

# mtp245

📅 Thu, 4/1 4:47AM ⌚ 45:35

## SUMMARY KEYWORDS

win, mountaintop, shawn, play, kids, life, people, man, champion, day, victory, sport, team, success, nfl, talk, olympics, labeled, x&y, lost

## SPEAKERS

Shawn Harper, Scot McKay



Shawn Harper 00:04

from the mist and shrouded mountaintop fortress that is x&y communications headquarters you're listening to the world famous mountaintop podcast and now here's your host Scot McKay



Scot McKay 00:17

all right welcome again gentlemen to yet another episode of the world famous mountaintop podcast my name is Scot McKay at Scot McKay on both twitter and clubhouse real Scot McKay on instagram you can search out our youtube videos including visual representations of this very show at youtube by searching Scot McKay the url for our mountaintop podcast website is mountaintop podcast calm and as always i invite you to join us on facebook at the facebook group mountaintop summit with me today is a friend of mine who is a retired nfl football player also an nfl europe football player he was drafted by the rams in 92 and also played for the oilers and the colts as well as the amsterdam admirals and the frankfurt galaxy these days he is all about empowering you to be a successful winner in life and i love these types of shows because i always emerge from them really uplifted and ready to rock and i don't think this is going to be any exception having talked to this particular gentleman before we hit record on this particular show without anything further none other than shawn harper sean welcome to the show man



Shawn Harper 01:28

hey let's win this have a good time thanks for having me on



Scot McKay 01:31

hey you know what you're welcome you know and i appreciate that and i love having you on because the first time i heard about you not only do you have a history of winning of course but you have a history of empowering other guys to win as well and you know after everything we've been through the past couple years in particular shawn a lot of guys feel more beaten down than victorious nowadays don't they



Shawn Harper 01:57

yeah they do and one of the actual challenges with that is is that you can get hit in the body all day but you're never you never allow life to steal your focus you change your focus you change your life good or bad



Scot McKay 02:12

you know getting hit in the body sometimes makes you feel more alive i think sometimes us as guys need to go out and you know play a little tackle football or some lacrosse or you know ride mountain bikes and crash a couple times it just reminds you that you're alive and you know you're alive and well ironically enough you know what i mean



Shawn Harper 02:32

yeah it does actually you know it kind of keeps you grounded and having the right perspective of anything or or whatever you actually engage in is one of the biggest secrets is it's what we call triangulation you have to know where you're at you have to know where you're going and you have to have that unmovable and if you have those three points you can navigate life



Scot McKay 02:57

sounds a lot like purpose to me yet a lot of guys i think especially here in our western culture shawn are living what i call the suburban sleepwalk we kind of watch everybody else live life on television especially nowadays during COVID don't you think



Shawn Harper 03:10

yeah that is exactly true because i believe that they're chasing the success model and not the winning model



Scot McKay 03:18

now that brings us to the topic du jour which is winning versus success which is pretty much your signature topic based on everything i've been able to gather about you prior to this particular show and i want to challenge you right away on that and hear what you have to say about this i really want your take you know to me shawn being called a loser is probably the worst insult one man can level on to another man and yet the term winning implies victory over a loser someone wins when someone else loses yet success in my mind might simply imply achievement as opposed to failure there's not necessarily collateral damage there you know success seems to me a word that's empowered by an abundance mentality instead of a poverty mentality whereas winning involves competition when there's a winner and a loser i'm guessing you're going to see things a little differently than that so i'm interested to hear what you have to say on that whole concept



Shawn Harper 04:21

yeah i understand that and i get that a lot hey you know what you know if like you're winning then someone else has to lose i have to reject that concept well first of all winning is the fullest expression of who you are mentally socially of course economically physically but most importantly legacy and that to me is like the ace in the hole and it's the actual fullest expression my pushback against the word success is that success is externally defined okay someone is now going to dictate what is successful what is not successful they've changed the bar because We are built, we are created to win, our DNA is centered around winning. This is why we love football, because we love winning. And I don't care what NFL or college football team you have, or you love or you like, let them lose 100 games in a row, you ain't you ain't wearing that jersey, or unless you're a Cleveland fan, you will. But outside of that, you're not going to wear the jersey now, do you not like the team, you love the team. But you cannot identify with losing, because your DNA is that you are a winner, which is why gambling is so big gaming is so big you are one to two to 3 million sperm cells that fertilize the egg. You were you were fighting in the womb, you were fighting there. And now you're fighting now, you're a winner. along the way. They gave us another term called success. And that term says, If you achieve one or two or three things in life thing you're successful. To answer your other question is that the greatest competitor in my definition of winning is nothing external. Its internal. You are

fighting against yourself to push out your call your plan, your purpose and your destiny come hell or high water.



