. And and Scot most people, men and women, they're filled with in insecurities and inadequacies, right? And as you go through life

that stuff builds up, right? That emotional resistance, right? That I call it, but the insecurity, the the and

high performers, right? Any any person like yourself who's striving to be, you know, do his best work, and any high performer out there, they put a big flashlight on all their mistakes, all their anything that they've they either a decision they've made or a mistake they made or a failure. And and when they amplify that, the mind learns, right? That starts at a young age when we're put when a lot of pressure is put on us.

To perform and think about school. A is passing, B is failing in a lot of houses, right? Even though B's a pretty good grade, I was a solid C student back in the day, so C was good. But when you're pressured and you got to get into the right school, you gotta get you gotta make the team, you gotta make appearances, you're always setting yourself up to feel inadequate. And then if you have a critical parent that says, Hey, you've got to do better or you should be better, or

everything you do doesn't seem to be good enough, or you get in a relationship that says everything you do isn't good enough. You're teaching your mind to be inadequate.

And most humans come with a whole set of of internal resistance, right? A whole bag of it. And the mind is constantly playing that stuff, that self-judgment, that inadequacy back. And then they start second guessing it. And that's where that lack of confidence would come in. So they see the pretty girl and and you say, hey, you know, yeah, she's out of my league. And that's because the mind has been taught that way.

Scot McKay (04:14.147)

You know, it's interesting you brought this up because you have no way of knowing this, but we talk about this idea of huge expectations on guys in this culture at an early age with no margin for error. And how that turns us into people pleasers and just walking insecurity machines, you know. And and what ends up going on is at the same time, those same moms and dads who are pressuring us.

Coach Mike Basevic (04:29.229)

Yeah.

Coach Mike Basevic (04:35.33)

Yeah. Of course, yeah.

Scot McKay (04:43.405)

That you know, an A- is reason to go to a child psychologist, you know, we gotta fix this. Are the same ones who are giving us no input at all on how women think, what's going on in terms of male-female dynamics, how to ask a woman on a date, how to conduct a relationship with her. We're left hanging on that. So, of course, as soon as we see a woman who we're attracted to at a primal level,

Coach Mike Basevic (04:49.57)

Yeah. Yeah.

Scot McKay (05:11.821)

What have we been trained to think? We're not good enough.

Coach Mike Basevic (05:16.096)

Absolutely a hundred percent. Yeah. And and y you know, women love confident men, you know that. And and also men that can make them laugh. And and I remember when I when I met my wife Kelly, and this is on the heels of my collapse, you and I spoke about that a little bit, twenty years ago.

My life hit the skids. My first wife, our marriage ended, and she stepped out, but you know, I lost my way. I was a mess emotionally, and so the marriage wasn't good. And I had a subsequent relationship that it was also a train wreck. So there I was left licking my wounds, and then by the time I met Kelly, my wife, I

had done the work that I teach now and on myself, and and I was very confident, very centered, very whole. And when I met Kelly, beautiful woman, you know, she's Sandra Bullock's

twin. And she told me on her third or fourth date, she goes, You have more game than any guy I ever met. And I wasn't playing a game, I was just confident. She goes, I mean, your confidence is just really off the charts. And I said, I wasn't always like that. I said I was bred to be a mess and very insecure. I had low self-worth from my childhood, you know. And in the mind, the way you look at the mind is that's the way it's trained. Your subconscious mind will do whatever you train it to do.

So if you're constantly, you know, having experiences of either failure or self-judgment or picking it apart, picking your actions apart or your decisions or anything else, you're teaching your mind to do the same. So those thoughts that wake you up catastrophizing or in fear in the middle of the night, or even that that thought that would prevent you from going up to the woman that you find attractive, that comes from the subconscious mind, which comes from the way you trained your subconscious mind. So you're and you're never gonna outwork that. You're always gonna literally be a byproduct.

of what your subconscious mind is doing.

Scot McKay (07:01.667)

Yeah, with so little valid training for young guys on how to relate to women, vis-a-vis, you know, I'm gonna use your own word, the train wreck that is social media nowadays. What you have is guys being inundated with red-pilled nonsense and taught that that's normative and that guys responding in the way that they typically respond to that drivel online is also normal as well. So case in point.

Coach Mike Basevic (07:06.612)

yeah.

