

mtp281

Thu, 12/9 2:32PM 36:14

SUMMARY KEYWORDS

people, mountaintop, commitments, life, greg, airline pilot, podcast, airline, world, air force, fly, job, lackland, area, person, airplane, x&y, talk, day, spend

SPEAKERS

Edroy Odem, Greg Krino, Scot McKay



Edroy Odem 00:05

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



Scot McKay 00:18

Alright gentlemen, welcome 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 us on YouTube by searching my name SC O T MC K, why the website is mountaintop podcast.com As always, and listen gentlemen, if you haven't joined the Facebook group, yet, you're missing out on a whole lot of fun and a very worthwhile venture especially relative to some of the other flotsam and jetsam. That is pretty much all over social media nowadays, you will find a great group of guys who want to be better men, it is worthwhile to go to the mountain top summit on Facebook. With me today is a 20 year Air Force veteran. He's also currently an airline pilot, he's flying 787 How cool is that? And he loves anything military, aviation related talks a little politics sometime but this time around, we're not going to do much of any of that, probably to the relief of many of you guys, because another one of Greg's passions is talking about moving from one career path to another, balancing two careers and purposes and also somehow balancing family life along with that, man, if that doesn't strike a chord with most of you guys out there, if not all of you guys out there. I don't know what else would all of this is about being a better man being more attractive to a good quality woman because you are a man of purpose. Who is capable of leaving a legacy women love that they eat it up. They lap it up like kittens lap up milk from a saucer gentlemen. So without anything further, the host of the Greg Quirino show on Apple podcasts. None other than Greg Kirino. From Santa Monica, California. Welcome sir.



Greg Krino 02:04

Scott, how you doing? Thanks for having me on.



Scot McKay 02:07

Well, I'll tell you, man, it's a beautiful day here. I'm sure it's always a beautiful day in Santa Monica, California. Right?



Greg Krino 02:13

It is it is it's about 78 degrees here and we don't have the 95% humidity that you get out there in San Antonio all the way love San Antonio



Scot McKay 02:21

95% would be really high. That's kind of Houston. That's Houstonian levels of humidity. Actually, the weather here is a jealously guarded secret. And you know what I'm going to do? I'm going to go ahead and shut up less everybody leave California move here because we don't want you stay where you are enough.



Greg Krino 02:37

I know. I have my moments too. So I have my eye on Texas.



Scot McKay 02:42

Well, you'd be welcome. You've been here before you were telling me before we hit record on this particular session that you spent some time here in San Antonio at Lackland. Which a lot of guys entering the Air Force most certainly do. So we'll treat you like a hometown boy, man. No worries there.



Greg Krino 02:56

Yeah, actually, it was Laughlin, the one out by Del Rio Del Rio by the sea. So



Scot McKay 03:02

Air Force Base is a lot different than Lackland. Air Force Base.



Greg Krino 03:05

Yeah. Although I bet Lachlan, but yeah, I spent about a year at Laughlin and that was during my pilot training days. So okay, I gotcha. I have a soft spot my heart for for that central southern Texas area.



Scot McKay 03:16

Oh, yeah, me too. Obviously, they have the Sci Fi of galaxies at Lackland mm. Which are really something to see they're strangely oddly quiet, even when they fly right over your head for is huge. Yeah,



Greg Krino 03:26

yeah, I know. It's like you wait for it to fall out of the sky. Probably the best flyby I ever saw was I've see five. It had the gear down the tailgate open and it went about 100 knots. Over my over my college. They had the guys with their feet hanging out the back. So sometimes, you know, speed is not the best if you got a huge airplane then show it off and go nice and slow. Yeah, those



Scot McKay 03:47

things can actually handle a pretty short runway. I'll tell you what is an impressive airplane. Is that C 17. Oh, yeah. They're amazing. Yeah, they're like the 747 SP version of a C five only high performance and you know, hot and higher ports and all that stuff. Well, we swore to these guys, we wouldn't talk about airplanes.



Greg Krino 04:08

I know. I know. It's easy to deviate with me. Sorry about that. Scott. I'm ready for whatever you have.