Scot McKay 06:13

Man, there's a whole lot there. Man, you, you have fine tuned your gig here, man. I'm already ready to go out and win something just having listened to you talk for the past few minutes. You know, you've played NFL football. And you know, I've taken the time to consider why men love American football so much. And perhaps why a lot of women roll their eyes at it. And I really do agree with you that it goes back down to that primal aspect of men being hardwired in our DNA as you put it to win. And you know, American football in particular, more so than say soccer, which of course is the most popular sport in the world, or even baseball or cricket. Maybe rugby would be another good analogy. But that structure of NFL football that primally recalls war. You know, mano a mano combat, your end zone is your very country, you represent a city. You know, when the Indianapolis Colts took the field and you were an offensive lineman, you were protecting your quarterback against an enemy who was trying to invade your end zone, ie you're very country. And by proxy, you're very city violent, and you hit people and people get hurt and get carried off the field. Yet, you know, there aren't tanks and guns and bullets. And most of the people who play football live, but it still kind of scratches that primordial itch of battle and war. And that's why the victories you know, especially the kind of victories were, as Lombardi once said, You leave everything out on the field. And you you have to soak in a cold ice bath afterwards. I mean, those are the greatest victories of all the hardest SWAT ones. And really when you consider NFL football in particular, really you only play once a week because man you got to have time to recover after quite literally go into war against another whole faction, right?



Shawn Harper 08:26

Yes, you do. And what is actually just as amazing is that the preparation before the battle, but we know we spin, you know, 5060 hours, easy just looking at film alone, let alone practice, diet techniques. The scouting reports, let me tell you something, NFL scout is better than any behavioral psychologist or psychiatrist in the world. They can watch you on film, they can watch you walk in practice and take what you had for lunch. Take what your father ate in 1952. They are absolutely amazing. And put all of that and let it all go for a few hours one day and then come back and regroup. And one of the greatest aspects of a current or former professional athlete and no matter what profession is his or her ability to forget to forget what happened last week to forget what happened last play and put all their energy on the now and in the future.



Scot McKay 09:28

You know, you played for the Indianapolis Colts and you and I were kind of half joking before we click record on this particular show that I grew up in Baltimore. My old man was a season ticket holder for the Colts. And of course the Colts bitterly left Baltimore in the middle of the night in 1984 and moved to Indianapolis and all is forgiven now cuz everybody in Baltimore is a ravens fan. But the story you just told about how a champion and you know, I do want to talk about what it means to you to be a champion vsv all this talk about winning right? But The first example that I remember being held on a pedestal as that kind of champion who could screw up big time in the context of a championship game, and quite literally just put it out of his mind Forget about it. And just throw down on the very next down was Johnny Unitas, you know, famously, Johnny Unitas, if he screwed up, threw an interception would come back the next series and just nail it. And other guys have been consistently able to do that, who were the champions, especially, not only in the quarterback position, but certainly in the receiver position, running back positions. Anytime there's a drop ball, anytime there's a fumble, it's incumbent upon anybody who wants to achieve at a high level really, in any sport, any endeavor really, that they've got to put that last failure out of their mind realize they still have all the skills and they're going to go out there and make up for it next time. Johnny Unitas also, if one of his receivers dropped the ball, you could probably do this more freely before in a play calling and defensive reads were so sophisticated as they are nowadays but Unitas would run the same play the next time, throw the same ball to the same guy and let him redeem himself. He wouldn't give him any time to be down on himself. And you have a lot of times, especially here in the now there's a victim mentality, somebody's done this, to me, it's somebody else's fault. And you know, if I'm beaten down, or if I've been forced to lose, it's not that I'm a loser. It's that somebody else beat me. And I should give myself sufficient time to mope and blame other people. And I just don't find that empowering at all. victimhood is not empowering at all. Is it? Shawn? I,



