

mtp204

Fri, 9/11 2:59PM 37:32

SUMMARY KEYWORDS

people, life, identity, personality, tests, purpose, benjamin, person, future, book, man, mountaintop, meaning, defined, x&y, choose, helpless, behavior, good, feel

SPEAKERS

Edroy Odem, Benjamin Hardy, Scot McKay



Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now your host Scot McKay



Scot McKay 00:18

all right gentlemen, this is your main man Scot McKay coming at you from x&y communications you're listening to another episode of The Big Show the mountain top podcast. You can find me at Scot McKay on Twitter. Real Scot McKay on Instagram Scot McKay on YouTube, the website is mountain top podcast calm. And if you haven't joined the Facebook group at mountain top summit, you really should because that is an ever increasing group of men who are all like minded about being the best men we can and having the best women we can possibly get into our lives and living the dream. With me today is a new friend of mine, whose title of his new book caught my curiosity immediately. The name of this book is personality isn't permanent. And with all the conversations, we have hear about knowing who the hell you are and being authentic and being the very best version of yourself and deserving what you want and all of that. I couldn't wait to get this guy on the show. His name is Dr. Benjamin Hardy and Benjamin welcome, man.



Benjamin Hardy 01:13

Thanks, man. It's a pleasure. Yeah, it's I'm already having fun being with you, man.



Scot McKay 01:17

Yeah. Oh, yeah. You know what, a lot of times you read these books that talk about the same old subjects. Yours whacked me upside the head with a two by four because you say these crazy things. It's well maybe perfectly sane for all I know, we're gonna dive right into it. But it sounded crazy to me. Things like Hey, enneagram tests, Myers Briggs it Forget about it. All those are basically just mildly better than say, your daily horoscope and you've got a whole different mindset on how we arrived at who we are and what we're about. And to give these guys a hand of what we talked about. You believe we have total control over it. It's not the responsibility, right?



Benjamin Hardy 01:55

Yeah, absolutely. Yeah, I guess to start, I would say that there's a fundamental difference. Between identity and personality. Identity is how you would define yourself which you know anyone on your audience, it obviously matters how a man would define and describe themselves. But often we describe ourselves in very limiting ways. Often our identity is based on the past or on the present, you know, we're very definitive in who we are right now, versus thinking about who we want to be in the future. Your personality, on the other hand, is just how you consistently show up in life. It's your consistent attitudes and behaviors. But your identity is the thing that drives your personality. So if you're not clear on who you want to be, then your personality is going to be a byproduct of who you've been yesterday. That's kind of the core assumption of psychology is that for most people, if you want to predict their future behaviors, all you got to do is look at the past. And that's a big problem. If you're someone who wants to actually create a great future, you want your desired future self. There's a lot of really good research on that nowadays. Your future self is the thing that you want to be predicting your current and daily behavior. And so these tests that They can lead you to ultimately overly defining your present identity, which becomes what we call a fixed mindset.



Scot McKay 03:06

Yeah, that's kind of a black hole in behavioral psychology, isn't it that you know, your parents, your childhood, all these archetypal influences, if you will, from the past are going to define who you are and you're really just along for the ride, when most of us as human beings will feel a lot better saying to ourselves, hey, you know, I think I'd like to have some

influence over who the hell I am, what I'm about what I believe in how I act. All of these guys listening, have heard at one point, hey, you know, if you want to get better with women, just be yourself and pull their hair out. Because what if your self isn't working? I mean, are you stuck with it? Or can you actually mold and change who you are? So I love the direction you're going. And perhaps you can start there. I mean, what if Be yourself isn't working, Benjamin.



