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SPEAKERS

Edroy Odem, Tripp Kramer, Scot McKay



Scot McKay 00:01

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E Edroy Odem 00:22

from the mist and shrouded mountain top fortress that is XY Communications Headquarters. You're listening to the World famous mountain top podcast and now your host Scot McKay.



00:36

Greetings Gentlemen, welcome once again to another big episode of the world famous mountain top podcast. My name is Scot McKay at Scot McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube, you can find the Facebook group at mountain top summit and of course, the website is [www dot mountain top podcast.com](http://www.dot.mountain-top-podcast.com) today I have with me yet another returning gas he's a guy you probably know. He is meteoric on YouTube has one of the biggest followings on YouTube of any guy who's out there doing dating and relationship advice for men. You know him as trip advice, but I also know him as trip Kramer trip, man. How's it going, man? good to talk to you again.



Tripp Kramer 01:18

It is going well, when was the last time I was on your podcast. I feel like this is maybe like four years ago at this point.



Scot McKay 01:24

Yeah, it could be you know what's really interesting? Yeah, it could be even longer. What's really interesting is, I remember specifically being the first guest you had on your podcast, which I stole.



Tripp Kramer 01:35

Right? Yeah, yeah. You You were the first guest.



Scot McKay 01:38

Yeah, I was the guinea pig.



Tripp Kramer 01:39

Wow. That's crazy. That was. Yeah, so that was definitely back in 2014 2015. Because that's when I started it. And now been going for for four years. That's so funny, because I still feel like my podcast is new. You've been doing it a long, much longer than I have. And I feel like I've been doing it for four years, which feels like a long time, but it still feels so like I started yesterday, and I just recorded today my 300 and 10th episode is just crazy.



Scot McKay 02:05

Yeah. Tempest futures, my friend. For sure. Yeah, you're a lot more prolific than I am. I've had years where I've decided to slack off on the podcast thing, really just hitting it with a big heavy hammer for the first time in a long while lately, we've been putting out shows every week. So you're part of the solution, which I appreciate greatly.



Tripp Kramer 02:22

I have any part of the solution I'm happy to be.



Scot McKay 02:26

And we have a good solution for the gentlemen who are listening. Today, we're going to cover a topic that I hear questions about and get comments on pretty much constantly. But I'm not really sure if we've ever done a podcast episode that's devoted to this topic, and the topic is having value as a man. And you know, back in the pickup artist era trip, this was talked about all the time, women need a man with value if you don't demonstrate value, DHVS and things like that there were acronyms about value. You're not going to get any women, they would say and yet this term value always seemed kind of elusive, didn't it? I think one of the first things we should do on this show is breakdown what women are looking for when they're envisioning a man of value. What say you?



Tripp Kramer 03:16

Well, I wouldn't say that in value is such a Can I just be really honest, right now. I hate that term. This is stupid. It just so dumb. No, but it's, most pickup artist terms are pretty dumb. When you get right down to it. It just what it is, is I see it. I like to let's be synonymous for a second. You know, let's just say value is what makes you what makes you a quality attractive man. I don't know, what do you think? Do you think that would be synonymous with value? Like what makes you a quality an attractive guy? Like, what is it about you? Would that would make a woman want to see you again? Bottom line? I'm going to answer that two ways.



Scot McKay 03:53

Bottom line is I agree with you wholeheartedly. Okay. Anybody who's been a fan of our work around here, and has been listening to this podcast has heard me use the phrase, high quality man infinitely more often than I man a value, you know, in terms of how I phrase it, the semantics use, because anytime I hear someone talking about being a man who demonstrates value, invariably they're referring to you have money, or you have fame, or you have some kind of alpha power over other people. And usually, it's not even something real. It's the illusion of that which I find, you know, vomit worthy, cringe worthy in the same way you're probably thinking. So that's the first thing from a bottom line perspective. Yes, absolutely. I prefer that way of looking at things in terms of how are you going to successfully attract a woman as a man, then by throwing out a bunch of pickup artist terms. But you know what something else came to mind. It just kind of popped into my head when you were talking about this idea of high quality versus quote unquote, value. When you go to the websites where they post the hundred most desirable women every year, and I talked about this sometimes on the show, it's kind of something that stuck in my craw, right. But they're never really valuable women per se. I mean, they may

have money, and they may have fame, and they may be good looking to some, these are women who are like drunks and get on Twitter and complain about everything, or have been to rehab lately. I mean, is that really desirable? You know what I mean? So I think a lot of times when people are talking about value, they're having a very superficial outlook on everything. What do you think?

