

# mtp256

Sun, 5/30 12:40PM 36:53

## SUMMARY KEYWORDS

life, living, people, tommy, fullest, mountaintop, freedom, man, suburbia, world, x&y, fulfilled, crave, talk, happy, viktor frankl, listen, women, mckay, find

## SPEAKERS

Edroy Odem, Scot McKay, Tommy Breedlove



Edroy Odem 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 00:18

Hey guys, welcome welcome again 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 find all of our videos on YouTube by searching my name SC o t MC k y. The URL as always is mountaintop podcast.com. And I invite you to join us in our Facebook group for like minded men. That's the mountain top summit. With me today is a returning guest you guys loved him the first time he was on talking about how to become a legend. And his name is Tommy breedlove from Atlanta, Georgia today we have a completely different yet a little bit related topic. It's gonna be a lot of fun. It is, is living life to the fullest a scam. Man, we got to hit the ground running on that one. My guest is indeed Tommy breedlove. Tommy How you doing,



Tommy Breedlove 01:06

man? Scott? What an honor to be back with you my brother. If it's anything like our pre discussion, this kind of kick ass man. I'm thankful to be here, brother.



Scot McKay 01:13

We're already cracking up. Yeah. The honor is all mine. Sir. Your book is wildly popular guys love it. Guys bought up a lot of copies over the last time you were on. So it was an absolute no brainer to have you on again. One of the things you talk about is leaving a legacy. Another thing you talk about is living your best life. And I couldn't help but think when we were coming up with a topic, how many different ideas potentially someone could come up with when they simply ponder the thought of living one's best life. I mean, it can mean so many things to so many different people. But I'll tell you what came to mind that prompted the rather controversial wording of this particular topic was, I think a lot of times guys really think this is a tall ask living one's own life. I mean, I got to start doing really incredibly dangerous adrenaline rush adventures. Maybe I have to kind of yell YOLO at the top of my lungs, like a bunch of girls on spring break, and make really bad decisions and just make sure that I don't experience FOMO You know, there's YOLO and FOMO. Right, the FOMO of not yellowing. You know, I think that comes to mind for a lot of guys, when they're thinking about living their life to the fullest. Yet, you know, as someone famously said, a long time ago, Tommy, you can't kiss all the girls. Okay, dammit. I know, right? There's billions of them, it would be great. But I think it was actually one of my mentors Harvey Mackay who said that, which I thought was hilarious. Maybe he borrowed it from someone else. He talks about other people all the time. So that's very possible. But talk to me, man about this idea of living one's life to the fullest. After all, it is my life. I'm living to the fullest, right? What say you about the balance maybe or what it should mean to guys?



Tommy Breedlove 03:08

Yeah, man. So I don't know, if you've got to go out and jump, you know, climb Mount Everest or jump out of 16 airplanes or scream, you know, YOLO at the top of your lungs, I'm not gonna do any of that shit. But what I and I also believe that balances is quite quite difficult because we're always prioritizing and reprioritizing no matter, depending on what we're trying to achieve in our life. And let's just be clear that men crave respect status, we fear the shit out of embarrassment. But what what does living a best life actually mean? To me,



Scot McKay 03:45

the one where we're in charge of our time doing things we want to do as best we can. And being around people who lift us up, make us better and make us happy? That's what I

would think it would be brother. You know, there's one of those famous lines that's been attributed to a whole bunch of different people, including Charles Koski, and Kinky Friedman from here in Texas, in this case, and that's the following. Find what you love and let it kill you. Do you? I mean, does living life to the fullest have to be deadly? That's another good question. I mean, I guess I have this danger zone mentality when it comes to this idea of living life to the fullest, don't I? What's up with that?



Tommy Breedlove 04:25

I don't know what's up with it, because I think we promote the hell out of it. We've got the Colorado Brady's of the world and the guy who climbed Mount El Capitan out there with no ropes and people run in 100 something miles to see if they can do it. I mean, I don't know. You know, David Goggins out there literally killing himself but dying internally. It's just it's because we promote the hell out of it. And I think we've misinterpreted that as maybe being the good life or what manhood actually is. So we're just being inundated with it's what I think. I mean, so



Scot McKay 04:55

there's a good topic of discussion right there. I mean, we're just lining them all up. Putting all our ducks in a row here. This is gonna be a very healthy discussion I can already figure out indeed Jocko Willings company origin and main sponsors this show, and has



Tommy Breedlove 05:11

loved Extreme Ownership, by the way, it's



Scot McKay 05:14

fantastic. I mean, victimhood sucks. And,



Tommy Breedlove 05:18

and, you know, especially it really sucks now, because the press wants us to believe we're either a victim or a bigot. And that's just flat bullshit, or, Yeah, true. Good point.