Benjamin Hardy 03:52

Well, so Adam Grant is a famous psychologist, he wrote a book called given take you out to several great books, but When he talks about that, actually, he's actually had online arguments with Bernie brown about authenticity. And from and I like Bernie brown a lot. But from her perspective, authenticity means Be true to yourself. from Adam grants perspective, which I agree more with. He gave a commencement speech at Utah State where he talked about how when he was a graduate student, he was horrible at public speaking. He was just terrified, and he had no skill at it. And he said, rather than being authentic to myself, because to be authentic to himself, right then and there, that would have meant he doesn't speak because he didn't want to, but instead, he was authentic to the person who wanted to become. And so from his perspective, the conversation of authenticity often limits people or justifies mediocrity. They say, that's just not who I am. Or that's not what I want to do. Rather than defining who you want to be, and going through the growth process, it's a lot easier to just justify this who I am, I don't need to do anything. If you tell someone about your goals, it can be a little more scary because there's potential for failure. And so our ego gets in the way.



Scot McKay 04:57

Yeah, it sounds like you're scared and or lazy. If you draw that conclusion, I completely concur with you. As a matter of fact, I have talked at length pretty much for my entire tenure as a dating relationship coach over the past 14 years, about the main reason I feel like self help doesn't work for so many people. We value authenticity in this culture. And anytime someone says in their mind, I don't like the way I am right now. I want something to change. We feel like we're faking it. We feel somehow inauthentic, as we're attempting, hopefully, successfully, so to establish some new habits, but see what I want to do. And I want to see what you have to say about this is I want to empower these guys listening to this show to say, Hey, you know what the authentic version of myself is who I really want to be if I have to make some changes to get there. And I have to be a little bit intentional about creating those habits that don't necessarily flow naturally right now. It's all in the name of becoming that better version. Have my authentic self later if you follow what I'm saying. So in other words that people say, you know, I know I'd like to be a better public

speaker, but I'm just not man. And as I go out there and I try to, you know, give myself affirmations or fake it till I make it, I'm going to stumble all over these public speaking practice opportunities, and I'm going to look terrible, and people are going to think to themselves, Hey, you know what, he's an imposter. There's no way this guy's a public speaker. But you got to go through that. In order to become the public speaker. You see inside. It's almost like, when Michelangelo carved out David, he said, David was inside this block of marble and I just had to release him from it. That's kind of how I look at self help and becoming the kind of person you'd like to be. But yeah, a lot of people disagree, don't they? They just want to stay in the past. Is that so? I am, right.

B

Benjamin Hardy 06:48

Yeah, I mean, I couldn't agree with you more. He actually could have pulled that line from my book, as far as your authentic self isn't who you are as the person you would genuinely choose to be, if you could, and there's a lot of A great research on all of this on what you're describing, I would point your listeners to a TED talk called the psychology of your future self. But beautiful, what? It's six minutes long. It's by a Harvard psychologist named Daniel Gilbert, what he has found, he's got a great statement, he says that people are works in progress that mistakenly think that they're finished. Versus human beings, human beings are works in progress and mistakenly think they're finished. But the key he found is, is that the problem with most people is that they don't spend very much time imagining their future. Instead, they spend all their time remembering the past. And so the first step would obviously be you have to actually think about who you want to be. And that's something we all get to decide you don't discover or fall upon that fact, you have to actually just think about it and say, This is who I want to be. You have to then admit it to people kind of like you were saying before, like, if you start saying that this is what you want, and that you want a different future, and that you've been doing it one way but you're ready to go a different way. The moment you start telling people about it, then you'll start to feel compelled to start organizing your behavior to fit you Your news story.



Scot McKay 08:01

Yeah, I mean example that comes to mind and that I can personally resonate with is, you know, I'm just kind of chunky, I'm overweight, I'm going to be that guy my entire life. There's nothing I can do about it. And this is a guy who just lost 50 pounds telling you this, right? And I was starting to draw the conclusion, Hey, you know what, I'm not a spring chicken anymore. Maybe I'm just gonna have this belly and kind of not feel as young as I used to until I finally took ownership over it and said, You know, there are things that are working for other guys that could probably work for me too. And when I changed the

direction My mind was spinning in, my body followed me while out there in the wilderness of society. People are saying, Oh, you shouldn't fat shame people. People should feel good about being chunky. It's going to give you a heart attack, it's going to give you diabetes is going to shorten your life. You know, I had a guy on who I interviewed years ago who wrote a book with a very auspicious title called die fat or get tough and he had scathing reviews on Amazon, I can't remember. But people



