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## SPEAKERS

Edroy Odem, Scot McKay, Michael Lassen



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 00:17

All right, gentlemen, welcome yet again to 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 YouTube videos including visual representations of this show by searching Scot McKay on YouTube, that's SC o t MC k y. The website is mountaintop podcast calm. And as always, I invite you to join a like minded group of men who are looking to get great women into their lives at the Facebook group called the mountaintop summit. With me today is a returning guest. I've known this guy for well over a decade now he's always thinking about really interesting, and you know, frankly, intelligent thoughts. He's a bit of an intellectual. And you guys absolutely loved his last show. So much so that I brought him back on to talk about another topic that sounds incredibly interesting to me. And I know he's passionate about his name is Michael Lawson. He's Danish originally living in Cyprus. Now today, we're going to talk about life's golden checklist, Michael, welcome back, man.



Michael Lassen 01:23

Thank you so much, God, it's it's a pleasure. And thank you for for the last time and putting it on your top 20 list. That was amazing.



Scot McKay 01:31

Yeah, well, you know what I did, I took a little group of the podcast, the episodes that were getting really super results that guys were really resonating with, particularly so. And I made a playlist of those top hits, I guess, and certainly your show was on it. And for good reason. I mean, we had a great conversation. And I'm looking forward to this one. And I want to kick it off by asking you, Michael, what inspired you to put something together at all called life's golden checklist, man?



Michael Lassen 02:01

Well, I've always been a fan of Warren Buffett and his level of thinking, and, you know, obviously, throughout the last many, many decades, he's been on and off as the most wealthy person in the world. And not that wealth is everything. But it's certainly one thing that's easy to, to quantify and to measure. And so it, it started even very early on when when I bought a book about gambling, because I wanted to beat my friends in poker when I was a teenager, and and I got fascinated about the level of thinking that he was doing. And what I noticed was that he credited pretty much all of his success to the checklists that he developed throughout the years of how to invest. And, and you can actually Google that, that it's at least a big part of the checklist is, is something that he has revealed. That's a couple of extra points that he hasn't talked about. But that was really the the gist of it. As soon as I realized that, you know, what, if the most wealthy person in the world consistently in the last 50 years, credits all his success to checklists, I'm not, you know, I'm not smarter than him. So it made sense for me to go deeper into the concept of checklists and how to utilize it. And what also fascinated me about checklists was that, that every time somebody uses a checklist and measures the result, it always comes up positive. Like the there's never been any research or experiments where people have implemented the checklist and where they've gotten worse results. And, as I think we talked about before, as well is that so much of success is the consistency of small victories. And so all of that made me realize, you know, what, I need to dig deeper into what checklists can do for me, and like you said, you know, I'm, I'm an intellectual with a tendency of overthinking. And when I use that, to my advantage, some critical things come come through as a result. And then I got the idea that this was the first name, I had it life's golden checklist is that well, if if you make a checklist that can make you as successful as Warren Buffett in business, what would a life checklist look like? And that

was the question that led me on. Now, almost three year journey.



Scot McKay 04:30

So basically, you took what Warren Buffett put together, and kind of transmuted that to life in general, not just investing.



Michael Lassen 04:37

Yeah. And what was funny was that it was really sort of a homer simpson moment. When I, when I realized that back before we met 1011 years ago, is that I had developed this sort of at the time I looked at it as a therapeutic technique of taking people back to The worst experiences that they've had in their lives, you know, sometimes traumatic, sometimes just like very, very disappointing ones. And I both used it in my classroom and seminars, I've used it with poker players, entrepreneurs, so on and so forth. And basically, the the gist of it is that you go back and you extract life lessons, or sometimes business lessons, or love lessons, what have you from those things, while simultaneously releasing the negative emotions to it. And I've done that with amazing therapeutic results for years and years. And I've always done it once, sometimes twice. And then I got the idea that Wait a minute, if I did that on several different experiences, then Wouldn't that be collecting checklist points. And then I did my own. I then call it a success checklists. And I collected a bunch of different checklists, points, life lesson points from different parts of my life. I also expanded it into imagining I was into the future where things have gone really well. And what could I learn from that? And also going into a future everything went wrong? And what can I learn from that, and a bunch of different things. And I came up with this 12 points, checklists of, of my own life that just felt amazing to look at. And one of the points was that this was my own, like, and going through this process, made it really special versus, you know, using Tim Ferriss, Scot McKay, his Tony Robbins checklist, I mean, that's gonna look nice on the wall. But when is your own experiences that you've been through and extracted the life lessons that you can, and also getting closure on it, it really made a big difference.