Scot McKay (07:30.446)

I stumbled across, you know, it wasn't like the girl caught my eye and I clicked on it or anything. So please don't get that idea or anything. But it was a series of cute girls responding to a guy passing by who they found attractive. And predictably the entire stream of content or comments.

And predictably the entire string of comments from guys was, yeah, they're all six foot tall and have six-pack abs and you know, great jobs and are millionaires. I would get thrown in jail if, you know, I even looked at a woman like that, because that's how they've been thinking. You know, that's how they've been told. And weirdly, they get like a band of brothers behind them who think they're all cool together by

being so dismissive of women and you know who needs them and you know porn is better anyway. And they think that they're succeeding by piling on like this. And I'll tell you, man, I may have joined them back when I was 18, 19, 20 years old. But nowadays, with all the water under the bridge, you know, and eating my own dog food and practicing what I train other guys to believe, and how I coach them, you know, like you said you do nowadays,

Coach Mike Basevic (08:44.163)

Yeah.

Scot McKay (08:44.459)

Nowadays my habit led me to look at a video like that and go, I've seen that look before. I love when women bite their lip like that. Oh man, yeah. she's she's a cutie. Yeah, I would have smiled back at her. I would have wanted to talk to her. I'm thinking in terms of, well, yeah, this could have happened to me. I'm thinking in terms of warm memories of women looking at me like this because I was expecting it and I was confident enough to drive that comfort level and that

perhaps attraction from women. Whereas, you know, years ago I would have been in the camp of these guys going, yeah, I'm gonna cross my arms and say, That'll never happen to me. You know, this is something to get angry about and get really pissed at, not something that is meant to be something that gives me the warm fuzzies. And yet it seems like almost all men nowadays have been falling, I mean, kind of turning to the dark side, and it's no wonder that men and women are having less sex.

Even a world Even in a world that has less Judeo Christian Islamo influence on on you know moral standards associated with premarital sexual behavior, it's just that we've talked ourselves out of it. Just like you said, it's all here, it's all in our mindset. Fascinating.

Coach Mike Basevic (10:02.786)

Yeah. It's unfortunate too, Scot, when when people get together in relationships, they're so consumed with their day-to-day circumstances. At the beginning of relationship, all you're can you're concerned with is the other person. You're getting to know them, what you love about them, what you like about them, their their traits, characteristics, and then

and I hate the term serious relationship. I'm like, get in a committed relationship, forget serious, have fun. You know, and you you should have a loving, fun, happy relationship. And but when you start introducing things like to-do lists and responsibilities and bills and debt and and you know stuff that we think is really important.

we we start to lose sight of what the relationship is. And you know, I've always I I told my wife early on, I said, I you know, we're we're both parents, we're both single parents when we met. She has two kids. I have three, so we have a blended family of five. And I said we'll always have our our life and then we'll have our parenting life. And then we've got our extra curricula. There's stuff outside of it, but we've always made our relationship really important.

And we go on date nights two, three times a week, we have fun, we value each other, and compliment each other, we do butt heads, we're both type A personalities. We both, you know, and my wife's a successful exec, and so she's got her own opinions, and but it all it it all ends there and we we never stop appreciating each other and we don't let the external stuff take over and and so we lose our focus. We always stay focused on what's important.

Scot McKay (11:38.436)

Yeah, you know, it seems like a lot of women come on dates with a checklist. And a lot of men come on dates thinking they have to be stoic and stone faced and dead gunfighter serious or else they're gonna be put in the just be friend zone or something. Meanwhile, girls just wanna have fun.

Coach Mike Basevic (11:41.922)

Mm-hmm. Yeah.

Coach Mike Basevic (11:46.264)

Yeah.

Coach Mike Basevic (11:53.144)

Yeah, yeah.

Yeah, yeah.

Scot McKay (11:57.62)

If men practice what I call warm levity and actually know how to crack a joke or just make a woman laugh, she feels more comfortable. And then when she feels more comfortable, she gets attracted. And

it's like this is this is just not computing anymore to either men or women. Women are showing up on dates. It used to be the the crack on women is they would show up on dates and go, entertain me.

Coach Mike Basevic (12:24.632)
Yeah.

Scot McKay (12:24.655)

Well at least that left an open door for a guy who gets it to do something good and make her attracted. Nowadays they're showing up with, you know, I already know you're probably a predator and I shouldn't like you and should probably be avoiding you. So let's just prove you're a horrible person and end this thing. And what's a guy supposed to do with that? Right?

Coach Mike Basevic (12:29.784)
Right.