Benjamin Hardy 09:05

that are get tough fed it to him,



Scot McKay 09:07

you know, because it was written a lot like a drill sergeant would talk to you and didn't have a whole lot of sympathy for your overweight condition. And I freaking loved it. I thought the book was great. I mean, it taught you to take ownership. And I think there are a lot of lies out there about the kind of authentic self you should want to be if you read Twitter, they're going to tell you if you vote one way, you should be voting differently. And here's why. There are people out there who are telling people to believe things that they don't even believe it just fits well with their narrative and it, you know, helps their site along and people who don't have a foundation, people who have been told what to believe their whole life, fall in line. And as we're recording this, we're living in a nation where there's a lot of fear. There's a lot of unrest, and a lot of it is because people haven't sat down and said to themselves What do I really believe? What can I personally do about it? Am I going to fall in line with the crowd with the mob? What am I going to do? Who am I going to believe? What can I be? Who can I be based on? Yeah, okay, some first influences. But also, what do I want to do? What do I want to take responsibility for what really is within my circle of influence? Right. I think a lot of people underestimate what is within their circle of influence, don't they, Benjamin?



Benjamin Hardy 10:29

Yeah, I mean, with what we're dealing with right now. It's a crazy situation. I listened to the book Man's Search for Meaning twice last month by Frank, have you read that one?



Scot McKay 10:39

That particular book has probably come up at least three times in the last 10 episodes? I mean, it's so relevant.



Benjamin Hardy 10:45

Oh, yeah. Absolutely. Yeah. But what's crazy about what Frankel said, is that, you know, the moment a person loses hope and purpose for their future, the present becomes meaningless, and unbearable. And so you know, with this situation that we're in right now. If you don't have a future self that's beyond the situation that gives you hope and purpose or happiness, something to look forward to. Of course, you're gonna get caught up in all the noise. Yeah, the only way to make your present bigger is by or, you know, as the saying goes by Dan Sullivan, the only way to make your present better is by making your future bigger.



Scot McKay 11:20

Beautiful. Yeah, I mean, it's like people are unmask expecting to be told what the new normal is going to be. And they're waiting around for it. When we're gonna decide our own new normal dammit.



Benjamin Hardy 11:33

Yeah, no, it's it was an interesting application. And it really showed me that if you're not actively creating a future, then you're actually not living in the present. You're just distracted and somewhere else and the only way to actually live presently unintentionally is by actively creating a better future and a bigger future. I mean, a year crazy cool example. I mean, so how long How long was the timeframe for the 50 pounds, a probably about eight months, but frankly, I lost all but 10 of it within about three or four. So those three or four months, probably pretty dang grueling, for sure. But they were an amazing three or four months when you really look back on them when you agree Oh



Scot McKay 12:15

100%. And I'll say this for the benefit of any guys out there who are curious about this. After three days, having radicalized my diet, detoxing from any alcohol in my system, and I've never really been a drunk, but I just gave up the alcohol and really just going full omad and eating only once a day. And of course, going keto also, I felt like a new man. I felt like why dropped 10 pounds probably in the first week. And I felt like I dropped 20 years in the process. I mean, I was looking for projects to do. Oh, yeah, hundred percent. Yeah, it was grueling, but it works so well. so quickly that I was all in. And I was like, Hey, I'm going to embrace the pain. I'm going to embrace the challenge here and I'm Just going to crush it. You know, a lot of people say that, but it really was how I felt. And of course, you know, guys like Jocko Willink and taking Extreme Ownership of things, those ideas, those

insights really helped. And I just felt like I was pushing out if I gave up, and I didn't want to do, I wanted to man up and get this thing done. And meanwhile, it's since then, inspired me to do a lot of other things I had on the back burner. I was thinking, I you know what, I don't have time for this. Maybe I'm not cut out for this. You know, even the guy who was a coach needs that encouragement, because I'm human, just like the rest of us. Absolutely. Yeah.