Scot McKay 06:47

So you know, it comes down to this. And this is what it sounds like you're talking about to me, we all live our lives. And as we live our lives, we experience things. And yes, we all make mistakes. So what you're doing is you're extracting the wisdom from those experiences. And yes, those mistakes, and also the healing that may come from that in the form of Well, basically putting it all down on paper, and formulating the thoughts and

taking what you can from them to make a better future for yourself. Correct.

M

Michael Lassen 07:18

Yes, and, and it's interesting, because then what happened, it was very, it was only a couple of weeks after the last time we talk is that I had in Denmark, where I'm from, I've been watching the show called X factor that Simon Cowan started. And it's not like American Idol, where people go on and sing sometimes their own songs, sometimes cover versions, blah, blah, blah, and I was, you know, someday, it would be fun to, to, to audition for that. Because I am a songwriter, and I love to sing. And as we all know, the seven days in the week, and Sunday is not one of them. So it never really happened. And then I got rid of that excuse. And once I did that, then it it became a question of making a decision. Because before that it wasn't really a decision to be made. It was just an excuse that was there all the time. And then I started to think back and forth, you know, should I do it, and it's gonna be a lot of time back and forth. And then after two weeks, I went. Wait a minute, Michael. You're the guy who came up with a success checklist. Why don't you make the decision through the success checklist. And then as I looked at and tapped into my checklist, within a minute, I realized that it was not a decision to be made. It was a knowing that I had to do it. And that's when it really hit me how powerful it was that it instead of having to make a decision, it helped me tap into an inner knowing of what I needed to do. And yeah, that was instant slash circle madness. And that's when I realized, you know what, this needs to be my focus.



Scot McKay 09:02

You know, what this reminds me I've been away is for years, Mike, I've been telling guys to make a list of the traits they're looking for in the woman of their dreams. And the beauty of that is not only focuses guys on who it is they're looking for, it also focuses them back reflectively onto themselves. Who the hell am I? What am I about? What is my purpose? What are my values? And who is the woman who's going to match up with that? I mean, sure, items on that checklist, if you're going to call it that.

M

Michael Lassen 09:32

Yeah, because if your leader you want to go first. Like I use the example of a mirror if you're standing in front of the mirror and you're waiting for the reflection to smile back before you do it's gonna take a long time. So yeah, I love what you're doing because it's exactly an opportunity for guys to embrace those qualities themselves first, well,



Scot McKay 09:53

you're right it is masculine to lead. But it is also an extremely good idea at the more pragmatic level to know who you are before you decide who you want. And the beauty of it, that is also seen in what you're talking about, I'm noticing here is that you got to be true to yourself, you know, you have this list, you just put together of what you said you wanted. And you know, I have guys rank the traits that they are looking for from one to 10. And then I have them build a secondary list of what's called deal breakers. You know, it's not with obviously, but they're more binary, like, you know, she's addicted to crack, she's not going to be my future wife, right? Things like that. She's clinically psychotic, I don't want her in my life, and so on. And what that does is pretty much anchors, what you want, at the cognitive level, at a logical level, so that when we meet a woman, and she just does it for us, we have already told ourselves months or possibly even years ago, Hey, wait a minute, this is who you said you wanted. And this is who you said you absolutely weren't going to tolerate in your life. So if we find ourselves making excuses after the fact, when we meet a woman who we find really sexy, and at an emotional level, we just want once she's no darn good for us, we've already told ourselves that, right? And now we have to live with that and be true to ourselves. And my goodness, you know, if the list has become outdated, and you know, I was only kidding myself, or perhaps I didn't include this element that I should have, you put it in there, and you evolve the list. But in the moment, that ability to look back and say, Hey, you know what I told myself this. And now I'm trying to make excuses literally for myself. And just those words, rolling off my tongue, Michael make no sense, right? So you know, in the moment, when you have this list, that you formulated that you put together as a real actual fungible project, then later on, it's a feather in your cap, because it keeps you grounded. It keeps that wisdom at the forefront of your life. So well, frankly, you're less likely to make mistakes in your career, in your personal life, and certainly in your love life. Right? Am I onto something?