Scot McKay 04:13

Oh, but they're so cool, though. My kids love the air shows almost as much as I do when they happen. Hopefully they'll start up again with COVID. You know, yeah, things are opening up. Oh, yeah. Okay, they're looking forward to it. Alright, so Greg, man, obviously, you are literally walking the talk here. You're an Air Force guy and an airline pilot, plus you're running podcast, doing some self help stuff. Tell us a little bit about the careers and purposes you are currently balancing so we can kind of get a read on that. So



Greg Krino 04:43

currently, I have a lot of a lot of balls in the air. So I have an Air Force job. So I'm a part time reservist where I'm working on. I'm doing Air Operations Center work. So for people who don't know what that is, it's basically the group of people who help plan wars. So in various parts of the world we have an air operations center that is in charge of that conflict area. So right now I'm focused on the Korean peninsula. That's kind of what my squadron does. So I've got that as a part time job. And then of course, the airline job is sort of my real job if you want to put that in quotes. So I'm an airline pilot for for United. And the caveat is, I don't want to speak for

United, I have to just throw that out there. I'm speaking for myself when I talk about airline issues. That's my full time job. And then I actually I was a lawyer, as well. So I in 2010, I graduated law school and passed the bar in Arizona. I never practice full time, but I do some part time work. So I am doing a case right now. And then I do the podcast stuff as well. So I've got again, a lot of balls in the air. I don't have any kids currently, although my wife and I are working on one. So we'll see what happens with that. But we would like to have a family one day.



Scot McKay 05:48

Oh, the balls that will be spinning in the air when she's having kids.



Greg Krino 05:53

Yes. And I'll have to come back. Hopefully, God willing, if we are successful, I can come back on and I can tell you how it's going with that six ball in the air, which will be the biggest ball?



Scot McKay 06:05

Yes, it will. I have to ask, okay. You are both a lawyer and an airline pilot? Is it legal or illegal to get on the PA system in flight and utter the phrase, let's go Brandon to your passengers.



Greg Krino 06:21

It is not



Scot McKay 06:22

illegal. Would you ever do such a thing?



Greg Krino 06:25

I probably I you know, I don't have the I don't have the communists to do that. I don't know United is a pretty we're pretty woke airline. I personally am not. But I would be afraid to do that. But, you know, my heart is with you. Let's let's put it that way. Oh,



Scot McKay 06:42


I didn't say one way or the other. I'm not showing favoritism in any direction. I just figure I have the lawyer who's also an airline pilot on my show. So the question was burning a hole in my soul? That's

 Greg Krino 06:53

yeah, it's the short answer is it's not illegal per the government. But you would have to know what your employment contract is. And that's where it gets sticky. That's where it gets very sticky.

 Scot McKay 07:03


Frankly, I think you're better off letting that sleeping dog lie.

 Greg Krino 07:07

Yeah, maybe after the engines are shut down, then you might have a case for the let's go Brandon. Wright, while the engines are running, man, I don't know.

 Scot McKay 07:17


So I think a lot of guys think alright, I have to get out of the air force before I become an airline pilot. But you managed to do both simultaneously. Yes. Now, I'm also assuming you have a pretty hefty security clearance.

 Greg Krino 07:31

I do. Yes. I've got the top secret. And that's about as far as I can go with that one. On the

 Scot McKay 07:37


other things. You can't tell your wife where you'd have to kill her. Where's that?

 Greg Krino 07:44

Yeah, that man, where do I go with that? One? There's so many places.

 Scot McKay 07:48

It's a yes or no answer. Mr. Curry, no.

 Greg Krino 07:51

There's nothing that I know that if somebody else that if my wife knew that, I'd have to kill her. I'm not that special. What people don't realize is that the top secret clearance is a very broad, it's a very broad clearance. So just because you have it it just means that you may know things

it's a very broad clearance. So just because you have it, it just means that you may know things that are tops, you may be allowed to know things that are top secret, but you may not actually know them. So they have to read you into all these additional programs. And the one that I got right into it was really pretty boring. I mean, I felt like killing myself when I was being briefed on it. Because it was so boring. But no, no, nothing that I would have to kill anybody else for. But it be a good excuse. It's a good threat to have. It's a good leverage to have with her and arguments.



Scot McKay 08:32

Yes. Especially if you can do it. 100 ways with a ballpoint pen. Like yeah, seal. Yeah, you're much better guy than that. You're a bigger man than that.



Greg Krino 08:40

I'm sure I try to be. I try to be publicly.