Benjamin Hardy 13:40

Yeah, man. It's really cool. There's a statement that Frankl makes. He says, I don't know if you've heard this one, you know, another 10 episodes wherever I'm talking about it, but what man actually needs is not attention listen state but rather the striving and struggling for a worthwhile goal a freely chosen task. think that that's what's cool is at some point you freely chose that you were going to do this thing, it was a freely chosen task, you know, you're never gonna find this, you just choose at some point, this is what I'm going to do. And then you strive and you struggle for it. And that's what actually creates a good past. Not only does having a bigger future, make a better present, but it also makes it better past. I mean, over the last, what, four months or whatever, whatever you said it was, that's a freaking good thing to look back on that gives you confidence.



Scot McKay 14:26

Well, I think what you're saying applies very well not only at the micro level if you're going to consider a relatively brief eight month journey of you know, fat loss micro, but also in the macro level to I mean, what is my purpose? What is this big thing I want to get done with my life? And even then Benjamin, a lot of guys get hung up on Okay, there's this big monolithic thing. That is my life purpose, and I sure don't want to mess it up. So because they're not exactly clear on what that is right now. They don't take the first step because man What if I get on the wrong path? I'm sort of stuck there. And what I believe is you can have a life purpose, get it done and move on to the next one, you know, or have multiple life purposes, running at the same time, some of them with a high lofty, heroic a goal. And another couple of them that are maybe even pure fun are all about the adventure. And I'd love to get your take on that on purpose, because it seems like if you're going to bring up Viktor Frankl and Man's Search for Meaning, then you know, purpose goes hand in hand with that, and I'd love to get your take on that. Especially given what you said at the outset, which is identity is different than personality. And it seems to me a lot of people are told what their identity is by parents or society or whatever culture they grew up in, without any regard for their personality. It's like, Hey, you know, we're all gonna be sheep here. We're all gonna follow this particular way of doing things and people are thinking, you know, it just doesn't feel like it meshes with the kind of person I am. I'm just not good

at this stuff or I'm not cut out for this stuff. Meanwhile, you're saying personality isn't permanent. So I'd love to hear how you reconcile all of that with purpose.

B

Benjamin Hardy 16:06

Yeah, so purpose Frankl, like literally the quote I just shared with you is that what man needs is the striving and struggling for a worthwhile goal, a freely chosen task. So, task being the simple word like, I think what you said just barely was the nail on the head. For the past eight months, your purpose was to lose 50 pounds. Like that's a purpose. It doesn't need to be like this big encompassing thing. What's interesting though is that your identity comes from your goal. So like, over the last several months, your identity was based on this goal that you've been working towards. And so your identity comes from your goals and your you know, your identity shapes your behavior, and your behavior over time becomes your personality. So, you know, you over the last four to eight months, whatever it's been since you've dropped these 50 pounds, you were building your identity around that goal and that identity was shaped in your behavior and now, over time, you've got this new version of you with this new level of confidence and you know ability. And so yeah, who you are right now is different from who you were eight months ago.



Scot McKay 17:12

But then again, I didn't completely drop my life purpose as it were being a guy who helps guys get better with women and being the best man they could be. So you've kept that there was a tandem purpose there, you know, larger one and then the smaller one, the macro and the micro, right.

B

Benjamin Hardy 17:27

Yep. Yeah. And it seems like this micro one is helping you better fulfill the macro one so hundred percent, you know, you and your higher mission purpose that you've chosen, which is to help men, you becoming healthier, and fitter is a means to that end, so it's actually serving your bigger goal. This is just a step in the process to help you better do that.



Scot McKay 17:48

Yeah, I completely concur. You know, and meanwhile, there are other things I'm doing that seem purposeful to me. I think we talked about me enough in this show already. But you can have other things going on, you don't have to be so engrossed in tunnel vision that

there's this one thing you're doing that has to happen, or else you're a failure, etc, etc. I mean, even Ilan musk builds Tesla's and flies people into orbit. They're two different things. And if a guy can be the head of the snake on those two macro ventures, I think it challenges all of us, doesn't it? Now, I want to go ahead and focus on the topics of your book. And this idea that the tests that we've been taking to measure our personality aren't really as reliable as we've been told they are and to kind of stoke the fires for this a little bit. My personal Myers Briggs has gone from n TP to N TJ, perhaps even I N TJ over the course of my life because I decided I wanted it to be my decision made has become a lot crisper over the years. And I've gotten to the point where I really like solitude instead of big, bustling crowds a lot more than I used to. So my first order of business here is to tell you, I'm a friendly here. And I am also of the persuasion in line with the title of your book that personality isn't permanent. But you've obviously spent a lot more time on this. And I want to hear what you have to say. I'm on pins and needles about it.