Shawn Harper 11:45

you are you are exactly correct. In fact, I remember, I had that moment. Okay, life is a series of moments. And what you do with those moments to can change the trajectory of your life. I was just documented with four to five learning disabilities. By the time I was in fifth grade when I was in fifth grade. And they caught in the psychologists or sociologists and all the ologists to write, and they had my mom sitting in a room with me, and I was so scared. And they're saying, Hey, you know, he has four disabilities, probably five. And we have to give them this and prescribe this and move them to this room. And now we have intervention in the whole nine yards. And in about 30 seconds of them talking, my mom stands up, and he slams her hand down on the table. And she said, You will not label my

boy, you will not label him. He is he is going to do amazing things. God told me and she looked me in the eye. She says son is up to you sink or swim. And at that moment, I I actually realized, you know, do all of the stuttering do all of the disabilities, that I'm not disabled, I'm uniquely enabled, and I'm going to win this game of life.



Scot McKay 12:53

Bravo, man. I just love everything I hear from you. You're like the freakin best. And you know what? So many people, people not only I've had on the show, but people I've known personally have undergone incredible tragedy in life. They've surmounted just withering failure, personal tragedy, and we've even had Yes, come on here and talk specifically about the aforementioned labeling. And I'll tell you something, to me what someone else labeled me or you or anybody else, doesn't matter a whit, compared to how we view ourselves and our future and our legacy, as you put it, and I want to go ahead and allow for the possibility that we may not only be labeled as likely to underachieve, some of us have had what's arguably an equal misfortune of being labeled as likely to overachieve. In other words, you know what, you're really smart, or you're really musically talented, or my goodness, look how good of an ice skater or a bobsledder or a gymnast, you are age six, you're going to be in the Olympics someday or bus. And that kind of pressure can go really in both directions, can it you're pressuring yourself to not fail because everybody consistently underestimates you, or you pressure yourself to succeed because someone else's expectations for here's that word, again, success have been thrust upon you. But it seems to me, Shawn, the people who rise above all that are the people who make their own way in the world. They don't put a whole lot of stock in either the naysayers or those who slap over expectations on them, and they forge their own path and decide what victory means for them. You know, it's kind of hard to do when people you respect or God forbid, even your parents are the ones doing the labeling. But, you know, that's typically the way it works out, isn't it?



Shawn Harper 14:50

Yeah. And honestly, I don't like that. I don't like that at all. I see that when I travel as a speaker, and I see these kids in please. I'm gonna think Some people do, but you know, yeah, get over it.



Scot McKay 15:03

We're over ourselves on this show.



Shawn Harper 15:04

Okay. mageau. Okay, so great. So you know, it just to, you know, you know, I'm speaking at events, and then I see all these kids know that, you know, and and they're on all these, like travel teams in the hotel, you know, and listen, there's nothing wrong with that. But to hear the parents talk at breakfast that you know, a famous hotel chain on how this kids in the seventh grade and already a division one school has been projected as a first rounder, and this kid's going to do this, and this kid's gonna do that. And I'm looking at these parents, like, you don't have a clue what you're doing to this kid. Because consciously or subconsciously, if he does not make it in point 02 percent of any athlete makes it to the NFL for one year, if he does not make it to the actual effect, and the crushing blow that's going to be done to his self motivation, his concept in self esteem, could actually take this kid out. I said, Are you developing other aspects of a better yet? Are you actually developing him? From what he does versus who he is? Are you developing that self concept like you're an amazing individual, we love you, as a man, we love you, as a woman, as a young woman, as a young man who happens to play sports. Are you making that distinction? Because if you don't create that distinction, then it's really hard for him or her to create it in the collegiate in the post collegiate error.



Scot McKay 16:29

Yeah. And you know what, Shawn, and here you are one of those gentlemen, who has achieved at that infinite testimony, improbable level to become an NFL player, and you're on this very show, sharing your struggles in this regard. So even having God to the NFL didn't make you immune from being subject to these labels and having overcome them, and, you know, maybe the mental struggles that go on even as you're in the midst of really being on your way, and headed towards victory. How do we hijack ourselves? How do we grasp defeat from the jaws of victory so often in our lives, what do we do to ourselves?