Scot McKay 08:43

So have you been area 51? If you've flown Janet,



Greg Krino 08:46

I've not been there. But I've looked inside, I've flown around it. So area. 51 is a well the airspace is a 25 nautical miles square about, oh 100 miles north of Vegas, and it's surrounded by a few 100 square miles of airspace around it that only Air Force people can go in or only military aviation can go into. So I've done a number of exercises up there as a pilot and we fly around what's called the doughnut hole. And if you go into the doughnut hole, you get in big trouble even as an as an Air Force pilot and they'll send you home. So but I can look inside. Yeah,



Scot McKay 09:20

man, that's so fascinating. And anybody who's ever stayed on the Vegas strip and has any interest in aviation at all couldn't help but notice the plain white rapper 730 sevens with the red stripe down the side.



Greg Krino 09:33

I know they're trying to make them not obvious, but they're just so obvious for that reason. It's like why not just dress it up in like JetBlue you know, make it look like something. Right? Like, fake it till you make it. Exactly. Everybody. It's like the worst. It's the worst kept secret? I think





Scot McKay 09:48

yes, it's called the most mysterious airline in the world and they fly their workers and contractors back and forth from McCarran to area 51 and a couple other secretive locations. All day long, interesting stuff. I was just curious. All right. And so you've got this going on, you don't have any kids in your life yet. But I have to ask you, before we get started, you're planning a family with your lovely wife. And lately in the news have been a couple pretty high profile guys who basically disappeared off the map. Well, one is the governor of California Gavin Newsom. And one is the Secretary of the Transportation Department, Pete Buttigieg. And these guys went on leave, because they wanted to spend more time with their family and their kids, giving up pretty important meetings, and perhaps not doing very important jobs, to spend that time that quality time, if you will, as Gavin Newsom put it with their families. Now, right or wrong? The question is beg to be asked if these guys can do it. Or even if you want to stop it as getting away with it, if these guys can get away with taking time off from a job that is literally in the global eye, then what's my excuse? Why am I such a workaholic? Does that count on your train of thought it



Greg Krino 11:08

is. And I think that the principle is honor your commitments. So if you are going to undertake a career, or whether it's political office, or a lawyer or an airline pilot, you have to make sure that you can see that through. And we talked about work life balance. And I think that's important. But you can't that doesn't mean only doing your your life, you know, it's a balance. So you have to realize that one will impact the other. And just because people say, well, we need to spend more time with our families, that's not an excuse for you to not do your job. So I'm one of these people that will say, Look, I've done a couple of major career changes. But I never did that with the illusion that I could just bail at any moment. And, you know, go and hang out with my family and think that that was okay, like people, people still depend on you. And I think that people need to take that into account when they make these commitments. So if you don't want to be, if you're not willing to dedicate whatever it is 60 hours a week, you should know this going in, you should have done your research going into these career fields. If you can't make that commitment, then don't run for office. Don't ask to be the transportation secretary, don't be an airline pilot, you're kind of embracing another family when you embrace another career. So the key is do your research ahead of time, make sure the people that you are currently committed to are okay with that, which is what I did. And then you'll be okay.



Scot McKay 12:37

Yeah, you know, I think it's easy for someone to look at a person who's lazy and are shirking their responsibility and say, well, that person lacks character, that person isn't man enough to do the job. He said he would do and keep the commitments he said he would. But what you're talking about, kind of brings to mind that pendulum swinging the other way, if I have a hard time saying no, and I thereby take on too many commitments. That's also a character issue, isn't it? If you can't fulfill on all those, if your plates too full as it were,



Greg Krino 13:09

right, that's true. That is true. And that's something that I personally have had to, to address with myself is taking on too many commitments. And the way I have been able to, I guess deal

with myself is taking on too many commitments. And the way I have been able to, I guess, deal with that is, well, a lot of it's been through trial and error. I know with myself, I can do two things. Well, I can do three things. Okay, I can't do four. And so I know that if I'm going to get to the point where I'm going to take on a fourth commitment, I need to drop something out. And I learned this back when I was I think the first time it ever became an issue is when I was a kid, I was in high school, I was playing two sports at the time, and I wanted to take on a third. I told my mom, I go, I want to play football. And she looked at me, she goes, Greg, you have to stop something, you know, you're, you're starting to take on things that are that are now damaging the previous things that you've you've taken on. And so you just have to know yourself know what your skill levels are? And know, at what point are you going to hit that diminishing return. And for me, it's about three, like I said three major things that includes career that includes one or two major hobbies, that's about my limit, the fourth and things are going to decline. And the second thing is I said this previously is get the people that you're currently committed to to buy into that additional commitment. For example, I have my airline job, and I have my Air Force Reserve job. If I want to take on a third thing, a third major career I would have to talk to those previous to my airline employer and my Air Force employer to see if it's okay to see if can I handle a reduction in commitment? If they're okay with it, by all means take on that third commit but if they don't, if they say no, that's going to be a problem, then well then you're gonna have to quit something So it's about honesty upfront, it's about knowing what your current skills are.