B

Benjamin Hardy 19:27

Dude, you're awesome. I mean, I love I love your story. Because First things first, the research is clear, your personality is going to change over time, whether you're intentional about it or not. But what I've loved about what you just said, is that you're a crisper decision maker now. So what's funny about these tests is First off, you're the one taking the test. So you're the one self identifying with whatever you're the one answering the questions. So the output that you get is based on the score that you gave yourself. But you are now saying the output that I got was the output that I chose. goes and that was the person I wanted to be. So just real quick, like, from a psychological perspective, there is no such thing as a personality type. Any test that categorizes people so strictly is, it's junk science. Like that's not how personality actually works



Scot McKay 20:15

kind of pop psychology. Right?

B

Benjamin Hardy 20:17

Yeah, horoscope, you know, you can, I guess, gain some perspective from it, but you're never going to actually always be accurate to your type. Just as an example, whatever score that you got, whatever, Myers Briggs or enneagram, in various situations, or even multiple times throughout a given day, you're not going to actually be that person. You know, in the morning, you might be a little different from how you are in the middle of the day from how you're going to be at the end of the day, and in different environments and

different people, you're going to be slightly different. And so context actually matters a lot more. But these tests do create tunnel vision. I mean, that's exactly what you said before you use the word tunnel vision, which was so cool. When you've assumed a label about yourself. Whatever that score may be, that label becomes your life. through what you see the world. So Ellen Langer, she's a Harvard psychologist, she spent a lot of time studying mindfulness, which is basically awareness of yourself in the situation. And when you've assumed a label about yourself, you know, whatever it may be, you become mindless to all the times the label is not true. You can only see what you're looking for. It's kind of like when you buy a new car, you start to see that car all over the place. But what you don't see is you don't see the 500 other cars. So you become mindless to all the times your behavior contradicts the label. But then the major problem with these tests for just overly adapting your identity. I don't know if you've ever heard of Paul Graham. I have. Yeah, Paul Graham's got a great lecture. It's just a great blog post called keep your identity small. But basically, it's the idea that the more labels you have, the dumber they make you because



21:49

no, they seriously do.



Scot McKay 21:50

Oh, my God.



Benjamin Hardy 21:52

Well, the reason why go ahead and tell me your thoughts.



Scot McKay 21:55

Well, I mean, I just the first two words that came to mind were identity politics.



Benjamin Hardy 21:58

That's exactly what he talks. About, that's exactly what he talks about. But think about it in this way. If you're talking about any aspect of your identity, what you do is you try to defend it. It can't be criticized, you can't have a coherent conversation about and you seek to justify and defend it and to confirm it.



Scot McKay 22:17

Here's my theory riff on this. The more people agree to be told who they are, the more they'll agree to be told what to do.



22:27

That's crazy.



Benjamin Hardy 22:29

Oh, man. Yeah, I mean, that's exactly what happens. Right? Is we form this narrative about ourselves, and then it shapes our goals, or is



Scot McKay 22:37

it? Is it us creating the narrative? Are we letting Twitter social media, the government, our political party? Are we being led like sheep?



Benjamin Hardy 22:47

I think so. Yeah, I think I mean, our identity narrative comes from so many different things. But yes, it comes from our culture comes from the politics. It comes from exactly so many things, but it also comes from even just negative experiences in the past. Like, if you've had a bad experience, you may then use it to shape your identity, you know, to say like, I can't do this anymore. If you go ask a girl on a date, she says, No, you might think, all right, I must be a loser. Like, that's an identity narrative concept that came from a former experience, which doesn't have to be true. It's just a meaning you gave. But yeah, I mean, what you're saying is a big picture thing, where a lot of our narratives definitely come from the media. So yeah, that's why you got to be really aware of your identity narrative, because your identity is ultimately the thing shaping your behavior and over time, who you become. And so this is why you need to get really clear on your future self and the person you genuinely want to be. And then you need to start to clear the environment so that you can remove the inputs, the negative media that's triggering you to be the person you formerly were and ultimately, you've got to create an environment that supports the person you want to become.