Coach Mike Basevic (12:40.726)

Well yeah. Exact And unfortunately, you know, life leaves scars. And there's people and if you don't heal those scars, they're gonna keep showing up. So relationships are a great example to to you know, if in the work that I do. Everything we go through in life, Scot, if it's an emotionally traumatic experience, like a breakup.

That leaves a scar. So I've been dumped. I don't know about you, but I've been dumped in this in this lifetime. And when you're it stings, it hurts. And you're left in a state of being of need, loneliness, resentment, anger, insecurity, what's wrong with me? And and I'm I'll never meet another person. Well, if you've had relationships that fail, or if a woman, for example, puts herself out there and guys have, you know, treated her poorly, then

She's expecting that almost because of her her past experiences and she's developed this internal state of being of, you know, whatever's pessimism or skepticism or even fear. I'm gonna dump them before they dump me, and I'm gonna I'm gonna make the comment before I get dumped again. And it's important for men and women to heal that stuff. You've gotta get rid of it because that's what I call the resistance that builds up in life. You you said your you had your fun 22 years ago, I had my fun 20 years ago in my life, hit the skids.

I had to clear all that resistance. I had to literally because my childhood was pretty tough emotionally and physically. And and I was left, you know, I was an adult that lost everything and I I said, Okay, now I've got a rebound. But I had so many emotional imprints and scars that I had to get rid of. So when somebody shows up on a date and they're just that jaded or they're they're in that position, it's probably because they've been hurt.

And and disappointed a lot before. So they're just gonna they're gonna they're already there before it happens to them. Does that make sense? Yeah.

Scot McKay (14:30.409)

yes. And also that could be what they observed growing up. It could be all they know is that state of being.

Coach Mike Basevic (14:34.414)

Sure. Yes. Yeah, absolutely. Yeah. It's it's in childhood, most of your conditioning is done, you know, when you're young. Your your mind is still developing. It's in theta. So a lot of stuff that you witness and and even, you know, that insecurity you mentioned earlier, Scot, you know, that with guys, if you're a child of a divorced home, you know, they call it a broken home.

Even though the relationship ended. And sometimes it's way healthier if the parents get divorced than staying together and fighting. But the child feels broken. Let's say they're at the sporting event or the school play and dad's on one end of the auditorium and and mom's at the other and little Billy's there, 12 years old, thinking that he comes from a broken family and there's his best friend's parents sitting there holding hands in the front row.

And that's a family that's normal. That's a family that loves each other. My family's broken. Well, when that child feels their family is broken, for example, they're living in shame. And now, whenever that you live in shame, you live in inadequacy, that you're not good enough, you're literally teaching your subconscious mind that that's who you are. And the subconscious mind doesn't have an opinion, yeah.

Scot McKay (15:42.03)

Yeah, except Yeah, except nowadays is instead of being yeah, except nowadays instead of being little Billy, he's like little Tanner or little Riker or some crazy white person name, right? Yeah. but getting back to the serious stuff, heck with keeping it light. The name of your book on Amazon is indeed The Broken Sage. And you know, that's not a way of spicing up your chicken dish. That has a different meaning.

Coach Mike Basevic (15:51.695)

That's good, yeah. I love that.

Scot McKay (16:11.751)

You know, it's it's exactly what you're talking about. What what inspired exactly the title of your book?

Coach Mike Basevic (16:17.932)

Well, Yeah, in in the book, thank you, Scot. In the book I I talk about my childhood. You know, I the the first few chapters are what I grew up in and then my early adult years and and my collapse. So prior to me doing the teaching chapters, what I had to learn

But I grew up in environment where there's no love in the home. And my parents were Hall of Fame fighters. My dad had a vicious temper. And my mom knew when to poke the bear. And once the bear was poked, my dad, then we, you know, all hell broke loose. But they would fight incessantly in public and private. My dad would literally, we grew up in the belt era, so we my brother and I got our ass kicked all the time.

But there was never any love. He was never around. He just was it was his world and we were a nuisance. And so when I grew up I had a lot of low self esteem, a lot of anxiety, a lot of stress. I didn't know I had anxiety, but I had panic attacks and things. I didn't know what it was from.