Scot McKay 15:03

You know, it seems to me that oftentimes we think of the default masculine frame as I got this, you know, I don't need anybody else's help. I'm self sufficient. And I'll get the job done. Just give me time. But the more mature evolved, virtuous masculine, will say to himself, alright, what's the right way to do this? What is my purpose? What are those things that I can uniquely contribute to the world that I'm passionate about contributing to the world that I'm motivated to contribute to the world and I know I'm disciplined enough and talented enough to bring it to fruition? Nothing less, nothing more? What can I effectively influence before taking too much on where everything is negatively affected by? Well, either greed, or immaturity and trying to take on too many things? And sounds like you've struck a really good balance at that. And what I want you to tell these guys now, if you would, are some practical pointers on how we can do the same thing? I mean, what are some red flags that we got too much going on? Or that we don't have enough going on? And how do we really discern what those next steps are?



Greg Krino 16:14

I would say, let me talk about the the issue of too much going on. Because I've never had the problem of not enough going on personally. But how I know that I have too much going on is it starts affecting my sleep. And it starts affecting my ability to take care of my own body. So if I know that I need eight hours in bed every night, as soon as I start going down to seven, I can only do that for about, gosh, maybe a week. And then I if I go less than that, then I can't work out, I can't take care of my own body, I know that I need eight hours of sleep, I know that for me to be physically happy with myself, the way I look, the way I feel, I need to work out at least four days a week. And so if I take on an additional commitment, and those things start suffering, then I know it's too much. The second thing is and this is where it gets this is you should not let it get this far, is when your close family members start telling you when they start getting angry at you and you start getting into conflicts because you're dropping

commitments with them. That's another indicator that you take on too much. And again, I speak from experience. I know that, like I said before, my limit is three, three major endeavors in life. And that's it. But yeah, the first indication is going to be are you dropping below your normal sleep and workout and health habits?



Scot McKay 17:35

You know, in keeping with the airline motif, you got to put your own mask on before you can help others?



Greg Krino 17:41

Yep, absolutely. There you go. That's that's really it. And it's not, it's everybody has their limit. Everybody has a line where they are going to eventually collapse. And I even liked your airline analogy. But another one that I learned as a kid was the lifeguard analogy. So you're going to rescue somebody, they will tell you as a lifeguard, you need to take care of yourself first. So if you think you're going to hurt yourself by climbing up onto these rocks, and out into those crashing waves don't do it. You can't just jump into something. And then now you've got two people that need to be rescued. They know the person that you're going to rescue and then yourself.



Scot McKay 18:16

Yeah, they teach you that in advanced life saving that if you don't do this wrong, a person who is drowning, and therefore panicking will very happily take you down with them. Yeah,



Greg Krino 18:27

exactly. So if you're, if you're going to approach a victim to effect a rescue, and that victim swims over toward you, and starts climbing at you and tries to push you under, they tell you to punch him in the face, smack them and push them away from you and tell them calm down. And then you can tread water around them. And then when they calm down, then you can do the approach again.



Scot McKay 18:45

Mama said knock you out. Yeah, yeah, they do recommend that. I mean, it's a little harsh if you're a high school or wanting to get kind of a cool job at the swimming pool over the summer. So chicks will dig you. I have a feeling sometimes they leave it out of that. But I think if you're talking about advanced life saving training at the adult level, they will absolutely recommend if this person is fighting you and you're in the water with them, you have to kind of treat them like a great white shark and punch him in the nose. But anyway, a good analogy. They're definitely every bit as good an analogy as the one about the oxygen masks. So I would like to pine briefly for the benefit of the guys out there who feel like well, I don't have enough going on. I haven't found my purpose. I'm working in a dead end job. I got too much time on my