Michael Lassen 12:16

Yeah, and and what I also love about what you just mentioned, is that I bet that the right woman will feel that once the man recognizes that she fits into it, because that's gonna, that's gonna make him project something. And the right one is going to feel that, oh, there's something here. She might not be able to put it into words. But it's also like the one of the old, like tactics and the pickup humanity, they call qualifications, which, unfortunately, works, if you do it insincerely of qualifying a woman also, you know, I had to set up certain criterias, where to live up to, but what I've also said, which is so why so cool to talk to you, because we think so much alike, is like, once she feels that, Oh, this is actually real, then it's that much better. And this is also one of the things I've told my guys in the room and program is, is having the courage to make the decision not to

compromise on those qualities, like if she doesn't live up. So that list that you mentioned, it's it's nice to meet you. But that's Sorry, it's not going to work out. And having the hackers and demonstrate that leadership and non willingness to compromise on who you truly are and what you truly want. It's very, very attractive as I see it. Yeah, I guess it's the opposite of being needy. And, and I think I mentioned that the last time which Oh, that was how I started the whole congruent man is that I asked female friends of mine, what's the worst thing a guy can have? And they also want if he's needy, because then it's not about them, then it's about his need. And then I thought, well, what's the opposite of being needy? Well, that's exactly what you demonstrated with that list. It's knowing what you want, and not being willing to compromise on it.



Scot McKay 14:02

What security? Yeah. What you just talked about is important to underscore, because women love to feel chosen. And then yeah, you know, you were talking about pickup tactics. What I'm talking about here is an actual strategy, something more long term.



Michael Lassen 14:18

Oh, yeah, I just write that that it's funny that the pickup guys, it works for them as a fake strategy. And so it was that much better with what we're talking about.



Scot McKay 14:27

Yeah. You and I are on the same page. I'm affirming what you said. Absolutely. Yeah. So this isn't something that you use in the moment on a whim as some sort of trick, right? This is something you've thought through and yes, when you meet women, and they find out that they fit the prototype. The blueprint, as it were, of who you're looking for, because it's rooted in who you are. Your identity has produced this desire for the right woman in your life, the woman feels safe and secure. chosen. And neediness isn't even in the conversation because, yeah, you want this woman in your life, but it's because she matches up so well with you not because you're desperate for a warm body who can fog a mirror. And see, that's the thing. Women don't want to be a piece of meat, they don't want to be a temporary solution, they want to feel chosen, because that, like I said, makes them feel secure. And that's what women are all about. And what I call God's dirty little trick, Michael, a big part of it is how sex works and how attraction works. Because in many ways, it's kind of arbitrary, it could have been any set of points, but the divine inspiration behind it has made it thus. And what happens is, when you make a woman feel secure with your masculine presence, having a plan, having ambition, it literally makes them

horny, it turns them on sexually. And as soon as we guys start figuring that out, we will have unlocked the secret of the universe in terms of how women are, and frankly, how we can understand them. And once that happens, all the women start loving you. So absolutely. Having a checklist for filing. So I mean, having the woman on paper before you find her sounds a little wonkish. Okay, like you're being a little too clinical, or perhaps even sanitary about this. But see, the thing is, what comes first in the real world is you find a woman in your heart for she does it for you. And that's when logic and things that make sense to you and your future and the positive nature of that future. As you've already alluded to, that we do have control over. You know, I agree with you on that. You alluded to that, and I agree with it. What happens is, when you know you're looking for, you tend to find her too. And you tend to weed out the ones who aren't right for you.



Michael Lassen 16:51

Yeah, it becomes effortless. Yeah, I



Scot McKay 16:54

wouldn't call it effortless. But it becomes easier because you have more options. Because it's sort of a domino effect, right? There's a cascade to it. Once you start finding women who are congruent, that's term you like I know, you talk about your brand as the congruent man. Basically, when you find people who are congruent with you, you tend to be attracted to them. And when you know what you want, and you're leading, and you have this ambition, and you're making women horny on top of that, Wallah, you have more options in life. And then when you have more options among women who are actually who you're looking for, here's the needy word again, you're less needy in general, and you definitely don't need women who aren't going to be right for you. I had women who aren't right for me, thank me for figuring this out. Like, yeah, I'm disappointed, but at least now I'm freed up to go find someone, you know, who will appreciate me more as I used to like to say to them,