And and I'd create a lot of early success in my life, but I never thought I deserved it. You know, I had this really successful life. I had some money, all self-made. And you know, I'd walk into the country club I belonged to and didn't feel I belonged. Even though I had fun there and I was one of the guys, internally I felt like an imposter. And I self-sabotaged everything. And I I literally ended up, and I describe this in the book, but I ended up, you know, three small kids,

ages what eight to twelve maybe or six to ten or something at the time. And I was living in going through divorce, living in hotel rooms on prepaid credit cards. My credit was in shambles. I had no money left. And I lost a lot of money. I had, you know, seven figures I lost. And and I was broken. And and then, you know, I I

Coach Mike Basevic (18:03.182)

through this journey and getting divorced and everything, I said, You've got to fix this, man. You're hardworking, you're intelligent, you've got to figure things out. And I ended up going on this quest to find the answers. And I ended up reading over 250 books. If there was a class I took it, a seminar, I took it,

you name it. And I found that most of the books out there, they had a piece of the puzzle. Everyone said, think positive, do this, do that. And I'm like, well, I'm doing that stuff. It's not working. And then when I underst uncovered what the subconscious mind really is, which is a co-pilot that's a computer, just like the computer

that we're using to speak. And I learned that the state of being you're in drives your behavior. The state of being you're in is the one that creates the thoughts in the middle of the night, you know, that might wake you up or the insecurity about going up and talking to a lady that you find interesting. So when I learned what the mind was, and I started to apply it in my life, my life turned around dramatically.

And then I said, Well, you gotta teach this other people. And I was a coach, I was a sports coach early on. So coaching was one thing I was always good at.

And then I started to coach people and I've been doing that for 18 years now and it's been a wonderful journey. But last year one of my clients said to me, you know, coach, you're like a sage, man. You just get it. You could get us through anything. And I said, Yeah, maybe a broken sage because of my past. And that's where the title came from. And and I say that at the very beginning, Scot, I say, you know, I was broken and I learned and now I teach. So that's where The Broken Sage came from.

Scot McKay (19:29.913)

You know, it's funny, I get a similar experience every once in a while. A guy will say, man, I've been listening to your podcast for ages, and it's amazing that I'm actually talking to you. I feel like I'm used to hearing your voice on this podcast. And back during the dating advice era and the pickup artist era, all of us were a little more internet famous than we are nowadays, kind of before the influencers hit.

And I use used to get some guys who would call me who were a little bit in awe. And I would always say, you know, the standard line. I put my legs I'm you know, the standard line, I put my pant legs on one at a time. But what I started telling them was the truth that really I'm just a big dork. You know, I'm I'm a total dork. And when you get to know me, I am

Coach Mike Basevic (20:05.944)

Yes, yeah. Yeah.

Scot McKay (20:19.255)

Not it certainly not any better than anyone else and I have my moments and I'm I'm a goofball like everybody else and that seems to put people at ease. Sure put my wife at ease. I love what you're talking about. You mentioned the country club aspect of things.

Coach Mike Basevic (20:29.336)

Yeah.

Scot McKay (20:37.983)

Since this show topically is about looking and appearing perfect to everybody else, but being a mess inside, what a great what what a great crucible in which to study exactly what we're talking about. Because you go to a country club environment or pretty much any neighborhood where the families are wealthy enough to drive, say, a BMW five series.

Coach Mike Basevic (20:52.94)

Yeah. Yeah.

Scot McKay (21:07.279)

Okay. You know, not super rich, crazy, you know, have a pool in the middle of the house, neighborhoods with guys who have like observatories on the roof and stuff like that. You know, not NBA player house,

but you know, thirty five hundred square foot house with a three car garage in a gated neighborhood. Those people all look great, you know.

Coach Mike Basevic (21:23.438)
Sure. Yeah.

Scot McKay (21:31.882)
They look marvelous, darling. It's not how you it's not how you feel, it's how you look. You know, that's why that's funny, because nothing could be really further from the truth except we all pretend like it is the truth happily. We play the game. We play we do the charade, but deep down we know it it isn't working. Everybody at country clubs, everybody at...

Coach Mike Basevic (21:48.867)
Yeah.

Scot McKay (21:54.552)
Everybody who lives in those neighborhoods, everybody who's an executive at those Fortune 500 companies puts on this facade of just being a Barbie or a Ken doll. You know, they're doing the Botox if they're women, you know, they're wearing the right clothes and being stoic if they're the man. Inside at the country club, you're on the golf course or you're at the dinner table with a bunch of people pleasers who were never good enough for their parents because that's how we roll in that culture.