hands. I don't have a social circle, smoking cigarettes and watching Captain Kangaroo as the song goes. I think if you feel too isolated, even in this postmodern world we live in where the pandemic is going on and people have kind of let their social muscles atrophy. If you're spending too much time playing around on Netflix, spending too much time video gaming, unless you know it's what you do. for a living, right? Video gaming aspect of your life has something to do with productivity for you, meaning you're in the business or something. spending too much time watching porn, or flat out feeling bored. That's when you need some direction in your life. That's when you need to think about what could I better be filling my time with? And you know what, Greg, even though it isn't your experience, particularly, I think there are a lot of guys who can relate to that and man that boredom is a warning sign that frittering away the moments that make up a dull day, as Pink Floyd once said, it's just toxic, it wears away at your soul, it wears away your masculinity, you already noted that it can wear away at your health. And indeed, again, here's that pendulum swinging the other way, just like being too busy and too stressed can wear away at our health, being too soft, being too bored. Next thing, you know, we're getting the weight, the lbs are coming on. We're not exercising, we're just flat out just not feeling like it, whatever it is. And that's when we need to sound the alarm in our own life and say to ourselves, hey, you know what, I got to start filling my life with something meaningful, or it's going to eat away at me as a man, right?

G

Greg Krino 21:17

Yeah, exactly. So I think if you are a person who lacks purpose, and you don't know what to do, you're finding yourself bored a lot, you don't have a reason to get out of bed, then the person who you should start with is yourself, you're not going to be able to help anybody, like we talked about just a few minutes ago, unless you're you're helping yourself first. And it's not selfish. It just means that that's what the situation is. And so what I say to folks is, sit down and write down the things that you really dislike about yourself, you don't have to show anybody. Whatever it is, could be the fact that you are awkward in social situations, maybe you are not good at a certain subject in school, maybe you lack a certain physical, you're not a good runner, it could be anything, just write down all the things you hate about yourself. And then take the worst one and start fixing it. So say you're a type of guy. I think this happens to a lot of guys. They get intimidated easily. They don't know how to handle themselves, like in a fight, go and take jujitsu, you know, go and take a self defense course. So just find what you hate about yourself, and start the process of fixing it. And when you do that, you'll start meeting other people, you might find yourself entering a community of folks, and maybe just by being there with them, now you found a purpose. But start with yourself. And you know, worst case, if you do not find a career out of this thing, worst case, you found something and you started to change it, you're better than you were before.



Scot McKay 22:56

Now, I would say it's important to add there, make sure you have your identity, solid enough that you know who the hell you are, and what you're about what you believe in, have that foundation firmly established. Because otherwise, you may fall into the trap of starting to dislike things about yourself, because someone else told you, you should dislike that about yourself, or doing something because others are pressuring you to do it or because someone

told you that's what you should be doing. Or it's a good idea. And when it's not your own. It's not going to have the same impact either on your life, your satisfaction, your confidence, your well being even your legacy, and certainly won't impact others as much as if it's your own.

G

Greg Krino 23:41

Well, that is true. I think when you're making that list, you do not want to write down the things that other people say about you. You have to have an honest conversation with yourself. And if you think that you are dumb, for example, then fine, write the thing that you're done and go through the process of fixing it.



Scot McKay 23:59

Well hold on a second, Ron White once famously and perhaps correctly said you can't fix stupid.

G

Greg Krino 24:05

I disagree. What do I do with that? Talk to me, you can you can want it to you. You can want it yourself. It's hard to fix somebody else who's stupid and unwilling to change on that subject. Ron White was correct. But when it's yourself, hell yeah, you can fix it, you can do anything you want. And like I said, the worst case is that you at least you're better than you were before. So if you went through this process, you wrote down a list of things that you don't like about yourself, you started ticking them off one at a time and improving them. what possibly could happen that's bad at the end of that you're gonna be better than you were before. And then maybe there'll be somebody along the way that saw you doing this, and they might go wow, maybe I should start fixing myself to and next thing you know, you know, stupid is starting to fix itself. You can't fix somebody else. You can't fix somebody else who doesn't want to be fixed. That is absolutely correct. But you absolutely can fix yourself and you should.



Scot McKay 24:59

Now whether it IQ in and of itself as a social construct or not aside, I think what you're saying is fantastic advice. Because sometimes when we do feel stupid or dumb to use your word, it's because we're more ignorant than lacking intelligence. Right? Yeah, that's kind of what you're getting at. And ignorance is a lack of knowledge. It's a lack of sophistication in a certain area that I wish I was better at. And that is very much within our circle of influence, right?