Shawn Harper 17:08

So that actually points back to another concept of winning. And what I, I had to actually make a decision my second year of junior college, because I had to go to a junior college because I had like a 1.62 GPA, right. And so I had to go to a junior college. And one day, I'm in a dorm room, I said, You know what, there's no way I could become successful, but I can win in life. And once I made that switch back to winning, now, every aspect of my being begin to move towards wins. But as you said, earlier, I took ownership, okay. And sometimes, you know, well, all the time, if you really want to win this game in life, you have to take ownership for the good, the bad, the happy and the sad, you have to own it. And

so now I'm going to own my when you may still call it success, I'm going to own my failures, I'm going to take responsibility, I'm going to set the tempo, I'm the thermostat, not the thermometer, I respond, and I don't react, I own it. Good or bad. It's mine.



Scot McKay 18:11

Shawn, you're a black man. There's a lot of talk, a lot of unrest that's pretty much defined by people's identity nowadays, and our attitudes towards other people who don't look like us. We've never bothered to hang out with who we've never bothered to understand. And those in charge those with whatever agenda socio political or whatever, often thrust ideas upon people, not because of who they are on the inside, but because of what they look like on the outside. I find this incredibly troubling, and we don't have enough opportunity to talk about that sort of thing on the show. And I sent you're the right guy to address this concept of the soft bigotry of low expectation. Mm hmm.



Shawn Harper 18:57

Yeah. You know what? It's hurtful. It's hurtful. And let me just like ease into this right now, okay, because I'm gonna hit this. It's, it's when I played football on Friday, they liked me when I played on Saturday in college, you know, they loved me, when I played in the NFL, they adored me. Monday morning with my suit on when I tried to go out and win a contract. They don't want nothing to do with me. And that, that really hurt. And so I had to learn how to actually win in the area of business, corporate America, despite my skin color, despite what you might think of me. I'm going to destroy every single perception or image that she may have up me I still have to win the game. I still got to play. I mean, I could be playing division one team and I'm Pop Warner. But I still got to go in the locker room and I still have to figure out a way to win When, but it's now I'm at the point where I can help other people who are similar or have the same color as I have to win. And then I can help people who are a different color to understand. And to see it from a different perspective. I'm not angry at the individuals, I'm angry at the system that created the situation and circumstances and will not really address it, they will talk about it, but they won't deal with it.



Scot McKay 20:25

You know, one thing I've noticed in life is very, very few, particularly blessed people, whoever they may be have everything going for them. The vast, vast majority of us are quite imperfect. In many ways. These guys know I like to brag on my daughter because he's a champion in her own right. She understands winning at a very young age. She's a



BMX racer. And those kind of extreme sports are usually dominated by male participants, okay. And my daughter, I mean, her mom's five foot one and her dad's five foot six and shoes. So you know, she's not very tall, and she's kind of skinny. And anytime you're talking about a human powered endeavor, like pedaling a bicycle, the bigger more powerful kids have an advantage. And over the course of her entire tenure in this sport, she's had voice, bigger kids, look at her and go, I'm gonna beat you, you're gonna come in last place. And Sarah, my daughter has a shirt she likes to wear. It just her eyes beamed. When she opened it, it was a Christmas present. It says, underestimate me, that'll be fun. And what she has done of her own accord, okay. It's his only encouragement, this is a nice pushing her I want you to, I want to go ahead and level set that is despite having some health challenges and some social challenges when she was younger, she's going out there and decided she can do this. She wants to be the champion, she wants to try harder. And when other little kids decide, man, you know what, I'm not going to pedal quite as hard. That's where she makes up for it. Mental Toughness, fearlessness, because she wants this more, and she has won a lot. She is achieved tangible victories, like number ones on the front of her number plate on her bicycle at a very young age, despite being too small, to female to cube not being able to pronounce her R's at age seven or eight like other kids could. That whole idea of being underestimated is actually quite empowering to the right personality type, isn't it? It kind of drives you like jet fuel.