And you know, keeping it a buck, dude, it's miserable. It's not a happy culture in general. It's it's not a a good way of being. This is why you have people with all this money and the only thing they have more of than dollars is appointments with their therapists.

Coach Mike Basevic (22:41.78)
It it yeah, i there's a lot of that and there's a lot of that everywhere, not just the country clubs, but unfortunately people feel

Scot McKay (22:47.45)
yeah.

Coach Mike Basevic (22:48.354)
They can't be authentic. They can't be vulnerable. And, you know, I I've had friends come up to me that that read the book. And I had no problem putting myself out there and telling my story. And even my wife, who knows pretty much everything, she was reading some of the stories. She goes, I never knew you went through that. And I said, Absolutely. And she didn't think any different of me. She loved me even more. But people find it so hard, Scot, to be vulnerable and to say, hey I'm struggling, man. I need help. And and these the successful people even more so.

Because I think they're they're trying to keep up appearances. But I've had friends come up to me and say, you know, Mike, why didn't you tell me you didn't have a home? Why didn't you tell me you were living in hotel rooms and pre-paid? You could have stayed with us. I said, because I was ashamed. I said I wasn't telling anybody. I would even look around when I'm driving out of the parking lot every morning. And but you know, I've learned that it's all about being vulnerable. My clients love me because they know my story and they can relate to it. Most people can.

But if if I have something going on in my life, I let them know about it. You know, no one's gonna get out of here unscathed. We're gonna have challenges, we're gonna have difficulties, we're gonna have insecurities, we're gonna have things that come up. The ability to work through those things and and come out the other side, that's the key. So it's not about being perfect and getting people to walk on coals and all that wonderful stuff, and I'm the Messiah. No.

We're all broken in a way, and we're all human. We're all perfectly imperfect as humans. And when you embrace that and you surround yourself with people that accept you for who you are and you're just trying to be a better person. And that's what our client community is filled with, just people trying to become better versions of themselves and they're vulnerable. Like, okay, hey, I need some help. You know, I'm dealing with this excessive worry or this insecurity or this this fear, lack of confidence. I had one client of mine, Vinny, a wonderful guy, he's still in my community. He said, Coach.

Coach, he's an Italian guy, he says, Coach, I lost my confidence and I'm afraid that my wife's gonna lose her confidence in me. I can't even drive anymore. I'm so anxious. And we got his confidence back, we got his confidence back and now

Coach Mike Basevic (24:49.482)

everything's better. His marriage is better. His life is better. His business is better. But he was vulnerable and coming to me and says, Coach, I need help. And that's the key. You know, just these appearances, you're not serving anybody. Like you said, you know, we're doing this, but then we're we're, you know, behind closed doors. We're either in the therapist's office or we're trying to just survive every day. There's no reason to live like that.

Scot McKay (25:10.155)

It's a healing act to come out. It's almost like you're uncloseting yourself in a way. To come out of the closet as authentic. I mean, I know that's a harsh analogy, but it's liberating. First of all, I don't think anybody wants to hire a guru as a coach. Because you'll just feel dumb. You'll feel like they're silently judging you, you know.

Coach Mike Basevic (25:18.038)

Yeah. Yeah. Yes. Yeah.

Coach Mike Basevic (25:28.078)

Hundred percent.

Coach Mike Basevic (25:33.324)

Hmm.

Coach Mike Basevic (25:38.092)

Yeah.

Scot McKay (25:38.829)

Like Tom Cruise and Magnolia or something. As if it's a good thing. You mentioned a phrase that I have always loved. And again, you would have no way of knowing that I always loved this phrase, but you mentioned perfectly imperfect.

Coach Mike Basevic (25:41.09)

Yeah.

Coach Mike Basevic (25:53.486)

Mm-hmm. Yeah.

Scot McKay (25:57.794)

My love affair with that phrase started when I realized women don't want men who are prettier than them to begin with. So this guy who looks like a movie star and is chiseled and has a perfect body or whatever, women look at a guy like that and just even if you would think they're a 10 out of 10, they're insecure with a guy like that. Women want to be the beauty when standing next to their guy. They don't

want the guy to overshadow them. So

meanwhile, I think very few guys would look at a woman who is perfect. Like, you know, AI is coming out with these ads, with women who are just absolutely stunningly blemish-free and perfect. And they look great. But I think in real life, I don't think any of us as men trust a woman who looks like that. And I think women certainly don't trust a man

who looks perfect. We don't trust perfection because inside we know no human really is perfect.