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Tripp Kramer 05:40

Yeah, I think so. Because what do we talk about? When we say value? What's the value of something, it's usually monetary value. That's, that's a common thing in our society when we hear the word value, so so I think that this podcast episode is probably clearing the confusion on what value means when they say valuable man or that woman. It's not that he or she has money, but it's what can they bring to the table in terms of being attractive, or an attractive partner, I like to kind of look at it as binary, you know, most men out there, they're looking for either casual relationships, or they're looking for a monogamous relationship. Once in a while, you'll have someone who's doing some sort of polyamorous thing, but it's just so rare. So it's usually someone's just like, am looking to play the field and, and just have sex, or there's the other guy was looking for, you know, to be in a relationship. And so we have these two different things. So it's about what makes you attractive in terms of being able to have either those, someone who's going to want to sleep with you, or someone who's going to want to sleep with you, and of course, be in a relationship with you, and what does that look like. And so that's the stuff that I feel like, I mean, that's everything I'm always talking about, on the podcast, and my YouTube channel, where it's like, all these things that make you an attractive man. And we were talking earlier about how it's not, it's not money, right, it's like, not the money thing that most people think. And it's not, but it in a way it can be, it's not the money, it's what the money represents, like, No, you don't have to be a rich guy, to attract a quality girl, but you're not really a man, I'm just gonna use start using the word value here, because that's what we're talking about, you're not going to be a man of value. If you're just living in your parents basement, and you're 25 years old and up with nothing going on in your life with not \$1 to your name, you're just not going to be attracting most women maybe to sleep with them, if you're, you know, just going out and doing some pickup techniques, or whatever it is. And you can kind of do that for like a one night stand. Sure, but, but if you want to actually date someone and you want it to work out, you're gonna have to do something with your life. So it kind of brings me to my first point is, I feel one thing that attributes to a man of value is someone who's doing something with his life. And I want to be very clear here is it doesn't have to be anything crazy. So you can be an accountant, you can be working a digital marketing agency, maybe you're an artist of some sort, whatever it is, as long as you're doing something that you're really into, you're really passionate about, and you have some sort of purpose for your life. Or you were strongly

on the path to finding that purpose. That is step one, not necessarily that there's an order. So would you say this is one of the main things that I believe attributes to a man of value is doing something with his life, sometimes that ends up you have a lot of money, cool. Sometimes that means you're just making a mediocre salary, that's fine, too. But it's gonna be very attractive to a woman and a woman will find you valuable, if you really enjoy what you're doing with your life. So that's my first point.



Scot McKay 09:04

Yeah, you know, several things there. First of all, going all the way back to a couple minutes ago, you were talking about men who want to have a relationship versus men who maybe want to play the field right now, just to be crystal clear. You're not saying one of those men is valuable, per se. And the other one is not right. You're simply drawing the distinction between those two lifestyles. With both of them circling back to you have to have value in the eyes of women no matter what, right?



Tripp Kramer 09:29

Correct, both. Both are fine. It's just one of those. Any guy who's listening is going to fall into one of those categories. And that's okay. Either way, you need to be an attractive man, you will need to be an attractive man. And I'm talking about physically. So again, we're using this word loosely here, not physically attractive, but overall attractive, synonymous with a man of value. Again, we're defining what all this is on this episode, order to attract a woman for casual or for real relationship.