Scot McKay 05:28

Yeah, you're either one victimizing other people, or you're the one being the victim. There's no just going out and living your best life now is there. But I agree with you about the media. And indeed, we had a show not too long ago around here, where we talked about how all of this is what's collectively known as family pressure. It's isolating us so that we can be told what to think rather than talking to a bunch of other of our peers or people we respect and forming an opinion based on a real world perception, rather than a media driven perception. And that, of course, goes for your worldview, your politics, your religion, nowadays, what kind of beer you drink, what kind of car you drive, what kind of woman you date, indeed, what kind of cosmetics you use to make yourself look better, and what you should even look like. And it seems like someone else is always trying to tell us how to live our best life. And in shakos case, you also mentioned, David Goggins, a lot of guys, I think, start thinking to themselves, not only do I have to be dangerous, but I have to be hyper macho, or, you know, I'm some kind of persuade, and obviously, that's not living my best one, living my best wife. And obviously, that's not. And obviously, that's not living my best life. So, you know, there are all these different silos of opinion out there, that are influencing us and causing us to think things, when really, whatever happened to thinking for ourselves, and perhaps Yes, being influenced by others we respect, or by lifestyles we want to emulate, is it that we're just not getting off a top dead center, Tommy and finding our own way out there? And we're just influenced by people who maybe don't have our best interests at heart, or what is it?

T

Tommy Breedlove 07:12

I think, I think all of us, I think we crave connection, whether we say we do or not, and we want to fit into a tribe. And men throughout history, the reason we crave power, status, prestige, respect, the truth is, is Yeah, it's fun doing all those fun things and driving all those nice cars. But the truth is, we did it because we want to get laid. That's the truth. And so that goes back hundreds and hundreds of 1000s of years. And so what I would say to the party, whether you want to be super macho, or super dangerous, or you just want to do you, we've got to start thinking for ourselves, and I think you're spot on on that. So what does that actually mean? That means, you know, deep down in you, your gut, your core, you're growing, whether or not you are happy by making this decision, were in this close in this job dating this girl or married to this girl? Or are you not. And if you're not happy, you're probably not doing the right things and being around the people and probably not thinking for yourself, someone else or something else is thinking for you. That's what I would say to that. Now see,



Scot McKay 08:20

there's another author out there are three who are saying, being happy is overrated, you should be fulfilled, you know, that's lacking discipline, or that's really being too selfish to worry about our own happiness. So what I'm going to do is not hanging out to dry there, I'm gonna ask you, what's your opinion of happiness is and what exactly you mean by happiness and what's represented by it?



Tommy Breedlove 08:43

Well, I think it's impossible to be completely fulfilled without having some happiness and joy in your life. And life is so damn difficult as it is, we're all going to get sick. Every single person listening to this, including the the two talking on it are going to die. We're going to have illness, we're going to have economic issues, we got political and social issues. Life's a bitch, man. And so, fulfillment comes from serving yourself and serving others. If you're not having happiness, enjoying the day, that's a martyr, then go find you to the closest Buddhist monastery and go sit there and chant for 100 100 hours a day. And maybe you'll be fulfilled, to be fulfilled, you have to serve yourself and someone else using your God given talents. But why do that, in lack of happiness and joy? And both of those are fleeting, and their destinations and as part of the journey, they're not always here, we're not always going to be happy. But for me, I mean, are you happy when you have sex? I hope so. Are you happy when you eat something great. I hope so. Are you happy when you do something fun? I hope so. And if you're lacking that, what's the point of being fulfilled if you're miserable, they call those martyrs back in the day. That's my opinion. But again, that's not that's an opinion, maybe not wisdom, but it's my opinion. Well, they



Scot McKay 09:53

call that borderline personality disorder nowadays. You want to create drama, you don't want to be Happy everything's got to suck. You know, there are people out there who are like that. I mean, good grief, dude, just get on political Twitter. It's a sewer. I mean, you can smell it over the internet. It's so stinky.