#### Shawn Harper 22:33

Yeah, I will show you, you know, what it kind of reminds me of is the actual Olympics. Okay. Now, when you look at the four year Olympics, you know, most countries they have Olympic Institute's Olympics centers, and they bring in players as early as five and six years of age, they'll measure them, they'll look at the athletic ability, and then they'll take them from their parents, and they'll train them. The best trainers in the world, they will train 24 hours a day, if they have to, okay, they go to the Olympics, and they still lose to the United States and the United States, we don't have that system set up on purpose. Okay, if you're good, you re sponsors, you struggle, you fight, you claw, you know, you sacrifice you cry, you cut some bruises, and then you go to the Olympics, and then you will have a developed will and determination on top of your athletic ability. How is it that you have all the best equipment and training and techniques and strategies and you live all together? For four years? Eight years, 12 years? Okay, and you still come in second, third place, and we don't have any of that all we have is kids trying to raise money crawling, scratching and fighting. And they're winning, because you cannot measure the will to win that comes from the heart. The whale is in the heart. And that is what's been developed in underachievers, to make them overachievers,



Scot McKay 23:57

man, that's just fantastic. And you know, you're talking about that heart of a champion. And so many times, even in professional sports at that Pinnacle level, you have these guys who were underestimated. They weren't supposed to succeed. Tom Brady was drafted what six round. You know, he was Drew Bledsoe, his backup and he is at this point, and this is coming from ravens fan, okay. He's indisputably the greatest quarterback has ever lived. I mean, he was he was that probably two Super Bowls ago. And this guy's just unfazed. He's re up for another season at age 43. Having just won a Super Bowl with a completely different team than he was known for winning so many Super Bowls with and you hear often, these guys who kind of slipped to the next round, or were supposed to have gotten drafted in the top five and somehow slipped a 20 year 24th they say that those guys play with a chip on their shoulder. Is that a good thing?



Shawn Harper 25:07

Yes. Vital. And what we call it in professional sports is we call it the edge kids like because once you get to that level, talent is within centimeters of each other. But it's that Winning Edge, just that mindset that you carry with you. And that anger and that drive that you possess, as a gladiator out there, that's your edge. And that separates someone who produces versus someone who reproduces, okay, a warrior, a competitor can produce a champion reproduces himself, because that edge net winning chip is, it's for the lack of a better phrase, it is contaminated, you know, it moves, it travels. So you can take a quarterback from another team, and you can put them on another team and he can replicate his energy because he's in the reproductive stage, because he's not just a competitor, he's a champion. Well, we've



Scot McKay 26:08

also seen professional athletes, quote, unquote, get a change of scenery, and then overproduce they just get out of a toxic locker room and go into a much better environment. And next thing another an all star. You know



Shawn Harper 26:21

what I've seen NFL teams move from Cleveland to Baltimore become the Super Bowl champions the next year.



Scot McKay 26:27

Oh, hello.



Shawn Harper 26:31

You leave you leave Cleveland, your socks in Cleveland. Okay.



Scot McKay 26:37

Kudos, Well played, sir. Yeah, I



Shawn Harper 26:40

didn't even come to Baltimore. The next year, they win the Super Bowl, Super Bowl Who does that? You know, I



Scot McKay 26:46

have seen so many situations. You know, in the sport. We're immersed in the BMX racing, not only my own kids, but I've seen it happen time and time again, where a kid is, you know, middle of the pack. Sometimes he doesn't make his manes, which is the finals, you know, he gets mowed out as they call it means other kids beat them. And the turning point in this kid's ability to win is he just gets sick of losing to these clowns. He just gets angry. He just fed up with it. I mean, that's what happened with my son, I said to him, I said, you know, you're every bit as good as these kids talent wise, you just need to want it. One of these days, when you get sick of those two little boys beating you constantly locally, you're going to go out there, and you're going to beat them and it will be all and I pointed to my head, I said, it'll be all mental. It'll be all here, but I really should have printed my chest. Because it was a heart. You know, he didn't want it. And as soon as he got good and fed up with not getting it, that's when he started winning races and ultimately, recently expert class. So true.