Scot McKay 10:00

Okay, crystal clear. So then you went on to talk about different ways men can represent value to women, you talked about the guy who's got his act together, for lack of a better way to put it, pretty much the Seattle he says what you were talking about, he's got a job, he's got ambition, he's got a future, or he's got a plan to have that future. He's on that track. I think the ladder works better for men who are say, under 30, or under 35. You know, if you're in college, and you're in medical school, all the girls your age, you're gonna go ooh, he's going to be a doctor someday. That doesn't work at all. If you're 55 years old, you're swearing you're going to be a doctor someday. But you're still, you know, you said, silly. Alright, so you talked about, you may or may not have a lot of money, but you have a job that you feel like you're born to do you have purpose. That's the word we're looking for here a man of purpose. And yet, it's not cut and dried, is it? It's not a black and white issue? It's very subjective. Because let me give you two examples. Let's say you are the

director of the world's largest porn studio, okay? You know, a lot of women aren't going to see you as having a whole lot of value. But a lot of women who are very porn friendly, will think you're amazing. And they would love to have a guy like you, right? That's true. Another example, from the other side of the world would be, let's say, you're never going to make any money because you've sworn your life to ministry to very poor people in Haiti. You're basically like my friend Darryl fault, and his wife, they're the Mother Teresa's of Guatemala. They're among the most amazing people. I know. His wife absolutely adores him. But you know, they're not rolling in cash, dude, they're missionaries. But they're have the same mindset in terms of what's important in this life. So there is no greater hero who his wife Wanda could be hitch to than my friend Darryl. It's all about what does value mean to a particular woman. So ha, here we go. Right? How does a guy make sure he's demonstrating value to the kind of woman he wants to attract? in particular? That's a great question.



Tripp Kramer 12:06

Well, I'm about to make things confusing here. You're gonna probably laugh.



Scot McKay 12:10

So what I'm not fragile, ruin the show. Man.



Tripp Kramer 12:14

What we're talking about here now is the other meaning of value your values, right? doesn't want to confuse anyone here. Now there's something called values what you value in life. Okay, I guess it is sort of similar here.



Scot McKay 12:28

same word, man. It is the same word. That's the way the word was supposed to be defined. It wasn't supposed to be how much are you worth your money by your name has Deion Sanders would say, every time they talk about me, they got my money by my name. Remember that quote from Deion Sanders? Is that value? I mean, it seems like you know, that's a little transactional. The whole idea of having values, plural, you want one value, or you want multiple values, I think I'd like to have more than one. So preach it, brother, that wasn't a break through the window at all. I think that's an incredible segue



Tripp Kramer 13:00

riff do it. Right, right. So you're going to see your life, you're going to value your life in a certain way. Right, whatever it is that you're doing. And you just gave those examples, right, people who are doing missionary work, you know, another person who's maybe trying to create a business and other person who values maybe more Adventure Time and less work time, they just kind of use work as a way to make money to then do something else that they really love. So you as a person and this is what's going to make you valuable, now we're just getting frickin meta here is what's gonna make you valuable is knowing your values, understanding what they are embodying them, living them, there's no right or wrong here. And you're going to naturally attract a woman who has those same values. So that's what I think dating is all about, right? dating. If you're, again, this is more I'm talking if you're trying to find a relationship, dating, is going through, and just finding which woman shares similar values to you. Because if you have values that are similar to someone else's, meaning you guys see life in the similar way, and you want the same things that apply it, it doesn't have to be 99%. Like it has to be exactly identical. But I'd say a majority, like 70 to 80% of the same things, you are going to be more of a match.



Scot McKay 14:23

I would argue that holds true even for casual relationships. Do you want to date five women at once? You're going to enjoy the time spent with those respective women a lot more if their values are in line with yours. For example, are you a Corvette guy? Or are you a beat up Land Rover guy, you know, find women who want to go do what you want to do like the things you like, listen to the same music you do. Of course, what guy listens to the same music women listen to on the you know, Taylor Swift station, but you get my drift. If your value is I'm a meat Attarian and you meet a woman who's a vegan, you know, you're gonna have a hard time going out to dinner together. But if you put on your match.com profile, your tender that you know, I want a woman who's going to go out with me and eat a bunch of meat all the time, hey, that's who you'll probably attract, your values will be aligned, whether you're marrying her or not, it's nice to have the values in line. And you know what it comes down to trip it comes down to authenticity. Are you trying to be someone you're not? Because wait for it. Someone told you that value met giving this impression? You've got all this money, and all this status and all this fame when it's all just smoke and mirrors? Or you know, are you honestly representing who the hell you are? Do you even know who the hell you are? Which is all another podcast? Do you know who the hell you're looking for, which is a whole nother podcast, but still under the assumption that you have a grasp on these things. And if you don't, you know, boat trip, and I can help you, gentlemen, get ahold of whichever coach you like and make it happen. Because that's important in this life. But you know, the more you are authentically at