Tommy Breedlove 10:12

I completely agree. And did you read this? Or maybe you've heard this too, that if you spend more than three minutes a day or four minutes a day on Twitter, you're 65% more likely to say you've had a bad day? How crazy is that?



Scot McKay 10:25

Only 65



Tommy Breedlove 10:30

maybe 165 i'd slap



Scot McKay 10:31

a lifetime guarantee on that bad boy, man. Three minutes a day on Twitter Will you know they say An apple a day keeps the doctor away? You know, an hour a day will make you have to go to the doctor probably a shrink if you spend it on Twitter. Oh, yeah, you are all these people, Tommy. I mean, they're miserable. All they want to do is hate each other. And we talked about this on the show to the haters are just going to hate their people who like hating. And they're going to take the path of least resistance and find what they don't like and dwell on it. And I can't think of a worse way to attempt to live, quote unquote, one's best life than to go around hating. I mean, you got to get rid of the bitterness, you got to get rid of the fear in order to be happy and start well, filling your life with something. Hence the word fulfillment. Right?



Tommy Breedlove 11:23

I couldn't agree more man. And here's the here's the challenge with that for all of us, is if we're constantly feeding poison into our eyes, our ears, via social media, Twitter, 24 hour news networks, reality TV, most of the stuff that's on Netflix or Amazon, it's meant to scare you, it's meant to divide you it's making you to feel worry, they literally want to be an us versus them. Because ultimately, we're the puppets and they're the puppet tears. And they are getting all the money from our clicks from the advertising for us being divided, scared and angry. And we've got to turn that it's up to us to stop it. It's up to us now people who just want to war and fight and hate, let them buy more fight and hate hell, maybe they'll find each other and they'll they'll wipe each other out. But the rest of us 98% people who want to make a difference, who want to make impact want to be good people, whatever that means to us, is we've got to cut all that stuff off. And we've got to start putting nutrition in our eyes and ears, great books, great podcast conversation with people that lift you up and make you better. Anything but all of those things. The unfortunate thing is all of those things are extremely addictive. They're convenient, they're easy, they're one phone away, or one click away. And so it makes it very hard. It makes it hard for all of us, especially what I would call quote, normal people, whatever that means to not turn it off, because it's just always around us a convenient, but it's up to us to choose to put something into our hearts, mind souls, podcasts, books, great conversations,

whatever it might be learnings in order for us to literally reconquer our thinking, our heart, our soul and our time. That's what I think you talk about this often don't I did I'm very passionate about it just rolls off your tongue.



Scot McKay 13:16

You mentioned the word nutrition. And given all the unfortunate circumstances that we've rattled off over the last five minutes associated with media and mind control, and wherever in the world, we're going here, as a country and as a society. That's all a lot of junk food that has no real substance. It's not teaching you anything. It's not really helping anybody except the people who are going to make money off you or get more power from you. In the moment, eating junk food feels so great, but then in the end, you're not very healthy and you get sick. And that's the opposite of living one's life to the fullest. But a question that came to mind for you, Tommy, while you were talking revolves around the concept of freedom. How important is freedom to live in one's life to the fullest? I mean, it sounds like a rhetorical question, doesn't it but I'm gonna let you riff on it because it's such a beautiful, beautiful here



Tommy Breedlove 14:13

hit no my buzzwords and freedom is probably one of the very few things that I would actually kill for. and freedom of thought freedom of choice, freedom of speech. And you know, for a country that was founded on really, really, really rock solid principles in the constitution is really rock solid for the most part. We really as a country believe in freedom of speech until somebody says something that pisses us off. And then we're like, want to monitor that. And so the new normal that which is, which is just ridiculous. It lacks common sense, and it's a slippery slope into an Orwellian 1984 worlds. We gotta watch that. But freedom is everything freedom of choice. And you know, I'm a firm believer we're born with the gift of life, the gift of choice and the to death and the gift to death, meaning that we're not going to be here very long, let's use our time wisely. But to get to choice is all about freedoms. And you've probably read this Scott Man's Search for Meaning Viktor Frankl,