Michael Lassen 17:46

yeah, and the other thing, it also does suppose with the checklist, and the list that you described you help men develop is that when you follow that list, as much as you possibly can, what I also realized is that it eliminates regret. Because if you make decisions from who you truly are your bigger self, your higher self. And in this case, like what one of the things that most of us have experience as men is that, yeah, there's been certain relationships and things that we regretted going into. And had we followed that list, we

wouldn't have got into it, or we wouldn't have regretted it. So this was one of the the other big insights I had, I think it was two days after I had finished my life golden checklist or success checklist, is I was thinking, I was thinking back like the last 10 years and trying to identify what has been the major quote, unquote, mistakes that I had made. And then it hit me and I remember exactly where I walked, when that thought hit me is like, Whoa, if I had made those decisions about the people I let into my life and other things, if I had made those through my new checklist, I wouldn't have made a single of them. And then I realized holy shit if I move forward in my life, utilizing this checklist, that means that I can have no regrets. Because things might happen that I don't prefer. But I truly can't have regrets because I made the decision from an inner knowing and for my biggest self whatever you want to call it higher self higher minds, you know, be my guest of picking a name. And so I think also in terms of what you describe what that list that you have men create is that if you actually follow it and you make that decision of this is my list. Like you can almost go Gollum like and go It's mine. Then there is there is no regret. It's not possible. Yeah, it might not go exactly like you want it to but there's no regret because you use something that was a representation of like you said the true you. Does that make sense?



Scot McKay 19:48

Yeah. Well, the beauty of the list like that is it is uniquely truly yours. if done right and done purely of your own volition. I mean you know, I'm sure other people are going to influence you a bit in life. I mean, you get good advice here and there, you get bad advice and you throw it out. But you know, notwithstanding any of that, what you have is something that's uniquely yours, there's not going to be another golden checklist anywhere in the universe like yours. And to be sure, I'm really fascinated about this concept. It's not really what I was expecting. I was thinking maybe it would be something sort of set in stone, like maybe a Jordan Peterson 12 rules for life thing that you'd come up with to bestow upon



Michael Lassen 20:30

that, that's great. So absolutely, and I love Jordan. Yeah,



Scot McKay 20:33

it's different. It's different though, what you're talking about kind of reminds me of a hybrid between a bucket list, things that I would love to do have or experience etc, etc. Before I you know, pop my mortal coil. And what Stephen Covey of seven habits fame used to call a list of unifying principles. And famously, he would have a list and suggest we do the



same of basically stuff, we believe, principles, we follow values we hold, and they would all be first person, and they would all be present tense. So these wouldn't be things you aspire to these would be things you claim in the moment, I am a man who does this, I am a man who believes this, I'm a man who treats women with respect. I'm a man who walks with his head held high every day. And perhaps, you know, more practical ideas as well. I'm a man who eats his broccoli, you know, I'm a man who doesn't eat any meat, whatever it is, those would go on this list of unifying principles, and you'd review them rather frequently to make sure you were once again, here's that word congruent with who you want to be that your values, your morals, your ethics all add up. And according to Stephen Covey, this makes you a better person, it makes you a better man, because you put on paper those things you believe, and you're not being blown and tossed, certainly with the wind, and also your damn Skippy not being blown and tossed by the opinions of someone else.



Michael Lassen 22:00

Yeah, by the way, you know, I'm not claiming that when I help people create their own, you know, unique success checklists that that's the only checklist that their life at all, because like some of the things you said in terms of health and other things, that that could be other checklists that are super valuable in a specific context. And for example, I started expanding it into helping people create their own business success checklists. So we went through the biggest mistakes in business, the biggest successes, what could I learn from that, and so on and so forth. And same thing in terms of relationships and live and love is that that's a different checklist for me, than it is like the sort of the the biggest one, which is this case, the success checklist. So you can have all kinds of different ones that that's also what's so fascinating about the concept. Yeah, so there's this book called Checklist Manifesto that outlines in so many different ways where checklists, even very, very simple ones have literally save lives, like in terms of operating procedures, like for pilots, and where, when you read those checklists, you may would recognize most of the things, but the fact that it was there, it was simple. Literally can in this case, save lives or save money, save your sanity, in your case with the the checklist of policies in women.