peace with who you are, the more you're not going to try to kid yourself, when you reach out to the women you're attracted to and actively choose them and those women, it's called deserving what you want, right, gentlemen, you know, you are the person who the person you want to attract is going to be attracted to in return. These are the ABC, this is dating and relating one on one is I see it. So talk to that a little bit trip. I mean, how can these guys get in touch with what value means to them? If they're kind of a little cloudy on it?

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Tripp Kramer 16:23

Well, one of the things that I've learned is, well, first of all, just thinking about it, I don't think anyone really sits down and thinks about it. So take a second to think about it. But that's only going to get you so far, then you're going to have to just try new things. And you have to ask yourself, What do you like, what makes you happy. And you might not know, if you're listening to this, and you're 21, you might be 35. And listen to this. And you might already know off the top of your head, like, Oh, I already kind of know. But then it's about doing those things going after those things. Or if you're trying to figure it out trying new things going out there and seeing what's available to you, whether that be a certain lifestyle, whether it be a certain hobby, whether it be a certain career path, and doing that, right, I had to do that. Personally, I didn't really know what kind of lifestyle I wanted. You know, I knew that I wanted to be a dating coach. And that was my main focus for many years now at this point, almost 10 years. But I didn't really know what I wanted to do outside of that, you know, what did I like to do for hobbies? Where did I want to live? What did I want my lifestyle to look like? So I had to try a lot of different things, I had to move to a lot of different cities while still maintaining the trip advice. brand, right? So that was what I was doing. And that was my kind of solid rock. But what kind of woman did I want to share my life with? What did I value, I had to think about it, I did try new things, I had a date, many different types of women to figure out what I thought would align for me, I didn't have many conversations with people, I listen to podcasts and watch YouTube videos. So it's kind of like this active search, while also not just sitting on the couch, thinking about it too hard, because that's not going to get you anywhere. So you got to talk to people, you got to either get coaching, or just go out and try new things, you got to spend time doing that, and not just sitting and procrastinating and watching Netflix all day, you know, after you're done with your work or whatever. So I'd say you know, you work on that. And you see what comes up for you. And then at the same time, you know, hopefully you're working on other aspects of personal development that I think are going to be valuable to you, right and make you more attractive and valuable God. So it's like, okay, we're kind of looking at what we want to do with our lives and what we see our life to be in what kind of person we want to share that with. But then are you doing some of the other things right? Like, are you making sure that you're living a healthy lifestyle, and

I'm not saying that you have to be going to the gym all the time and working on being completely buff and, and eating 100% healthy, that could be really interesting to one person. But at the very least, I think it's going to put you ahead of other guys, if you're maintaining a level of bottom line being healthy, right? Because if you're severely underweight, overweight, maybe you have some mental health issues, and you're not attacking any of those, you're not really going to be very successful at finding out what you want to do with your life and how you want and who you want to share your life with, it's going to be hard because all these other things are getting in the way. You know what I'm saying? So I want guys that to know that they also have to be working on the health aspect of their life, in order to think clearly and work clearly on what it is that they value. And so then you can finally achieve that at least be on your way.