Scot McKay 15:10

Viktor Frankl comes up a lot on this show,



Tommy Breedlove 15:12

unbelievable man. And the whole point of that is even in the worst, dire circumstances, you always have the freedom of choice. And so freedom to live your life freedom to think the way you want to think as long as you're not out there, torturing or hurting yourself or others. And you know, in my view, if you want to go hurt yourself, go do it, man, just as long as you don't take anybody, don't be a coward. Take other people with you. However, the freedom to think your thoughts, the freedom to live your life, with safety, with love, with God Willing happiness with fulfillment, again, fulfillment comes from service. So if you're a net giver, you're gonna be fulfilled in life. If you're a net taker, good luck, you're not going to be fulfilled. So for freedom, however, it's a really, really, really interesting word these days. Because true freedom comes with true thought true thinking. And so I'll cut it there because that's a topic that I could riff on for about nine days. Now, when



Scot McKay 16:07

you mentioned Viktor Frankl, of course, he was a concentration camp survivor during the Holocaust. But the raw power of that book lies in the poignant and breathtaking frankly way. And which Viktor Frankl says these Nazis couldn't take away what was going on in my spirit and inside my head, they could no gentek couldn't take up,



Tommy Breedlove 16:28

it couldn't take its dignity. They couldn't take his integrity, even if it would have cost him and so many others their lives, which he saw, it was always a choice. They couldn't take away his dignity that can take away his integrity, and that could never take away his soul and energy. And what a gift that he survived that and put that piece of work out into the world for us all to give us hope and for also us to reflect on how bad it can be. If you go too extreme one way or the other.



Scot McKay 16:56

I'll tell you, it should be required reading. I mean, it was when I was in school, but I bet it's not anymore. Something tells me it's probably not. You know, I talked about what I've coined as the suburban sleepwalk, Tommy, you know, we all live in this nice, safe place. And you know, for sure our parents and our parents parents wanted us to have a better life than they had. I mean, somewhere Victor Frankel's descendants are living in suburbia. I would almost bet on it. You know? What I mean? Is this living our life to the fullest? You know what I mean? And, you know, songs have been written about this angry rock anthems. How awful suburbia is, you know, Tom Hanks movie the burbs, right. I mean, it is boring. It's too safe, it's sanitized. Meanwhile, you go to places that we would call third



world countries. And I mentioned this on the show when it needs mentioning. And it seems like those people are laughing more. They have more friends, they're socializing more, they feel more alive. And every once in a while, you know, you'll go out and have an experience and you'll leave that experience going, man, I just felt alive. And if you say that to someone who's never really spent much time in suburbia, or, you know has been kind of fighting their way through Maslow's Hierarchy their whole life. They're gonna be like, what do you even mean by that? I mean, is that even a thing? And yet, what we've done is we've allowed ourselves to sleep with safety. And I guess that harks back to what we kicked off this whole conversation with I mean, okay, I don't need to like BASE jump and fly around the Batman suit on like Jeff Shapiro, although Jeff Shapiro is very cool. But I had to do something, I had to do something that's meaningful to me. I love Viktor Frankl right? And if I'm just sitting around watching someone else live their life on my big screen TV. I mean, we got better TVs to do that on than ever before. And they're cheaper. And yet, you know, everybody's like, Yeah, I don't know what I'd like to do. I don't really feel the need to do anything. I'll get guys who sign up for my coaching Tommy and you know, the first item on the questionnaire that the guys fill out when they do coaching with me is named 25 things that you would like to do like to acquire or experiences you'd like to have etc etc. Before You Die a bucket list. I got guys Tom, you got nothing. I don't know. Be happy, be healthy. Like you want to go see the Great Wall of China. I mean, you want to have sex with two women at the same time. You want to you know drive a Lamborghini and they'll go like those all be nicer add those to the list. They guys don't even think about this. So I guess the question here is okay, freedom freedom means I get to do what I want. My wife and I have crafted a lifestyle where we work from anywhere in the world. We world school, our children, hey, we can get up and we leave and yet sometimes we still don't I mean, COVID put the brakes on just about everything and everybody there for a year and, you know, habits were formed. And they're not good habits. If one wants to live one's best life, I mean, how people aren't even going back to work because they're getting paid more to stay home, Tommy. That is the opposite of living one's best life. So I guess the question again, is, I don't know, it kind of comes back to balance. And we're going to hit it from a different angle here. But nonetheless, can I live my best life if all I really want to do is code software, or clean houses, or run a power washing company? Or just do something where you know, I'm not famous, and I'm not adventurous? And I'm not saving the world? I'm just doing my part. I'm, I'm making one seven and a half billionth of a contribution. And I'm good with that. I mean, is there a place for that? Or do we always have to reach higher I mean, it's if we're stagnating, we're not growing. If we're not growing, we're dying. And all these different catchphrases people love to FOMO us with I mean, land the plane here, Tommy, what's the deal?