G

Greg Krino 25:30

Well, that's, that's a good distinction. So however, you want to label the terms, I imagine everybody's born with a certain size of glass, maybe that's your potential, maybe that's your intellect, maybe that's what you could be. But how much water is in the glass is how much knowledge and skill you currently have. And yes, there are certain people who are born with a very large glass. For me, I always kind of sucked at basketball, you know, my glass in that sport

is pretty small. But I could fill that glass, I, maybe there's some other thing where my size glass is larger than somebody else. And I can fill that one with more water. So the size of your potential is the size of the glass. And the amount of water is what you've done with that. So you can have a person who has, like I said, a very large glass, but then very little water because they lack the the focus and the discipline and the ambition to fill it. And you can have people who have maybe a moderate or even a small glass, but they have the grit, and they have the drive to fill that thing all the way up to the top. It's what you've done that matters. Nobody cares what your potential is, potential is just, it's a dream until you actually fulfill it.



Scot McKay 26:37

Yeah, I think those are all good points. You know, having grit and determination and wherewithal and passion and drive. You have to have talent, or else you're only going to get so far. And I think that's the word that best describes this glass of water you were talking about. I know people who love to play guitar. I know people who collect guitars, but they're just never going to be Eddie Van Halen. They don't have the innate natural ability to do that, in the sport that my kids are involved with. I'm easily the most passionate person in the family about that sport. You know, the kids love it. My wife loves it. But I'm also the worst one in the family at actually doing it. Right. My kids are BMX racers, by the way, Greg, but these guys, that's cool. Yeah. So what I am good at is rocking the microphone, at least hope I'm still good at it. It's making me a living here. So what I do is I do that at the BMX races. I'm the play by play announcer slash stand up comedian for these kids and their parents. And that I'm one of the best that you see. So I have a passion for this particular sport. And even though I never was going to be and certainly will never be now at my age, a pro BMX racer, and going to the Olympics or anything, anytime soon, I am very good at taking what I'm talented at, and what I'm also passionate about, and finding a way to contribute to that sport, which I'm similarly passionate about in that perhaps unique and creative way. So how about that, you know, we can always be creative in the way we want to contribute to that which we're passionate about. Like, for example, if I'm a crappy pilot, you know, and I pass out a G and a half and stuff like that. But I love aviation, then there are perhaps talents in my life that would be wonderfully served in the aviation industry, we just have to be well as creative as we are gritty and talented and driven and focused, right?



Greg Krino 28:37

Well, yes. And you can find something in that industry that you can contribute to absolutely and, but what I want people to be careful of is also comparing yourself to other people. When we look at an at an Eddie Van Halen, for example, an incredible virtuoso on the guitar, something that I could never be. But there are also things that I can do that Eddie Van Halen can't do. Now, maybe I'm not going to be the world's greatest 787 pilot, but it's but it is something that I can do. And I get paid pretty well for and I'm respected for. So I think we tend to look at like the best aspects of other people, and then compare them to the worst aspects of ourselves. And that's just a recipe for disaster like the people who have done extraordinarily well in certain things, it can often come at a huge cost. And that cost might be their family. It might be other experiences, too. Like there are people who are Olympic level swimmers, but they've never traveled, they've never flown an airplane. They've never, you know, climbed a mountain, they've dedicated 100% of their time toward that thing. So we have to realize that great success can also often does require great sacrifice. Just a little bit of perspective will help.



Scot McKay 29:51

Yeah, I think that's valid. Yeah, for sure. I'm reminded of that cat from Iron Maiden who's in the band and also flies the band 757 around he used to always thought that was cool.



Greg Krino 30:02

Oh, I'd have to look this one up. That's a, that's a great cultural reference.