Scot McKay 19:39

Yeah, the guys listening to this show, all of you understand that this idea of values is a holistic one. It's not okay, I've got a good job. I'm done. All right, right, healthy, right? I'm done. Okay, I built my social life up, I'm done, I can bowl a 300 game done. Whatever it is, that's important to you in life, you should be going out. And it should be multi dimensional. Right? You know, there's health, there's spirituality, there's emotional wellness, there's our relationships, there's our relationships with friends, and with women, and you know, in between family members, the list goes on career, hobbies, things you have as a side hustle things you're interested in things that you know how to do, just because it builds your self esteem that you know how to do it, playing an instrument, being involved in a sport, etc, etc. and two things come to mind. First of all, you talked about, hey, look, if you're 21, no one expects you to have things figured out. And a lot of times, not a lot of times, but a couple times every couple of months ago, call me up who's a young guy who feels a little beaten up by this show, because he doesn't have his act together like a 50 year old serial entrepreneur. And I'm always very quick to clarify with those guys. Hey, man, you know what, you got some time to figure it all out, you're in college, you have a life ahead of you that has yet to be formed. You actually don't want to make hasty decisions. You want to feel this out. You want to build your identity as a man as a real man. I mean, hell yeah. If you can bottle up and take a big old swig of all those things that make older men attractive to younger women, you're going to get all of the women your age. Okay. I mean, that is the truth. But you know, I'll have guys who are Annapolis cadets, West Point, guys call me up and express this sort of sentiment. And the common denominator trip is that these guys are exactly the kind of guys who have their head together enough at their age that I'm fully confident they're going to get it sorted out, it's the guys who don't really feel the need to get it sorted out, Hey, you know what, I'm just going to live with my mommy in the basement for as long as I can get away with it, because that's the easy button. I don't have to do anything. And what that brings us to is this pandemic societal

cancer, frankly, I'm going to go ahead and use an extreme term like that, this societal cancer where people think they deserve stuff by default. I mean, I'm not going to get too political on this show. But if you look at the candidates trying to take on Donald Trump, it's a race to give away as much stuff to people as possible. And some of its preposterous, we're going to pay off your student loans, and we're going to give you free health care, and everybody across the border, we're just going to pay for them, this idea of specifically paying everybody to vote for them. Here are all these gifts here, all these donations to you that you didn't personally work for, that are only driving the mentality that you don't have to. I mean, hell, any kid right now, who's got student loans would be out of their mind to pay another cent on it till they see who wins the presidency next year. It's like, well, how this is all going to get paid for Anyway, what am I going to do make this payment this month? What about all the people who are already paid off their student loans, they must feel pretty dumb for having paid it off. After all, the government's just going to give us everything. People who have value aren't paying any attention to that. Okay. I'll give you a real world example. When we went to Nicaragua several years ago, our tour guide told us that Daniel Ortega made a campaign promise when he was running to return his presidents of Nicaragua, that he would give everybody \$30 I'll give you 30 bucks if you vote for him, and he won in a landslide. That's how inexpensively everybody was bought down there. 30 bucks. So if you're waiting around for a handout, if you're depending on someone else to pay your way, by definition, you haven't figured out value yet. And yes, this is about money at this point. If you need someone to support you, if you're hoping someone will support you help my wife Emily would go out on dates. And these guys would figure out based on her match profile, how much money she was making, she was doing very well as a salesperson. And they would think, you know, I just won the lottery, I got me a sugar Mama. And it was disgusting to her. Because you know, women want a man who is a leader, women want a man who has a plan, who has some ambition. And yet we're experiencing this cancerous epidemic of men in this country who admittedly have been told their masculinity doesn't even matter anymore anyway, and are given nothing to replace it with but beta weakness. So in a way, you can't blame them. But by sitting around waiting to be spoon fed and not really thinking it's all that important to do anything with my life, they're certainly not making themselves any more attractive to the high quality women they think, because they've been told by the pickup artist movement that they already deserved. Right?

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Tripp Kramer 24:46

Right. But of course, you need to be the one to be able to go out there and actually do it for yourself. Absolutely. And I don't know why that isn't obvious to so many more people. And you know, what I want to do here is I want to kind of sum up something that you said earlier, in terms of, you know, all the things to be focusing on, something that I talked

about a lot is breaking it down into really five categories. I just want to simplify it for the guys out there. Because if I heard so much stuff, right, so I like to simplify it into wealth, health, appearance, and lifestyle. And the fifth thing is your ability to be charismatic and converse with a woman,



Scot McKay 25:27

I would add a sexy one. That's character that's being a man of integrity, a guy who does what you say you're going to do, who has a cornerstone belief system, whether the light shining on him or not, he's going to do the right thing. Because I think that's what gets you a woman who's like that. And is the foundation of healthy relationships in general. How would someone work on that? Or how would someone work on that and or display that? Well, I didn't mean to hijack your list. I was just adding to it.