Tommy Breedlove 21:05

I think it depends. I think it depends. One thing we've done, and you alluded to it is we've made things extremely safe and extremely easy. In this world, even the planet, even the third world countries, you mentioned are the safest, most free and most wealthy they've ever been with the exception of just a very small handful. We've got less war than we've ever had before. And so in this country, I think what has happened is there's way too many options and way too many shiny objects. It's like living in a damn casino, 24 hours a day, seven days a week. And it's just one distraction after the other and we have it real easy. Hell, we don't even have to, we can pick up an app to get laid, you know, by just swiping right or left. I mean, that just creates laziness. And so if you want to own a power wash company, or you want to just code software, it goes back to this do you have down in your gut? And in your day to day life? Do you feel lazy, judgmental, angry, scared, worried? And if the answer is yes to that, are you judging people? Are you a cynic? Are you constantly blaming someone else? Are you a victim? Are you a martyr? If the answer is yes to those questions, I would say you're not living your best life. However, if you're coding software all day, and that just lights you up, and you believe that's why you're here is to code software. And you have that fleeting happiness and joy, then I would say you are living the good life. But if you find yourself looking at the sky and asking why the hell am I here? Or what I call God's TV, sitting around a fire and looking at the fire, and like, Is there more to this? Am I lacking something? Why am I unhappy? Why am I unfulfilled, and no, you're not living your best life. And going back to the suburbia sleepwalk, if you're just wearing what everybody else is wearing, driving, whatever just to fit in so that people will like you, you're not living your best life. Because you've got to like you, you've got to love you. You've got to learn to sit in a room with yourself. You've got to learn to be your own best friend. You've got to learn to self respect to get self confidence and gain a little bit of courage to go live the life that you were meant to be. I love your freedom and how you have chosen like it was back to that word, the only power we have is choice. It's literally the only power we have, that you have chosen to live the life that you want to live. Does that mean? You're always happy? Scott? No. Does that mean you don't get pissed off? No. I mean, we're human, we live in human experience. But the key is, are you doing what you want to do? Where you want to do it how you want to do it? And you know, there's making too much money has diminishing returns, because you're going to be so out of balance. So out of priorities, and it's going to be about next and more and next and more never happened? And so, it really depends. There's no right or wrong answer. It goes back to you. Are you thinking for yourself? Do you live with self respect? Do you live with courage? Do you live with confidence more often than not? Do you give more than you receive? And that to me is how you become happy, fulfilled? And, quote, live your best life? And are you experiencing this life? This very, very, very short life to its fullest? Yes or no? I mean, it's up to it's really up to each individual to answer that,