Shawn Harper 27:49

Yeah, yeah. Yeah, you know what, this is why, and, you know, this is gonna get me in trouble. But, you know,



Scot McKay 27:57

we're already in hot water around here. So



Shawn Harper 27:59

I'm already to trouble. You know, what, this is why I really get upset with parents who want to cuddle their kids. And, you know, save them from any form of adversity, and have victory parties in the in the face of defeat now, I'm not against a participation trophy. Because someone has to hold the back. Someone has to run the drill so as to be on the team. Okay. So, so I have to be on see team. So as a kid, someone has to hold the water bottle, okay. You're all working towards a win. Okay, so I'm not against that. But to say you were you actually won, when you actually lost. That takes the pain from losing and I'm telling you right now, losing, losing is one of the greatest teachers. Okay, life, give the test and it teaches the lesson. Don't take away that sting.



Scot McKay 28:51

Well hold on a second, Shawn. In my mind, I find it difficult to reconcile you saying that which I believe the last part there with you being okay with participation trophies, because to me participation trophy means everybody who participated today one, we're gonna give you all a trophy. You're all winners in our site. And to me that seems like that pollyannish helicopter parenting attitude of you know, we want to protect our kids from any pain, rats that's caused by losing. And, and if you don't mind, I want to give a brief example, my son and my daughter, you know, they've been competitive BMX racers, and you win and you lose sometimes ignominiously, like my daughter lost the championship and was in the hospital with a concussion. Having lost it because she crashed out of the lead. That not only hurts mentally, it hurts you physically. You know, this is a football player, right? But my son, having had a few years under his belt, in that sport, participated in a science contest one time, but you know, a couple dozen kids and everybody said his was the best his presentation his experiment was absolutely the best and at the end they gave everybody the same certificate is that oh you're all victor's my son tore it up in the car on the way home so i don't want this screw it i want i want i didn't participate i want i thought that was crazy you know i mean but i understand what's going on in his mind you know right to the victor goes the spoils and to the non victor goes an opportunity to train harder and try harder and get the brain next time you know so what is it with a participation trophy mentality that either affirms or contradicts what you've been telling us all along go ahead and clarify that a little



Shawn Harper 30:44

sure so let's just say that there's 20 people on a nfl football team or on an actual nfl roster or high school you know any sports more than one person okay now what i mentioned earlier i said that there are you know only 11 starters okay but who's the person on the bench who is the person that is holding the tackling dummies who's the person who's not starting but is helping in practice every single day giving 100% that person deserves a participation trophy saying hey you all participated in this win together we're going to give you you know that because we all did it not just a quarterback i mean heck i'm an offensive lineman we'd never get glory for the most part but when when the team wins i feel the same we won i'm not talking about a whole entire team wins and then the losing team giving him a participation trophy i'm talking about elements within the same team now if this the other team hey you lost this is how you lost this is why you lost let's learn from it in this move forward that's what i'm talking about



Scot McKay 31:56

okay now that makes a whole lot more sense you're talking about if we're a team then we're all in this together i'll tell you something man when that old line isn't stepping up that quarterback is going to see a whole lot less glory for sure i mean that's basic stuff is right yeah i mean it is very true yeah okay so i'm glad you clarified all that it's not that everybody who showed up as a winner even if they didn't put forth any effort i mean one of the things i'm remembering now my son said is that half of those kids didn't even put 15 minutes into it they didn't even bother to really show up i mean i cared enough to make something that was amazing and we all got the same award at the end that's you know i mean that's not what you're talking about you're talking about hey look if we're a championship team than we were a team it wasn't just michael jordan and a bunch of no names who made the bowls when so many years i mean michael jordan needed scottie pippen and those other guys too right so a team wins a championship and you know obviously very rarely is there any team at the professional sports level who has one amazing superstar and no cast around him who wins any kind of championship i mean the closest i can think of is the 2007 cavaliers when lebron pretty much took the entire team on his shoulders to get them to the nba finals yeah but notwithstanding that apart from any other individual sports team sports you know even the guy who is the equipment manager gets one of those shiny rings at the end because we were all a team loved



Shawn Harper 33:30

that's right that's right yeah that happens i remember when i was playing for one particular nfl team and i wasn't even playing you know and and at the end of the year he

walks up with this nice shiny green box and i noticed every offensive lineman whether the practice squad or you're starting left tackle had a green box and then that green box was a submariner rolex watch all of us and that taught a huge lesson to me that was a very valuable lesson about teamwork and participation