Tripp Kramer 25:54

No, no, I'm curious. I agree with you. I'm just curious about what someone can do. What do they do with that?



Scot McKay 26:01

Well, first of all, I think a lot of men and women are led to believe things as kids. They're taught by their parents, they're taken to church, they're told there is no God, whatever they're told, as a child, they grow up, and they never give it much thought. Like you said, People go around not thinking about deep things anymore. They're too busy. They're too inundated with media. They're too inundated with fluff. And they grew up thinking they believe this. And yet, they're not acting like they believe it. I can't tell you how many guys I've talked to who are like, Oh, yeah, I am absolutely a Christian. I go to church on Sundays. But they're banging every chicken site. And then they feel guilty about it. It reminds me of a joke by emo Philips, when I was a kid, I used to pray to God every night for a bicycle, then I realized God doesn't work that way. So I stole one and asked him to forgive me. I think a lot of people operate under the premise that it's easier to ask for forgiveness than it is for permission. Well, Amanda character has figured out, okay, look, if I'm going around, telling myself that I don't believe in sex before marriage, because this is my faith, this is my belief system, then I either have to live that way. Or I have to admit to myself, that's not my belief system. That isn't my faith. I can't keep lying to myself, I can't keep living a double life. And over the years, I've helped guys feel a lot better about sorting out what it is they really believe they're adults. Now they have a right to believe what they want to believe some guys adopt a faith that's different than their parents, and

they catch hell from their parents for it literally. Well, whatever that means you have to be, I don't want to say true to yourself, because that's a cliché, but that's exactly what I'm saying. You have to be a man who knows what the hell it is, he believes you have to have thought about it. All these people on Twitter who are falling in line with one political side or the other without asking why my side believes that? Or do I really believe what I'm being told, just going along with the flow, you're being beta, you're being a follower, you're not being a leader, if you're like that. And we all know that those are the opposite traits, to what women are really attracted to. Women want men who think for themselves, have a plan have ambition. And who lead, it's fundamental. Yet, it's so much easier to be lazy, isn't it? And if you're lazy with the very foundation of who the hell you are, and you haven't even thought about it, then you can expect much to trickle up from that. Not the wealth, not the social life, not the amazing women, none of it. Because you haven't figured out who the hell you are. Now, how do you do that you spend some time with yourself, you first of all, recognize the freedom, you have to think for yourself, you don't have to believe something just because someone told you to believe. But if you decide you believe it, you better be able to cash the checks you're writing, so to speak, you got to make sure that if you believe this stuff, then your lifestyle will reflect it, it's got to be the lifestyle you want to reflect. If you don't feel like reflecting a lifestyle where you're not going to sleep with any women until you're married to them, you need to change what you believe. And you know what, that's okay. As long as you're congruent. As long as your belief systems match up, and you don't have anything that's a steeped contradiction to itself, you're going to be fine. And that's something that you can work through with a mentor, you know, which brings us full circle to why coaching is important. If you've got a relationship with your dad, that's great. If you've got someone older and wiser who you look up to in this life, that person would probably be thrilled to mentor you. And at the very least get in a group of like minded guys, preferably offline in real life, and figure this out with other human beings who you respect other men, other people who are going to give you wisdom, not help perpetuate your foolishness, not people who will let you sit there in the dark, pampering yourself into mediocrity. As a famous preacher once said, You've got to deserve what you want. And that means figuring it out. And once you have that Cornerstone belief system in place, all these other things you're talking about on your list become a lot easier to think about, they may not be a lot easier to attain because yes, real work real blood, sweat and tears is involved. But at least you have the foundation of that house bill. I like that. Well said, well, you asked and I, I've thought about this a lot. This is something I do give a lot of thought to. And a lot of guys come to me with that very quandary going on in their life, lots of young guys. And indeed lots of guys who are in their mid 30s 40s, even 57 figure that stuff out yet, but there's a freedom and figuring it out. All the sudden you aren't owned by anybody else. You're your own man, you figured out what you believe. And you figured out that the lifestyle you live feels pretty damn good when you're doing what you believe in, and you're not lying to yourself, because then it's a lot