Coach Mike Basevic (27:00.204)

No, and and Scot, hey, and I agree with that. And even the people the the you know, you see all these beautiful women that keep having these

surgeries and these procedures and they're they're it just tells me that they're insecure inside. They're not happy. Everyone you know, a famous example is you know Jennifer Aniston. she had said early on in her career, I heard an interview with her that her mother was very tough on her as a child, told her she had a big nose, she was never gonna amount to anything. And look at her relationship history. It hasn't been very pleasant because somewhere in there is some insecurity in her subconscious. And yet she's beautiful, she's successful.

Scot McKay (27:12.719)

Of course.

Coach Mike Basevic (27:37.217)

She's talented, she's funny, and she could probably get most guys that she wanted to get on this planet, but there's some insecurity in there. And it's really tough to get through this life and not develop those internal warts, right? That insecurity, that inadequacy, because you you you know, look at what we're done in school. You know, Scot and Mike go to third grade and we start getting graded in third or fourth grade. Wait a minute, what happened to the milk and cookies? Now I've got a instead of he talks too much in class, now you're an A, a B, or a C student.

And the A students are always better than the C students. And now we go through life comparing ourselves. And our social media has blown it up and made it worse. And I have so many clients that I've told over the years.

You know, they're they're they're they they put these appearances up on social media and I said, Hey, take that stuff down until you get healthy, right? Take that stuff down. You know, don't don't try to be something and be yet online, so many people are trying to be something that... Just be authentic, just be yourself and you know, and like you said, perfectly imperfect. That's just the way I look at it. And and I think people relate. You know, I didn't know what to expect when I wrote the book and I shared my entire story. And I didn't share every story because there's too many of them, but...

But I was well, yeah, but but I was met by you know you know my clients, my friends, my you know, just with love and many men have said, Mike I cried during the first four chapters of your book. And I said, it's not a sad story. That was a sad time, but it's a great story. It's a story of of learning and rebirth. It's liberating. No, and not one person has judged me. Not one person.

Scot McKay (28:50.447)

Well, some of are TMI anyway, I'm sure, but

Scot McKay (29:13.007)

Well, it's liberating. There's a catharsis because you realize you're not alone.

Right. No, no, they won't. No, of course not. Cause deep down, Mike, they know what's going on inside them too. So, you know, to judge would be the peak of inauthenticity vis a vis your paragon of authenticity, for lack of a better way to put it. You mentioned Jennifer Aniston. Not to be missed in that comparison. She was with Brad Pitt.

Coach Mike Basevic (29:20.27)
They they've embraced me and and

Coach Mike Basevic (29:27.256)
Yeah, absolutely. A hundred percent.

Coach Mike Basevic (29:32.994)
Yes.

Coach Mike Basevic (29:37.26)
Yes.

Yeah.

Scot McKay (29:45.466)
Who many put up at least 15, 20 years ago, as the ultimate perfect man, and still felt insecure. You know, I think there are two camps of people, especially in for lack of a you know, different way to couch it, just for convenience, because I belong to this culture, white middle class culture. I've long since noticed there's two different camps. There's people who will piss on your leg and tell you it's raining.

Coach Mike Basevic (29:50.765)
Yeah.

Yeah, yeah, yeah.

Coach Mike Basevic (30:05.87)
Sure.

Scot McKay (30:14.881)
And people who are blunt and will tell you the way it is and give you truthful answers. And I've noticed that those two camps of people prefer to hang out with each other. They self separate they they self separate and I prefer

Coach Mike Basevic (30:18.328)
Yeah.

Coach Mike Basevic (30:29.76)
I got I gotcha.

Scot McKay (30:31.427)
Hold on, I I gotta pause because I see I'm gonna edit all this out in video, it's difficult. And I've noticed in this culture, those two camps tend to self-segregate. They like hanging out with each other and the other people irritate them. Now, I think if you're blunt and tell it the way it is, it's easy to understand how those people would roll their eyes at the ones who are already all

Coach Mike Basevic (30:34.284)
Okay, okay, guys. Right, yeah.

Coach Mike Basevic (30:41.548)
Yeah.

Scot McKay (30:56.333)
the ones who are always saying, everything's fine and wonderful, so nice, you know, being fake to each other. But the people who want to be fake with each other don't like these people who show up authentically because it puts them on the spot and puts the pressure on their insecurity. It's weird and it's messed up. It's screwed up. But what we end up with is a legion of people. And you know, if we think this is bad for men.