Scot McKay 34:01

you still got that watch



Shawn Harper 34:02

you know what i gave that watch to a friend of mine i gave it to a friend of mine who was studying to become a doctor and i told him i said you know what you're going to be amongst doctors you're going to have to look the part and i put it on his wrist good for you



Scot McKay 34:19

paying it forward



Shawn Harper 34:20

yep he's my doctor now that was back to me yet though but you're not getting that watch



Scot McKay 34:29

once you buy a prize it's yours to keep i'll tell you what i'd be remiss if i didn't talk about having the right woman by your side teaming up to win together you know you're basically talking about teamwork and we're all in this we all win championships together what is the proper mindset when a guy has the right woman in his life that we're going to win together wow



Shawn Harper 34:51

the proper mindset is when you have the right woman in your life that you're going to win together is establishing a firm fixed goal saying, Hey, I don't have all the pieces to the puzzle. Every man has strengths. And every man has weaknesses. Only the fool walks around as if he doesn't have any weaknesses. Okay? Even Superman had kryptonite,

right? And so you now are attracting in your choosing in you're picking people to complement not compete. But to complement your weaknesses, too as you can form a team. Teamwork is extremely important. That's a whole different series. When do you get it back? I'll talk about teamwork because even Bill Gates had Paul Allen, Mick Jagger, Keith Richards, teams, and then this is where we're going. And once you line up vision, you have to line up vision. What do you want to do? This is what I want to do. You know, I am game Let's go get it.



Scot McKay 35:46

Then you take over the world. You know, probably the most important aspect of finding the right woman to be your long term partner isn't if she has a nice astronaut. It's do we get each other? Are we on the same team? Literally? Yes,



Shawn Harper 35:59

yes. Yes, honor and respect, honor and respect and listen each other. Listen, listen, listen, listen. There will come a day because I've been married for 21 years, there will come a day where the love will dwindle somewhat. It just know it happens. You know? This month, I don't like it. But you honor her. And honor there's no emotion. You honor the position. That is who she is. That is the queen I call my wife the queen. She is the queen and I honor her and I make everyone around me honor her including my boy. I will break his neck if he ever dishonored my coin.



Scot McKay 36:35

Well, that makes you the king.



Shawn Harper 36:36

Thank God you pick that up, man.



Scot McKay 36:40

That was pretty obvious.



Shawn Harper 36:43

But you know what, making me the king now heaviest, the head that wears the crown. I got responsibilities. Now.



Scot McKay 36:50

I bet your wife considers herself a kingmaker. Oh, oh,



Shawn Harper 36:55

I like that



Scot McKay 36:56

you can steal that last question. And this is a little bit more poignant a question. Okay. Okay. Shawn, I coach guys all day long. And the art of being the best man they can be so they can get the best woman in their life. And one of the questions I asked them on the well, it's kind of a questionnaire so that we can figure out what plan of action we want to take together, right? What are your five greatest achievements? Now I know that sounds a lot like success, not winning. But regardless of how the question is positioned, a lot of guys have nothing. A lot of times, it's because their self esteem doesn't allow themselves to give credit where credit's due. A lot of times guys just are like, Well, you know, not a whole lot. And sometimes I'll give them other questions to help them reframe it differently. And one of the questions I'll sometimes offer is, tell me about a time where you freakin threw down and won. I mean, each bond baby first place, you got the prize, you were at the top of the heap at the end. And even fewer guys can give me an example of that. What the hell's wrong with us? I mean, we were born to win, literally, you know, back in the old school days, and by old school, I mean, like, 1000s of years ago, you didn't win, your family was pillaged, your lifestyle was over, your life would probably end at the hands of someone who was being violent towards you, your legacy would never happen. Your seed was probably forever erased from the earth. And that's the DNA of manhood, providing protecting presiding, being a man of power, winning. In the olden days, we had to win. And there was no other option. Nowadays, guys can kind of coast. And we've somehow gotten into this position as men, we've not only forgotten what it means to win, but we no longer recognize how much that's tied to our very feeling of being alive and mattering. So what would you tell these guys?