easier not to lie to other people to remember the guy we talked about earlier, who shows up for a date trying to impress a woman with how much money and fame and stuff he has when he has none. There's no longer any need for that. You know, a lot of its maturity, a lot of this growing up. You know, that's a big part of it. Anyway, let's go back to your list. Because you know, I think everything on your list was valid. And I think it definitely springs up from what we just discussed about character. So Glenn, delineate this man. They're important points.



Tripp Kramer 31:39

Yeah, totally. And I think character is like the over I wouldn't even put it if I were to make the list, which I did. I would I would put that as the overarching theme. It's like, character is something that you should have, in terms of like deceit as the golden rule, treat others how you want to be treated. Live with integrity. It's like that should be like the core.



Scot McKay 31:58

Well, I think that's fair. I think that's absolutely how it should be. But unfortunately, nowadays, it's not like that. That's why I would add it in with the list just to make sure it gets talked about and thought, Oh, totally. Yeah,



Tripp Kramer 32:11

yeah, yeah, it has to be reminded 100%. And I'm saying that that's something you kind of work on in the background. And then the other part that you work on in the back on the air that you should always be working on, is your wealth, health, lifestyle and appearance, you should always be working on your wealth in terms of you should be building more wealth doesn't matter what you're doing with your, with your work, you should be doing the correct things with your money, so you don't become broke, that's well, health is you should always be striving to be healthier. So you can have more energy, so you can feel healthier, so you can live longer, then there's lifestyle, which is your hobbies, your friends, the other, those are things that you should be doing outside of your work and doing that, because that's ultimately going to be making you happier in the long run, because you need to be socializing, and you need to be in a in a good environment, and you need to be doing hobbies. So you can have a well balanced lifestyle. And then appearance is you should always optimize your appearance. So you know, whatever you're doing, you should always try to look your best because women are still attracted to physical traits, okay, so you should always be dressing your best, you should always be you know, making sure you have the right haircut that matches with their face shape, you should be, you know,

working out eating healthy, so you maintain a healthy figure. So it's like all these things I just listed in the past two minutes. Those are things you should always be working on in the background actually talked about this a lot. In my book magnetic is I say, you got to be working on those things in the background, as well as I like this new edition of your character. And then also the fifth one is working on Well, how does conversing with women work? How do you, you know, break through the shyness of going over to a woman and saying hello, and having an interesting conversation, and working a room and being able to convey that you're an interesting person who does interesting things, who loves your life, but do it without bragging. This is what charisma is, someone who's charismatic is someone who gets devotion from others. So people respect you, right? So it's working on this as a whole. And then when you combine all this, I mean, you're a force to be reckoned with. I mean, it's really, it's pretty crazy. And it's just simple. Most guys don't do any of that stuff. They just go to work. And they come home, and they go to bed, and then they live that lifestyle. And they wonder, Well, why isn't anything working for me because you're not doing anything. But if you just do the things that you broke down here, and work on that, you are going to start to become a very valuable person. Because you have a life, you're doing something with your life. And you're not just working on a few things, you know, I can imagine a lot of guys may be listening to this podcast and my podcast as well. Or just you know, working on okay, how do I meet women and then also just doing their job or doing their schoolwork. Whereas if you want to become a well rounded person and a valuable person, like Scot, you said, you got to have the holistic approach, working on all these little things. And it doesn't have to be overwhelming. It's crazy how much little things you could do to make such a big difference and all these different areas, but consistently working on it, and never thinking that it's ever going to stop, like your whole life should be dedicated to personal development. So you can always be a better version of yourself every single year. And the rewards from that will be so great. Because you're going to be happier, you're going to be more fulfilled, you're going to be getting the things that you want out of life. And you're going to be achieving goals, all this together is going to build your self esteem. So you're just going to love yourself so much because you're actually doing something. So everything right there. That's what I would say, is value.