Scot McKay 24:22

man, so well spoken. And I'll tell you what, you know, you talk about the freedom that Emily and I have crafted in our life. And you know, for better or worse, I'm just gonna throw it on the table. We've done a better job at that than most people I know. Most everybody I know socially, still is tethered to something. Right? You talk about the American dream. The American dream is to get a great job for a good company, a house in suburbia with two cars in the garage and 2.5 children and you're tethered to everything. You're in debt. And you know the school system owns you nine months a year. You're Kids have to go, you know. And that's what we were told the dream, not necessarily what we wanted, or what we really dreamt up. And you talk about the shiny objects nowadays, we can be jealous of literally hundreds of 1000s of people because we see them just slathered all over the media doing cool things that we don't think we'll ever have a chance to do, you know, the highlight reel. Right? Everybody on Facebook is showing us all the good things, or either the really bad things sometimes you know if there's something tragic, but there's no celebration of the mundane. It's all FOMO it's all man. You know, if there's an ounce of boredom in your life, you got to crush it underfoot and go do something exciting. And listen, you know, let's just quash that whole theory right now. Emily and I have been a whole lot of places, we do a whole lot of cool stuff. Our kids are involved in sports, and we cook great food and we drink the good beer and we adore each other. But let me tell you something. We do a lot of boring stuff. You know, just a couple episodes ago, we were talking about, you know, John, Katherine and I, how you know, all these men think we have to drive a four by four pickup truck out into the wilderness and kill bears with our bare hand. And here both of us are talking about that. And we both well, live in suburbia. I do my guest did Catherine Listen, you know suburban Charlotte, North Carolina. I live in San Antonio city limits. But if you know anything about the city, the city becomes very bucolic before, it's not San Antonio anymore. I mean, I got deer wandering around in my front yard, you know. But listen, the bottom line is there's no way you're going to fill every minute of every day with pure adrenaline. And this goes back to something that was taught during the pickup artist era. Women who are 10s are reserved for rock stars. You know, she doesn't want to go out to the movies with you this weekend, dude, because she's getting on a Gulfstream five and flying to the mall deals with you know, a famous guy. Oh, hell she is. She's gonna sit home and watch friends reruns crying over Ben and Jerry's, you know, because her heart got broken again two weeks ago. And listen, I can prove this. I went out with so many pretty women sweethearts who were dateless because they didn't know how to be social, or they were kindergarten teachers and went and stood around a bunch of other women and five year olds all day went home, and we're tired. You know, that's real life. That's reality. What you see on the highlight reel isn't what you see on TV, quote, unquote reality show is anti reality. The truth of the matter is even if you are living your best life, you still got to run the errands. You still got to do the housework,

you still have to make up for natural entropy by cleaning things up and fixing stuff that breaks. It isn't going to be 100% non stop adrenaline, even if you have wait for it formed an identity and out of that comes purpose. And you know what you want to do? And it's very impressive to women and all that. I mean, even here at x&y communications. Hey, Tommy, I feel like I've been retired for 15 years. Because I wake up every morning doing what I love. But there are still things I don't like doing that have to get done or the business doesn't work. Well McKay Why don't you outsource it? Yeah, you know, nice try. If I could only outsource to someone else and pay them pennies on the dollar for everything I don't want to do in life. Yeah. Tell that to my dog who's 16 years old and pees on the carpet? I can't just call someone haven't cleaned it up right now. You know, come on over. You know, it's got to get done now. So I mean, yes, you can dream big. You can go for freedom, like it's a frickin golden ring. And I hope everybody listening will do that. I hope you're doing what you want to do, because it's Who the hell you are. Because it's in line with your character. But yeah, you know what? That's different than pressuring yourself into oblivion. Right?

T

Tommy Breedlove 29:01

super hard. That wasn't super hard. You know what you're talking about the daily grind the daily work. It's the reps to use that metaphor, right? Yeah, I can't I can't get physically fit. If you don't do the reps or do the cardio. Same thing goes with your heart and mind muscles. And life is meant to be lived, you know, in the mundane, the journey, the process. If you can figure out how to look around and enjoy that and be appreciative of it and grateful for it. I mean, your life will be a whole lot better. But no, you're not going to escape life or the mundaneness or the boredom or other things and I loved your digression there about women because women, for the most part they crave love. That's what statistics say they crave love. And by the way, guess what they're attracted to confidence, confidence, confidence, confidence, it has to do with the G vibe that you fly or, you know, the wilberto that you roll around and it's about being confident in who you are. And that comes with respect and by the way Confidence is about doing the reps. And so if you want to be a confident in your heart space and your job in anything, you've got to do the reps. And so the reps the process, the mundane, that's the important stuff. I hate flossing my teeth. No, that's TMI, but guess what I do, I've lost my damn teeth, because I know it's what's best for me. And so I believe if we're tilted, if it's 6040, or 7030, I think if you're at 7030, you're living a world class life. 6040 a great life. 5050 a very good life, that where you're enjoying it, and experiencing it and doing the things that you want to do, I think 5050 is good, you're going to 50% doing stuff you don't want to do and 50 that's stealing good life. 5149 even better, 7030 that's a great life, and then you a world class life, if you could get it to 8020. That's world class. And that doesn't necessarily mean money and things. You and I both know, money's important to truly experience life. But

time is more valuable by far than money. And if you can somehow have more time, even with a little less money, you'll be probably a lot more happy and fulfilled as well. And that's because it's shiny shit. Yeah, it's fun. Yeah, it's good to have, but it will not light you up, it will not fill that hole. And so I'll leave it at that. But man, you got to do you. But in order to be confident self respect, courage, if you can't answer that question Scott just threw out there like 25 things that you desire or want. Man that makes me really damn sad for you start doing some work, you know, work with Scott, find somebody to help you with it. But man, that is super sad, because let me tell you, what is going to happen is you're going to be lying on your deathbed, regretful as hell. And who wants that?