Scot McKay 23:50

I'm curious, let's play word association, actually two word association. I'm going to give you a two word phrase and I want you to tell me what it sparks in your imagination. learned helplessness.

B

Benjamin Hardy 24:02

So, yeah, I mean, learned helplessness has a lot of, you know, I have a lot of thoughts. One would be obviously, you're in a crappy environment, you know, like my example is we adopted three kids in the foster system, like they weren't in an environment where they were trained to be helpless because of just their culture or their environment, like that's one. But you can also learn to be helpless. Even if you don't come from such a situation where you have a failure, and then you've defined yourself by that one incident, then you've literally trained yourself to be, you know, helpless. So, here's the cool part real quick is just that we all have the ability to reshape the meaning of our experiences. You know, like when my parents got divorced, I was an 11 year old kid, and my father became a drug addict. So when I was 11, I formed all sorts of meanings, meaning like, I'm not worthy. I'm not a good kid, like my life sucks. And that led me down a really bad path. At some point or another though I had to choose to give my former experiences a different meaning rather than me being a Loser. And rather than my dad even being a loser, I had to choose a different perspective. And I think a lot of learned helplessness comes from continuing to be defined by the same perspective that you once had, rather than updating your perspective, and choosing a different story. So like, I'm no longer telling the same story about what happened when I was 11 years old, because I now have a much better perspective. And I can choose to give it a much better meaning so that I'm not helpless so that I'm not the victim. And we all have to take responsibility for our past and for our environment, and we should choose to not be defined by it. But people would rather just be helpless, I guess.



Scot McKay 25:36

Yeah, you know, that victimhood makes you feel helpless. And some people kind of camp there and think, Hey, you know what, this is lazy. There's that word again. And it's fun to hate on other people, but you're letting whoever hurt you live rent free in your head and you're giving them superpowers over you that they don't deserve to have. And when you take control over the responsibility, of putting that in the rearview mirror, and living your best life anyway, regardless of the pain that's been inflicted upon you, regardless of the hand you've been dealt, all of a sudden, you feel a lot better internally than you ever did feeling like a victim. But that's something that we only learn. Once we get to that position, it's a lot like the person who you know, kind of keeps to themselves, doesn't volunteer for a

whole lot of charities, etc. The first time they ever go volunteer to help someone less fortunate. They realize at the end of that time, at the end of that day, at the end of that session, whatever they're doing that they got more out of it than the people they were helping. It's just good for the soul. But you don't ever realize that until you're willing to immerse yourself in it. Hmm.



Benjamin Hardy 26:42

Yep, your behavior also shapes your identity. So yeah, that's good stuff.



Scot McKay 26:46

I'm curious if you've ever seen the movie with Mark Wahlberg called Instant family.



Benjamin Hardy 26:50

Yes, I have man it's pretty dang good man. pretty accurate. Like it's fine literally adopted three kids very similar situation.



Scot McKay 26:58

Yeah. And for those guys were listening. Haven't seen the movie, it's about parents who decide they're going to get foster kids in their house and end up adopting them. You know, not too much of a spoiler there. It's pretty predictable. But it really does shed some light on the issues that tend to come up when you invite someone into your home and being a part of your family and you're hoping for something happy and shiny, and it just isn't going to work out that way until things get dealt with. There's a lot to clean up there. Man, it's nuts. I mean,



Benjamin Hardy 27:23

yeah, I mean, it's awkward for a kid to pretend like you're their parent, you know what I mean? Like that. It's a tough situation, man. It was, it was crazy. Let's just say that. And I learned a lot through that.