Scot McKay 35:49

Brilliant. And you know, based on what you said, if you're the whole package, how can you possibly not be valuable in the truest sense of the word? Right, right, exactly. Now, you mentioned charisma and respect. And I think that brought a whole new angle to this conversation. And it's how others are perceiving you. You know, a lot of macho guys are going around saying, I don't care what people think of me. Yeah, well, if you don't care what other people think of you, you're not gonna have a lot of friends, you're not gonna

have a whole lot of influence, and you're not going to have a whole lot of success. I think what guys are trying to say is I'm not going to let the random opinions of other people influenced my core belief system, my integrity and my values. Haha, that's what guys should really mean when they go around blurting I don't care what people think of me. But a lot of times, unfortunately, I've seen a lot of guys misinterpret the true meaning of that statements. Kind of twisted around and kind of treat it like Screw you. I don't care about you. And that's not so good. Because you need other people in this world to help drive your success. None of us live in a vacuum. You're going to need the woman of your dreams to be attracted to you. What you don't care what your future wife or the next girlfriend you have long term or even the woman you're going out with a Saturday night even thinks of you. Come on, stop kidding yourself. You're only kidding yourself. Of course you care. Respect means people know your value. How's that for a definition of respect, you know, when people don't value you when you're a triviality to them, they trivialize your very presence, when what comes out of your mouth has meaning when what you do carries weight, when how you think and where you go, and how you affect people has worth behind it, then you're respected. That's what it means. And charisma is in many ways, the act of being charming and charming is making people want more of you people like having you around. And you know, if you find something valuable, you would like to have more of it. Like if you have a small pot of gold, you would like to have a bigger particle. If you like ice cream, you would like to have more of it. Of course, you know, you got to keep the health factor there, limit your ice cream if you're a man of value. But I think those are very important points to make along with the others we've made in the show. We're running out of time, man, this is one of those concepts, one of those topics that we could probably do an entire weekend seminar on. But thank you for bringing so much valuable information to the table about value trip and it's been a great conversation. You're very welcome. Yeah, like to point these guys to your podcast, which happens to be in the self help category on iTunes. You can also find it on Stitcher and Spotify and anywhere you download your podcasts. And what I'm going to do is I'm going to give you the link directly to that podcast by going to [www mountain top podcast.com](http://www.mountain-top-podcast.com) front slash trip advice. TRIPP DV ice, and it's called the how to talk to girls podcast and it has a nice to cover with easy to read letters on it, which we value around here ourselves. By the way, you guys were starting a podcast. That's one of the golden rules that a lot of people overlook. When you're on iTunes, your little icon for your podcast is going to be so tiny that having large letters that are easy to read so that we can see the title of your podcast is huge. A huge way to advance your podcast. And the way the how to talk to girls podcast is on iTunes. I've been a guest on that podcast. It's very very well produced. You can also go to trips, trip advice YouTube channel and you can marvel at the hundreds of thousands of subscribers he has and perhaps become one yourself. And like I said trip great conversation one that was long overdue, you know?



Tripp Kramer 39:49

Yes, I'm glad we had it. Many years later. It's It's nice to be back. Thank you for having me. Really appreciate it.



Scot McKay 39:55

Yeah, you know, it's been my pleasure all the way. And guys, make sure that you get the pleasure of stopping by [www dot mountain top podcast. com](http://www.dot.mountain.top.podcast.com). I keep building more and more value. There's that word again, into that website as much as I can show notes. Free reports. You can visit the Amazon influencer page and look at all the books from all of our guests. links of course to trips podcast and trips YouTube channel on the latest show notes and get on board my newsletter where I'll give you daily actionable advice on how to be this man of character who has value who attracts women and all those other wonderful things that come along when you are an attractive man who gets the women in your life you want. It's all there for you at [WWW dot mountaintop podcast.com](http://WWW.dot.mountaintop.podcast.com) and until the next episode, this is Scot McKay from XMY communications in San Antonio, Texas. Be good out there.



Edroy Odem 40:57

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