Coach Mike Basevic (31:16.396)
Yeah. Yeah.

Scot McKay (31:25.095)
Here we are bunch of guys crying in our collective beer about, I've got to look perfect all the time. And deep down I'm a mess. Dude, it's five or six X for women. Women think they've got to look beautiful. That's where their entire net worth lies. That's what they've been told was the most important thing about them their whole lives. And even with feminism and, you know, girl power and this, that, and the other, not looking the part is devastating to a woman.

Coach Mike Basevic (31:54.157)
It it

Scot McKay (31:54.158)
So for her to be authentic about how she's feeling inside has gotta be even more difficult. So this is really a human issue and it's a great way for men and women who can find themselves on that camp of authenticity and vulnerability to really meet each other somewhere midway and have a relationship, build connectivity out of it.

Coach Mike Basevic (31:59.427)
What is it?

Coach Mike Basevic (32:10.944)
It it's so important. Yeah, and the name of my podcast is Life Is An Inside Job. Because what you said there, Scot, it's so important to find that that peace, that love, that fulfillment within you. And the way you do that

Scot McKay (32:16.375)
Yeah.

Coach Mike Basevic (32:25.576)
is by learning like so I was so guilty. Let me let me back up. So I was so guilty 20 years ago. You know, I lost everything. I had enough money that I could have probably retired as a kid if I was smart and as a young person. And I screwed it all up. And I spent months, years, like a couple years, just beating myself up in failure and resentment and regret and anger.

And on the other side of that, when I started to learn these principles that I teach, I said, Well, you're not going anywhere in life because you already self sabotaged yourself once.

You've gotta find, you've gotta raise your self-worth. You've gotta you've gotta raise your self-love. You've got to find and and you've got to find some some balance there. And I started to just like, okay, what do I want? I just wanna be a better version of me next month, the following month, and next year than I am today. So it's constant improvement. And in that journey over a year or two, I really became

settled and at peace with who I was. I knew who I was and I set the goal. Who do you want to be as a person? Who do you want us to be as a professional? Which was

kind, helpful, loving. Who do you want to be as a dad? A great mentor, someone who's fun, loving, and supportive of his kids. So I strove, I strove, strove every day to be that person. And that was my only and I took my attention off anyone else's opinion about me.

And I said, this is the guy I'm gonna be. And no one else's opinion mattered. And sure enough, I started to literally get surrounded and surround myself with people who shared those interests and who appreciated me for the person I was. And it all started once I changed internally and I became okay with myself, and I started to love myself and like myself, because I didn't for a long for most of my life, then all of a sudden I was surrounded by people that liked me and supported me as well. And I've been ever since. So it's just you know a lot of fun.

Scot McKay (34:12.035)

Something I find interesting is it's sort of like you have to forgive yourself finally for being imperfect and realize guess what? You're not special. Everybody else goes through this. There's really no pressure on you to be perfect because none of us are going to attain it. So you might as well just relax and have a laugh at it and realize everybody's in the same boat. The last question I was going to ask you is give these guys some practical steps. And I think you basically just did it. And I really appreciate that. Thank you.

Coach Mike Basevic (34:21.622)

No.

Coach Mike Basevic (34:34.606)

No.

Coach Mike Basevic (34:39.414)

Yeah, it is and you've gotta forgive yourself, Scot. That's so important. I had a client recently, Michael, wonderful guy, and he was an alcoholic and he, you know, just he's, he's been sober for years, eight, ten, twelve years. And he still had a lot of regret. And I said, Michael, did you apologize and make things right with everyone that you felt you wronged? He goes, Yeah, yeah, I'm good with everybody.

Said you're not good with yourself yet. You've got to forgive yourself and like you forgive other people. But it's so important, Scot, that point you make. But

we all have great qualities. We're focused on our failures. We're focused on our shortcomings. We're focused on our mistakes. And make restitution, whatever you need to do there to heal that stuff up, do your best. But then you've got to start focusing on your good qualities. You've got to set the you've got to have an intention, a vision. Who do I want to be? Personal, professional, parent, child, whatever, and strive to be that person. We all know what that person looks like, and find examples in your life, whether it's somebody you know or somebody... Maybe

Be a character you saw in a movie. I want to be George Bailey. I want to be a guy that gives other people. Well, take those characteristics and commit to that person. And as long as you're doing your best every day, no one else's opinion matters to you. And you'll find that your state of being internally, you're gonna, your self-love, your self-respect, your self-worth is gonna keep increasing. And now you're going to be surrounded and attracting people in your life that mirror that.