Scot McKay 27:34

Okay, so getting back to the test. I remember taking at least two tests in my younger

years that were designed to quote unquote, help me figure out what I want to do with my life. Like, you know, what vocation is right for you, Benjamin, both of them said, this is not a lie. This is absolutely the truth. Both of the ones I took maybe it was the same test just taken twice, said I should be a funeral director. There's not a chance. I mean, I would be the worst funeral director. I mean, I'm the guy who calls Next jokes at funerals, although every funeral director I've ever met was a damn funny dude socially, which I don't know, maybe there was more to this than

B

Benjamin Hardy 28:09

maybe that's what you should have been then man, you chose the wrong thing. I want to be fewer defined by that test, right?



Scot McKay 28:15

I don't want to be that guy. I don't want to do that for a living. I like what I'm doing it further. You know, here's something to think about. When I graduated from college, my current vocation didn't even exist.



28:27

Right, exactly.



Scot McKay 28:28

So I couldn't have studied to be it, although I did a pretty good job preparing for it in terms of my education, but it was unwittingly it all just kind of came together because I suppose those were things I was interested in learning and now I get to apply them in the 21st century model, right? But how do you go about figuring out your personality if you don't have tests to guide you along? I mean, we're not just wandering around in the personality wilderness, are we Benjamin,

B

Benjamin Hardy 28:55

not at all. I mean, mindfulness meditation, all Those big words are just ways of saying learning how to get in touch with yourself and learning how to make decisions. You know what you said before you've gotten to be a CRISPR decision maker. A lot of it has to do with just literally choosing, you know, we've talked a lot about purpose already in this episode, but you have to clarify and choose your future self. That's like step one, a one,

you have to actually think, who do you want to be. And that takes some time to craft but it doesn't have to be that intense. Like, there's some research out of UCLA that talks about how you can't make quality decisions in the present, without being clear on where those decisions will take you. So like, you have to actually have a future self in mind to make decent decisions in the present, and also to develop skills and so like you actually just have to think about, you know, as you get more experience and education and knowledge, you might change your mind a little bit based on new information, but based on what you know, right now, based on what you would genuinely want to choose if you weren't so worried about failure, what other people think, what would you choose and what would the circumstances be like, again, you know, Gilbert, the guy who I referenced earlier who talks about future self like, and his TED Talk is super good, by the way, like, I highly recommend that psychology for future self by Daniel Gilbert. But he says the reason people don't predict their future is because they literally don't imagine it. They spend all their time thinking about the past. And Einstein said similar thing. He said, imagination is more important than knowledge. So like, you have to think about who you want to be. And then the next step is actually committing to that like in commitment comes from telling people about it, from putting yourself in a situation like putting yourself in environments,



Scot McKay 30:33

I guess, along the lines of what you said, which basically comes down to if you aim at nothing, you hit it every time, which is an old saying, very meme worthy one. I'm wondering where this buffet of options is that I can choose from because a lot of times guys are saying, Hey, you know, I'd like to become a better man. I'd like to have a new purpose, but I got nothing. You know, I tell them sometimes to go Wikipedia surfing until they find something interesting. You to click and click and click till you find something cool, go on YouTube and say, Hey, I'd like to do this. Even if you're one of those unfortunate souls who's still watching everybody else live their life on TV vicariously instead of going out and doing something for a damn change, you know, start acting on that. I mean, go watch the movie up. You know, from Pixar, for God's sake, if you need a real kick in the ass. If you haven't seen that movie, it's Yeah, it's kind of a false truth that Pixar movies because they're animated are for kids. And up is like an 11 year old movie now but basically, the first eight years of this guy's life is the first 12 minutes of the movie and then you know, he finally gets a sense of adventure and does that thing he's always been meaning to do for the whole rest of the movie and it's a kick in the ass. I mean, it's a tear jerker, too, especially if you're a person who believes in true love, like we talked about recently on the show. But what would you say kind of in closing here? Yeah, I think it would be a good place to end it. What would you say to those guys, Benjamin who go Yeah, I'd

love to be someone different. I'd love to change My personality, I love to have a new purpose. But where do I go to research the options Where's, where's the candy store that I can go shopping in here.