Scot McKay 23:22

So if lawyer fees and the family court says exactly Hey.



Michael Lassen 23:27

So So definitely, it's not about it's not about only having one checklist, it's about having it in in different contexts that is important in your life. And then I happen to believe and

have the experience that that having the overall one for success. Alive is is a very good one for like the biggest decisions and then tapping into the knowingness versus decisions. Well, I'm



Scot McKay 23:49

just glad you were talking about Warren Buffett, because everybody seems to be talking about Elon Musk lately. And I tell you what, me and my cryptocurrency portfolio are sick of talking about Ilan musk. So glad you went in the other direction.



Michael Lassen 24:03

Yeah, I listened to Warren Buffett all day versus Ilan, I have nothing against him as such. But you know, he's not there yet. In many ways, as I say, as at least.



Scot McKay 24:13

So talk to me about some of the practical ways having put together this checklist has changed your life, and also why some guys might benefit immediately, instead of in such a far flung long term sense from doing it for themselves.



Michael Lassen 24:32

Yeah, so one of the biggest insights I had also in the last year in terms of what checklists can be useful, is one of the other things I've told a lot is speed of implementation, the power of having a shorter timeframe between making a decision or having an idea until you take the first action step. And that's been demonstrated as the number one trait with successful people. And so the biggest challenge is that is typically when people hear about it, and if they recognize, oh, you know, I need to test this is that they make the first steps too complicated or something that they can do tomorrow, even worse next week, where what I discovered is that if you have a checklist, and it doesn't have to be, you know, life's goal and checklist, success checklist, whatever, it can be any type of checklist, if you make the checklist, the first step, in terms of speed of implementation, that's really fantastic. Because you can have whatever checklist we're talking about, you can have that on a three by five card, you can have it on your iPhone, or Samsung, whatever. Or you can have it memorized. So having a checklist as the first step of checking in with the idea with the decision, whatever the context is, whether it's business life relationships, that is super, super valuable, because you can do it pretty much instantly, like literally within 10 seconds. And then you've taken the first action step. And finally, it will tap into a knowing

that Oh, yeah, I definitely need to go forward with this. And then well, if I knew what the second step now could be, what would it be? Or you will tap into? Oh, no, this is not a good thing. I might put this into my you know, let's think about this later folder, or whatever. So so that's definitely been an epiphany for me in terms of utilizing the checklist always as the first step after getting an idea or making a decision to test something or go in a specific direction.



Scot McKay 26:31

Yeah, I really liked that. Because like you, I believe in a series of small goals, leading to a larger one. And I've talked about that a lot on the show. And one of the things I was thinking about in terms of perhaps one of the well, minor pitfalls of putting together such a checklist, as you're talking about is you can put too many things on it. And then you have a dog chasing its tail, and there are too many shiny objects, and you just don't know what to go for next. And so when confronted with so many self imposed choices, you end up doing none of them. Whereas if you keep it to maybe a top 10 list, or here are the things that are prioritized right now, or even putting the items on the checklist into tiers, like you just talked about, I think that sounds like I don't know, a much more workable plan for a lot of guys. So that way, you do have some things on paper. And by the way, I don't know about just simply memorizing it, I would write it down because there's something about all you have to show down. That's like, making up stone tablet.



Michael Lassen 27:30

Yeah. I mean, I'd set it on my eyelids, or am I actually considered my first tattoo being my checklist, but you know, now, it's gonna be too big. So I have it in my pocket and my phone and in my mind.



Scot McKay 27:44

And what if it chases I mean, it's like, you know, crossing out the names of your girlfriend's on your arm and getting a new tattoo every time.



Michael Lassen 27:50

You know, I just added one, like couple of weeks ago, which was the power of thinking big. That was not my first one. And I realized, you know what, this is time for it. To be part of it.



Scot McKay 28:03

You added a new tattoo, or you added a new item on your list.



Michael Lassen 28:06

Yeah, new item on my list. And exactly like I said, so what I do in the process is that I help people come up with 20 plus different potential checklist points. And then we do a comparison and get it down into 10, or 12, typically. So just like you said, it's more manageable. And also you can remember them and doesn't mean that you forget about the other ones. But you want to have that workable checklist. And in general, a checklist is better off being simple, rather than too long or too complicated, just as an overall thing.