Scot McKay (36:06.071)

As you kind of alluded to, Mike, I think a lot of us, because of our childhood, we're looking for someone to give us permission to do anything, including forgive ourselves or relax into all this. And the person

who's going to give you permission and help you relax into all that is yourself. It's you. You are the decider.

Coach Mike Basevic (36:13.656)
Yeah. Yes.

Coach Mike Basevic (36:23.394)
You? Life is an inside job. Yeah.

Scot McKay (36:27.853)
The arbitrator, the curator of all that. I love it. The name of his company is No Limits Nation. The name of his book is The Broken Sage. His name is Mike Basovic. And when you go to mountaintoppodcast.com/nolimits, plural, you will be magically teleported to nolimitsnation.com. Mike, what will they find when they get there?

Coach Mike Basevic (36:35.704)
Yes.

Coach Mike Basevic (36:54.946)
Well, help if they need it. There's a lot of free resources. People can watch trainings and things and my podcast episodes. But also if you need more support, let's say you get the book, The Broken Sage, you read it. This happens a lot. People say, All right, I want more. You go there, you reach out, you can book a call.

And we'll talk about where you're at, what you want in your life. It's a good fit. We'll talk about working together. And if you if you want to get it right the first time, a lot of people say, Coach, I want to get this right and I want to apply this stuff because I've I'm leaving stuff on the table, or I've got all the success, I'm just not happy, or my relationship is empty. Whatever the case may be, if we can help you, we'll tell you. We're straight shooters there. And if we can get you, there's usually a good chance we can get you where you want to go, and so that's what they'll find there. free resources and

also help if they need it.

Scot McKay (37:43.372)
And also when you go to mountaintoppodcast.com/amazon, you'll find Mike's book, The Broken Sage, right there at the top of the queue. especially if you're listening to this podcast or watching it within a few days of it coming out. Mike, thank you so much for coming on, man. This has been a fun discussion, but a difficult one at the same time. I think it's gonna be very meaningful for a lot of guys. It's a conversation that needs to be had, and I'm

very grateful you and I had it today. I hope the guys feel the same. Yeah.

Coach Mike Basevic (38:12.696)
Thanks, Scot. I I love it. I enjoy being here. I really enjoyed the conversation. Thank you. Thank you for having me.

Scot McKay (38:17.165)
Yeah, man. And I'm also going to invite you to the Masculinity Coalition, which these guys know is a group of guys who are influencers in the positive masculinity space who are going to be working together and collaborating. So we'll see and hear more of you.

Coach Mike Basevic (38:20.92)
Can't wait.

Coach Mike Basevic (38:31.116)

I appreciate that, Scot. Thank you so much.

Scot McKay (38:33.283)

Yeah, man. Gentlemen, if you have not gone to mountaintoppodcast.com lately and downloaded your copy of Flip the Switch: Five Ways to Get Better with Women Right Now, absolutely go to mountaintoppodcast.com and getchasum. Also want to thank our sponsors, Origin in Maine, Hero Soap, and The Keyport for their relentless sponsorship of our show. Six years running now for each of them. When you

visit any of our sponsors and partake of their goods, please use the coupon code "mountain10" to get an additional 10% off. And guys, you know, both Mike and I are here for you. You may vibe with him more than you do with me. You may be trying to improve your lot in a different way that Mike can help with versus, you know, mostly improving with women or, you know, or your your entrepreneurship the way I help a lot of guys with or your public speaking. But either way, you know, we're two guys

who have been there, walked the walk, and talked the talk. And you're not dealing with someone who's perfect. You're you're You're dealing with someone who's been there. So, you know, I'm grateful to each and every one of those of you guys who are listening because you know what? You've already taken the right first step. You said, you know what, I want to be the best man I can be, because you know, better men get better women. And that's what we're all about. Mike's got the woman of his dreams, I got the woman of my dreams.

Coach Mike Basevic (39:54.007)

That's right.

Scot McKay (40:00.237)

After a rocky road the first time out for each of us, our stories are the same. And you know, there's no shame in going through life, taking your lumps, learning your lessons, and being authentic and part of that authenticity, being a better man. So yeah, I I don't say this often enough. I appreciate every one of you guys. And until I talk to you again real soon, this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there.