B

Benjamin Hardy 32:09

I mean, we are limited by what we're exposed to, you can't actually proactively set a goal you're not aware of. And so that would require you to start learning, you know, go out and experience new things. Usually, what the research shows is that as people age, they become less open to new experiences, they become less open to reading things that conflict with their current worldview less open to being around new people. So yeah, you would definitely need to not only start researching in the form of like Google, but you probably want to start seeing the world. I mean, you've mentioned already that you you've done a lot of travel, you know, like it was going out on that church mission for me that like actually exposed me to so many things I was unaware of. I also got not only got to be exposed to a lot of terrible things I was unaware of. I also got to be exposed to a lot of amazing things that I wasn't aware of like people living Really good lives. So yeah, I mean, what's cool about the internet, it's like the double edged sword of the internet is that you can become more quickly aware of enormous amounts of options, people working from home, just as an example or traveling the world. I mean, you get to study whatever you want on here. And so you have to like, let your curiosity go. And you also have to be willing to expose yourself to new things and get yourself out into new environments. When people are growing up. They have a lot of first time experiences. First time like going to a movie first time driving a car first time kissing, like having a kiss like it would be really introspective to ask yourself like, when was the last time I had a big first? You know, or is my life been kind of on autopilot lately? When was the last time I have tried something new? And if it's been a while, then you probably need to start going out and seeing more things.



Scot McKay 33:48

Yeah, we get stuck in that rut. We get set in our ways. I'm so glad you brought up world travel because a lot of people think that's you know, something you do. After all the other bills are paid and it's sort of forever And it's something that's in last place in terms of the priority where I'm spending my money. Well, I think world travel as an investment in self betterment, and self help, and becoming the person you would like to be. And it will challenge you to be a person who's perhaps different than you expected you want to be, which is all the more cool. And I'll tell you what, the key word that comes to mind here is curiosity. You know, if you just don't care, and you think life is just something that you sort of slog through until, until the end, you know, life sucks, and then you die kind of mindset.

Boy, are you missing out? And I think that whole topic of curiosity would be a fantastic topic for a future show. So I think I'm going to make that happen. Dr. Benjamin Hardy is his name and his book is called personality isn't permanent. And as you've already figured out, gentlemen, there is a lot to talk about. And this is a fascinating, fun book that's gonna cause your brain to do mental math. gymnastics in all the best ways possible. You can find it on Amazon by going to mountain top podcast calm front slash Hardy, h AR d y. And I've also put it on top of the queue at my Amazon influencer page, which is mountain top podcast, calm front slash Amazon. Dr. Benjamin Hardy. Thank you so much for a fun conversation.

B

Benjamin Hardy 35:21

Dude. You're awesome. It was a lot of fun.



Scot McKay 35:25

back at you, my man. And guys, if you haven't been to mountain top podcast calm, I invite you to sign up at the top right hand corner using the red button at the top right hand corner of the page for 25 minutes with me free. I'm exactly who you think I'm going to be. Let's talk about where you are right now and what you want your future to look like. You don't have to be beholden to what people told you. You should do, who you should be a lot of that. Once you get it sorted out. We'll help you get better women in your life, have a better career, do more of the things you want to do and make the The world a better place even as you do that. So go to mountaintop podcast comm and sign up to talk to me for free. And if you haven't been to the website to check out what my friends at origin in Maine are doing, they are back in the saddle making jeans and boots for you guys man. These are the coolest jeans the coolest boots you've ever seen Jocko Willink is the brains behind this operation. Everything is made in the good old US of A high quality What else would you expect from Jocko so go to mountain top podcast.com front slash origin us Mountain 10 to get 10% off and until I talk to you again real soon This is Scott McKay from x&y communications in San Antonio Texas. Be good out there.

E

Edroy Odem 36:48

mountaintop podcast is produced by x&y communications All rights reserved worldwide. Be sure to visit WWW dot mountaintop podcast.com For show notes, and while you're there, sign up for the free x&y communications newsletter for men. This is Ed royal. Speaking for the mountaintop