Scot McKay 28:41

Well, I tell you what, I think this idea is absolutely fantastic. And I'm glad we shared it with these guys today. Because I think all of us should implement something like this, if we haven't already. And I love the fact that it combines those elements of our personal principles and those, I don't know, ideas and accomplishments that we aspire to. Can you've done a lot of good thinking on this and and what a valuable episode for these guys. This is fantastic.



Michael Lassen 29:08

Yeah, thanks. And let me add one last thing that really made me flawed in terms of the power of this is me being a big fan of Warren Buffett, and him releasing his public checklist is that what I looked at is reading biographies and, and different, you know, material about him is that I went back and and, and this is gonna sound a little self serving. And that's all right, take it for what it is. But when I looked at his history, and I looked at my method of coming up with a checklist, because the big challenge that some people mentioned is that well, how can you have a success checklist if you haven't had success yet? And that's a very good question. So that's part of what this does is because what has happened throughout history basically is that the people who became successful became it because they realized But they could learn from their failures, like most people who are millionaires have been broke. And then they managed to extract lessons from that and apply it in the things that made them successful. So what I realized when looking at Warren Buffett's history is that, and I know it's gonna sound a little egoistic or whatever, is that if, if you're going through this process, he could potentially have come up with the same success checklist 1520 years earlier, because he had the experiences where he could have extracted it. And and when I realized that I went, Okay,

this needs to be my primary focus in life getting this out there, because it's so hands on, it's so easy. And once you have the tool, it's, it's almost hard to forget not to use it. Because it's so easy. It's so simple.



Scot McKay 30:46

Well, it doesn't sound egotistical To me, it sounds purely pragmatic, and Indian, putting a checklist together of things you aspire to. It sounds almost silly to think that you will have to have reached it already. Before you make a checklist about it. I mean, we're not reporting here, you're aspiring here. So we look to mentors, people whose success we respect we draw from that. And we put a list together of things, we need to do a veritable to do list to get from point A to point B. And that's only natural. I mean, that's, that's self improvement. I love it. I think it's great. And, you know what, Michael, when we send guys to mountain top podcast.com, front slash checklist, right? What they're going to find is some information about you and also about how they can build their own checklist correct. will have that website set up for them.



Michael Lassen 31:35

Yeah, absolutely. And, and they're also going to be, I'm actually linking to the last podcast we did. And also this new one, and a presentation I did the same conference where we're speaking, so there's going to be a lot of stuff that that the guys can listen to and download and watch. And also information about the checklists.



Scot McKay 31:59

Fantastic. You just can't beat that. Well, Michael Lawson thank you so much for joining us again today just like last time it's been a fantastic show that I know these guys are going to enjoy immensely.



Michael Lassen 32:08

Yeah, and just the very last thing to add is is even if you want to make like five minutes checklist is look at the three or let's say the two worst relationships you've been in and the best one and think about what's the three lessons I could learn from each negatively and positively right all those nine downs and you know the next time you go on a date or make decisions if anything that's going to be a value of looking at that as you make a decision.



Scot McKay 32:34

Yeah, that's good word also very very good. Gentlemen, if you have not visited mountaintop podcast calm lately, please go there. Check out our sponsors origin in main and heroes sub Comm. Both of those supporters of our show develop products that I use personally on a daily basis. The supplements the jeans, the boots at origin and main and the soap and the body wash from Hero soap company are among the best that I've ever used in my entire life. And I say that with absolute certainty. Please check out heroes soap company and origin and main by clicking on the links that we have at mountain top podcast calm and gentlemen if you have not yet talked to me for free for 25 minutes yet about where you are right now and where you want to be in your life, it's time to go ahead and do that. The year 2021 is already about half over man remember how long 2020 seemed with COVID and lock downs and everything and this year is just flying by guys to get from where you are right now to where you want to be. The very first step is to talk to me, you can sign up in real time on my calendar electronically by clicking on the red button in the upper right hand corner at mountaintop podcast comm we'll talk about where you are right now where you want to be the relationships you have going on in your life and how you can go from point A to point B for sure. One of the things you heard Michael talk about his speed of implementation well gentlemen, the time to procrastinate is now behind you and the time to move forward is upon you. So let's do this thing. It's all there for you at Mountain Top podcast.com 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 34:22

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