Scot McKay 31:44

Well, I'll tell you around here, this is all been built around experiences, not around collecting stuff. All the cool stuff we have around here fees, the experiences, it's all gear, you know what I mean? For the most part, and I'll tell you what, you know, a lot of guys are thinking, Man 5149 8020, I don't even know how to count it, it all seems to blend together. I mean, admittedly, I'm one of those guys. But, you know, something that perhaps has been unsaid until now, which deserves to be addressed, is all of our best laid plans on how to live life to the fullest are sometimes dashed by an emergency, or by the theater of the unexpected, or by what I call collectively, God's dirty little tricks. And sometimes that's where you find the fulfillment. Sometimes that's where you find the unexpected blessing and what you perceive up front to be crisis. You know, like Viktor Frankl great example. I mean, I don't think he'd like to go back and relive being in a concentration camp, but look at the gift to the world that came from that. In my own life. My first marriage was a disaster. But if I didn't have that first disastrous marriage, I wouldn't be as well equipped to serve the guys I serve today who are suffering through some of the same things. And I certainly wouldn't have been able to appreciate perhaps, you know, maybe not certainly, but perhaps I wouldn't have appreciated the fullness of the relationship. I'm in now with Emily. And I think that deserve to be said. Now, listen, Tommy breed love, gentlemen, is the only guy I know of who can talk about dental floss and make it interesting. I just did that for you and a whole lot more. So what you need to do, obviously, is go over to mountaintop podcast conference slash breedlove. And get a spanking new copy of legendary, a simple playbook for building and living a legendary life and being remembered as a legend. And maybe you might just get a spanking but it'll be good for you. So you get that spanking new copy and perhaps more. And Tommy, this has been an excellent conversation. I knew this would be a lot of fun, and it's been kind of garrulous, but you know, we need to show like that everyone smile. Thank you, man. I really appreciate it. I appreciate you, man.



Tommy Breedlove 33:58

Yeah, I appreciate you back brother. And I think you said something really powerful there. A couple things and I'll leave it with this is if we were immortal, or perfect, or this life was perfect, they'd be really, really boring. I know it sounds cliché, but I was a Michelangelo of absolute messing up and failure for the first 37 years of my life. He spent the last 10 turning it around brother and I've never been better and happier and so I'll leave it at that. I love everything that you said. I love who you are, man. And here's all the men out there listening this please participate in your own rescue. Look in the mirror is the problem, man the solution and love to you all.



Scot McKay 34:33

Yeah, there's empowerment, then there's trying to be your own God. And I'll tell you what, I don't need that pressure. A lot of people are trying that man. Can you imagine how boring it would be to be your own? God, you'd have everything figured out. What fun is that? Anyway, seriously boring. Tommy thanks again. And guys. If you haven't been to mountain top podcast.com in a while. Check out our sponsors origin in Maine and heroes soap. Heroes soap man if you haven't got yourself a couple bar zero soap. It is long past due for you to do that probably because you're stinky and you need to shower. But it's also because there were no dilates, no parabens and that soap it's going to make you feel good and smell good for the ladies. And for anything else you might be doing Hey, you might want to just smell good going surfing or hunting I don't know. And if you haven't yet checked out origin in Maine, you're going to be amazed by all the cool manly stuff they do over there just do yourself a favor and go check out origin Maine from the link on the website and guys Yes, you can still talk to me free for 25 minutes by clicking the red button in the upper right hand corner of mountaintop podcast comm we can talk about where you are right now where you want to be put a plan of action in place so that you can yes live your best life You can sign up for free and the scheduling is immediate thanks to calendly comm and all that and more is there for you at mountain top podcast calm 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.



Edroy Odem 36:09

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 nope now