Shawn Harper 39:03

Wow, we know what first thing I would tell these guys is, it's okay. It's in you. Okay? That's



first and foremost, that your identity is everything. Because if you don't know who you are, you are who they say you are. And once someone names you, you can never grow past your name. So you have to reclaim your name as a man, as a warrior. As a child of God. That's who you are. Now, when you're always writing or making a movie, first, you got the name of the movie, then you got the script of the movie, then you got the plot and the characters. So now that I've changed the name back to the manager you are, what does a man do? Let's do a man check with between your legs, you a man? Good. Now, as a man, this is how you move. This is how you behave. This is how you respond. This is how you react. That's number one. And number two, this is gonna sound kind of controversial, but you know what, I would encourage every man to get in contact or get in touch with him. Heart, because the heart, okay, the heart in our culture sounds like a more of a feminine term. But it's really extremely masculine. Because the heart is where the desire is the heart is where the passion is, unfortunately, the heart is where the pride and the ego is. And if you can chip away at that ego, and at the same time, develop your passion and your zeal, now, you're ready to fight. Because I don't want to go to war with anyone who ain't got no heart. I'll take Greg Lewis any day, because I know that men got heart Tom Brady got heart, that's what we need is the passion and the heart in the zeal to win to fight and protect and provide Hell yeah, man,



Scot McKay 40:40

I'm ready to go conquer an entire country after listening to you, man. I'm reminded of Dennis Green when he was the coach of the Arizona Cardinals. After a bitter loss. He said the Chicago Bears are who we thought they were, and we let them off the hook. That that's a man who just lost the game. Right? The other side of that story is the bears refuse to believe they were who the Cardinals wanted them to be. And they went out and took the victory. Hmm, that kind of resonates with me and everything you just said about people labeling you there's that term, again, considering you to be this way under estimating you thinking they got you all figured out, they got you in a box, they own you, not so much. You forge your own way. And you do that with that heart, you take your talent, I mean, you know, you got to have a sober judgment of who the hell you are. We talked about identity around here all the time. But you know, you take that talent, and you harness it with that heart. And with that mindset, and then you come at a champion. That's rising. Amazing. I want to point these guys to your book, Shawn Harper, it's called The Winning Edge. And if you would like to buy it on Amazon and donate to the cause, I have put it at the top of the queue at my Amazon influencer page, which is basically a bookstore for you guys, featuring all the works by the authors among the guests we've had on the show that can be reached at mountaintop podcast conference slash Amazon. And rather than go there, I would actually recommend you go to mountain top podcast calm front slash Harper, h a r p e r where Sean will give you that book absolutely for free as an E

book download, so go to mountain top podcast, calm front slash Harper. And man just get completely inundated by Sean Harper's incredible optimism towards you being a champion you winning, Shawn Harper, what a joy man. It's a pleasure and honor to know you, man, thank you so much for coming on this show and sharing your enthusiasm towards victory and, and your wisdom with these guys. Hey,



Shawn Harper 42:48

thank you very much. And if you know what if life is a game you play to win.



Scot McKay 42:52

Absolutely, man, why would you play a game not trying to win. And guys, when you go to mountaintop podcast.com I promise I'm not gonna waste your time you'll be able to peruse the websites of both origin in Maine and heroes soap company. And I'll tell you something, both of those companies are run by absolute winners guys who have served this country and guys who want to make you a better man, not only smelling better in the case of heroes soap company and being a lot cleaner than you probably are right now. You're pretty smelly dudes out there. I'll tell you what, when you go to origin in Maine, you'll be able to get some of the coolest training equipment you've ever seen. watch their kettlebells are made a leather are just so bad as best jeans I've ever worn. They will probably Outlast me Matter of fact I bet on it and the best natural supplements I've ever used. I've been taking them all pretty much well as many of them as I need. Not quite all of them but as many as apply to my situation I've been taken for the last year and I have never felt better. So when you go to mountaintop podcast calm you can click on the banner links for either origin or heroes soap and take 10% off your order by using the coupon code Mountain 10. And absolutely guys, if you haven't talked to me yet, let's talk about you winning not only in life but with that woman by your side who is the greatest woman you've ever met? Let's talk about putting that plan in action so that you can get on with it because life's too short to spend it alone and not achieving at a high level like you were born to you were born to win guys just like Shawn and I've been told you this whole time www dot mountaintop podcast.com and that's where all the action is. 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.



Shawn Harper 44:51

mountaintop podcast is produced by x&y communications All rights reserved worldwide. Be sure to visit WWE W 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