Scot McKay 30:06

His name escapes me right now cuz I wasn't a big hairband guy even back in the day, but what I'll do is I'll look him up, and I'll put it in the show notes for these guys. But it's pretty cool. Yeah, you know, comparison is odious. And a lot of people have said to themselves or maybe out loud to other people, I would really love to do this with my life. And I think I'm pretty good at it. But I'm never going to be insert the name of the best guy in the world at it here. So I might as well not even try. And I got to tell you, there's people who have been more successful as dating and relationship coaches than I. But at one time there, you know, I was in the top 20 in the world in terms of name recognition, and people coming to me and getting the gigs on media and stuff. And I bet there were probably a million guys who wish they were me. But kind of like when LeBron talks about the Mount Rushmore of NBA history and how he's disrespected because he's not on it. That tends to be an eye roller. Because it's like, hey, LeBron, you know, if you're not happy with being in the top six or eight guys who have ever touched a basketball, then that's being kind of silly, and perhaps immature and unevolved. Now, this conversation is also 10 years old, the one I'm referring to, and since then, I think most people would probably put him on that Mount Rushmore, but still, you get my point. And also, yeah, you know, you start comparing yourself to other people based on their one talent going, Man, I'm just not as worthwhile a human being as they are. And then you're completely forsaking this simple fact that you're good at all sorts of things that they can't touch. I mean, world class guys, at virtually anything, are outsourcing all the stuff they're no good at, right? I mean, I got guys who do my websites, I got guys who do my video intros, I have no idea how they do what they do. Heck, I have no idea really, honestly, how you do what you do when I fly United Airlines. But I'm glad you're doing it, because it gets me where I'm going. And yet there are things I contribute to the world. There are things that other people contribute to the world that are just as valuable. It's just simply a matter of sober judgment, and applying what it is we want to do. And you know, if there are a couple things in your life, one of them that pays the bills, and another one that you do on weekends, like in my case, doing BMX announcing on weekends, and during the dating coaching podcasting thing as a day job, or in your case, you know, flying for United and being a weekend warrior, hey, that's what it's all about. And as long as that balance is there, and the family is feeling loved and taken care of, it seems to me like you know, we're fulfilling our purposes, men. I love it. I love every bit of it. And I think this has been a great conversation. And gentlemen, I want to point you to Greg cremos, podcast, and all the other sorts of cool things that he's doing there by sending you to mountain top podcast.com front slash credo. Now it's K R I N Oh, all right. Frankly, you can go to Greg Kirino. Greg with two G's, not three right. Unlike say Popovich and other Air Force Academy guy by the way, Gregg Popovich coach of the Spurs. When you go to mountain top podcast conference slash credo you will discover Greg Kinos incredibly interesting podcast. Now listen, I know a lot of you guys are

polymaths and very intelligent, hyper successful guys. This show is going to be right down your alley. Go ahead and head to mountaintop podcast conference slash credo and get you some. Greg Kirino. Thank you so much for joining us today. This has been a great conversation. Really appreciate you,

G

Greg Krino 33:39

man. Yeah, Scott. Thanks for having me on. It was a pleasure.



Scot McKay 33:42

Yeah, I hope you'll come back. Definitely. Yeah. Alright guys go to mountaintop podcast.com If you haven't lately, download the free goodies there. There's a book called sticking point solved. Hey, I'm going to issue you a challenge. Get that book download it sticking point solved. And my challenge to you is I bet if there is an issue you have in your life or have ever had in your life relative to dating and women. It will be covered in the book sticking point soft take me up on that challenge. Go to mountain top podcast comm and download it. Hey listen, the guys over at origin Maine are doing amazing things if you haven't tried their protein powder, it is the absolute best tasting there is and it works better than any I've ever tried. Great stuff you make yourself a shake in the morning. You might be good till dinner. So if you guys are trying to lose a couple extra lbs Jocko Willink and origin Maine can help you do that go to mountaintop podcast conference slash origin. Use the code mountain 10 To get an extra 10% off your order. You can also use that same coupon code when you visit mountain top podcast.com front slash heroes soap. Lucas Rui and the guys over at heroes soap are giving a percentage of all sales to wounded warriors. This A good cause plus you'll smell like a man feel like a man by partaking of the goodies over there at hero soap.com which you can get by clicking the link on mountaintop podcast.com or by going to mountain top podcast.com front slash heroes soap and until I talk to you again real soon this is Scott McKay from x&y communications in San Antonio Texas be good out there

E

Edroy Odem 35:29

mountaintop podcast is produced by x&y communications all rights reserved worldwide. Be sure to visit [www dot mountaintop podcast.com](http://www.mountaintoppodcast.com) For show notes. And while you're there sign up for the free x&y communications newsletter for men. This is Ed Royalton speaking for the mountaintop