

Scot McKay (00:00.27)

You're listening to Snippets From The Summit with your host, Scot McKay.

Alright, gentlemen, this is your main man Scot McKay coming at you again with another episode of Snippets From The Summit as part of The Mountain Top Podcast from X & Y Communications. The name of this episode is Millionaires Jumping Off of Buildings in the Great Depression, which infamously actually happened, right? When all the money was gone, these guys committed suicide. Now, interestingly, before we kick this off, this is the only thumbnail for any episode ever that doesn't have a chick on it, as it just somehow

didn't seem to work for the topic at hand. I thought about having a hottie talking a guy off the ledge or something, but then again, nope. But indeed, this has everything to do with your success with women. Make no mistake about that. So let me get to the point. We learn to panic at a level commensurate with our life success or lack thereof. That is to say.

We get accustomed to a certain level of thriving and then when that gets diminished, we panic, whether rich or poor or somewhere in between. For example, I've talked to guys who are on the fence about coaching because, well, they're down to their last few million. I also know guys who lose their jobs and wring their hands over possibly having to touch their eight-figure nest egg. I'm not making this up. And meanwhile.

There's a guy making minimum wage who just shelled out for a pair of Jordans, right? The toxic mindset I'm pointing out here is that of viewing any setback as a potential crisis in the making, regardless of how much success you've achieved. Now, when it comes to women, in keeping with a substack I did recently, I've got guys who think they're too short to attract women because one chick told them so. And the guy's like 5'11.

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Or a guy will get divorced and think he's completely washed up from now on. And hey, you know what? I've been there. I've felt that. But regardless of what happened with the divorce, you have to remember how you were able to attract women before and not dwell on the present. Honestly, I've heard from men who got divorced for the exact opposite reason of not being able to attract women. You can fill in the blanks there. And still felt like they were done, finished, kaput.

Well, maybe that's guilt or remorse, but it's often coming from a mindset of defeat. Another dude'll hit the "big four" O and find he isn't getting it up the way he used to, right? He feels like damaged goods because he has to mix in the Cialis here and there. But what he's completely overlooking is how he can last for like an hour nowadays instead of blowing his load in under a minute, like in the quote unquote good old days, right? The examples abound.

Still another guy will get down on himself and think he's lost his mojo because one woman he had on a pedestal wasn't interested. It doesn't matter that he's dated plenty of exactly the women he wanted and relatively recently. In his mind it's what have you done for me lately? And again, on the other hand, I do talk to lots of men who need to well catch up on the life experience of attracting women. They've let it go well into adulthood.

No girlfriends, no sex. And when they finally get even one woman who they actually like, that breakthrough is a transformation for them. One woman. Gentlemen, we learn to panic or celebrate at a level commensurate with our life success or lack thereof. And we've got to look at a bigger picture than that. Start focusing on your wins and allow that to manufacture gratitude.

Gratitude leads to peace, satisfaction, and dare I say happiness. I've said it before, been challenged on it, but I still believe it. Contentment equals happiness. Gratitude quiet you down, while on the other

hand, being ungrateful makes you noisy, not only in your head, but out loud. Complainers, blamers, and angry guys aren't grateful, satisfied, at peace, or happy.

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But it's an easy trap to fall into, isn't it? Watch a red-pilled video here, find an echo chamber that encourages you in justifying your anger there, and boom, you start complaining about first world problems, be they with women or in your social circle, in your family, in your career, and yes, financially. Gentlemen, stop falling into this trap.

Keep your head when all about you are losing theirs, just like in the Rudyard Kipling poem If that I love to talk about so much. You shouldn't be even thinking about jumping off a building because you had a setback no matter where you are right now. Focus on those wins, let it build your mindset instead of allowing this toxic mindset to seep into your brain and wreck that positive mindset. And gentlemen, that negative mindset.

in and of itself is like a self fulfilling prophecy when it comes to attracting women. Women are immediately attracted to men who are positive, focus on wins, and are building for the future with optimism. Guys who focus in the past, guys who are complaining, guys who are getting bitter and angry, guess what? They're not attracting many women at all. Have the right mindset here, and not only will you skyrocket your success with women,

Neither I nor some hot chick will ever have to talk you off a ledge anytime soon. Want to talk about this or anything else? scot@mountaintoppodcast.com. Be good out there. As always, visit mountaintoppodcast.com for more.