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SPEAKERS

Edroy Odem, Scot McKay, Cole Rodgers



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, here's your host, Scot McKay.



Scot McKay 00:18

All right, gentlemen, welcome yet again to another episode of The World Famous mountaintop podcast. My name is Scot McKay asked Scot McKay on Twitter. On true social and clubhouse, you can find me at real Scot McKay on Instagram. And if you go to YouTube, search all the goodies by searching my name Scot MC Ky, the website is mountaintop podcast.com. And gentlemen, if you are not a part of the Facebook group, it is the mountaintop summit, I want to thank you guys who are already a part of that group. And it's a growing group, more guys joining every day, we're glad to have you. We're having a lot of fun over there. If you want to join us, please search out the mountaintop summit on Facebook and come on board. Today I am chatting with a new friend of mine. His name is Cole Rogers with a D, and he is the head of school of man. And the name of his book is school of man the Man's Guide to living loving and legacy. And here's the topic that caught my eye. He is all about being better together as a man and a woman and relationship. And he talks about knowing your partner and getting the best out of her and helping her get the best out of you and a relationship which I thought was a fascinating topic enough so that I invited him to be on board. And he also talks a lot about freedom as a lifestyle entrepreneur, which sounds familiar to me. So Cole, welcome man,




Cole Rodgers 01:44

Scott, extremely grateful to be here, brother.



Scot McKay 01:47

Gratitude is a good thing.

 Cole Rodgers 01:49

It's ungratefully 100%. That's how I like to start off all the shows is just with gratitude. I mean, it's I'll start off my mornings and in my day is with gratitude. Because the end of the day, I mean, goodness gracious, we're, we're blessed to be brought together and blessed to to honestly completely just set the world on fire. And I'm grateful for the adversity of course for the beautiful things, the pain. I think pain is such a beautiful teacher in life. They believe in gratitude, and not enough people practice it. And I think that if you were to be more of a Go Giver, it's funny how life just reciprocates at the end of the day sky. So I'm thankful to be here, brother. I'm really thankful to be here.

 Scot McKay 02:31

Yeah, man, and I'm thankful to have you on board. Also, I think this is going to be a good conversation. The first thing I've already picked up on is you're not one of those guests. I'm going to have to spoon feed content to which I'm always grateful for as are the guys in my audience. Yeah, so there's a whole lot of gratitude.

 Cole Rodgers 02:46

So if anything, you don't want to suck the oxygen out of the room. Yeah,

 Scot McKay 02:53

put a period on the word suck and that would have been enough.

 Cole Rodgers 02:58

Oh, man, this is gonna be awesome. This is gonna be good stuff

 Scot McKay 03:02

is Jim Rome, still doing sports talk radio. I don't think they carry them in San Antonio anymore. But he used to say have a take and do not suck was what that is.

 Cole Rodgers 03:09

Now I saw him on TV the other day, oddly enough, and I don't even watch TV like he was he was still doing sports talk radio.



Scot McKay 03:15

Man. He is like a guy who I thought it disappeared off the map suddenly, I didn't even notice. But anyway, that's what he used to say. And that's what we're saying right now. And that goes for everybody. Alright, not suck, do not have a take and do not suck. And so far you're doing wonderfully, my friend. All right. So you are a lifestyle entrepreneur? How do you define that? Because those guys have heard me talk about this, especially in the context of having personal freedom. The only way I know how to see that conversation before I let you riff on it, my good man, is to say that, first of all, gratitude, in my mind is one of the keys to true happiness. And another one is freedom. So many people in person living the American dream, quote, unquote, when they're really just going to a soul crushing job sitting in a cubicle, doing what they're told making another company wealthy taking home a steady paycheck and paying off their mortgage and modern day. Yeah, something like that. So all it is talk to me, man, what's your idea of true freedom.



Cole Rodgers 04:13

And true freedom, memories and experiences always filter back, we were talking about that before the show with our families. And so many of us and you hit the nail on the head, live that box lifestyle. And I was no different five, six years ago. And we'll get into this about my relationship with my wife, and just how far it's come in 11 years and I'm a perfectly flawed man there in and of itself is an art form of freedom is being able to detach to let go to understanding myself some of the greatest gifts that we can give ourselves. You can't do that. Living in the box lifestyle. Now waking up getting in the box, go into the box, aka the office, bringing your box lunch, checking the box, you know doing the same thing over and over again. We've been brainwashed to think that hey, let's go was retired at age 65. That's our retirement age. And then all of a sudden you look up, you didn't live and you just existed the entire time.



Scot McKay 05:06

Tim Ferriss deferred life plan 100%



Cole Rodgers 05:09

Yeah, I mean, it's he hit the nail on the head there. And, oddly enough, just as we're having this conversation earlier this morning, I have a gentleman who reached out and he was he's interested in joining Schoolman headquarters here in Central Arkansas. And I asked him that question, I said, What is your definition of freedom? Now? He's 52. Now let me his responsible, I am 52 years old, I said, well, first of all, you're not free by just using those words, I look at myself that I'm getting younger, while everybody else gets older. And across the table was his 18 year old son, listening to all this. And you know, he's built a business over 20 years started at 60,000. Now, it's creeping up north of 5 million. It's a roofing business, and it's a family business. But he has given his soul to that business. And anybody that's an entrepreneur knows exactly what that feels. Once you obsess over, you eventually accomplish at the end of the day, good or bad, right? But along the way, what ends up happening is that you get so addicted to chasing achievement. That is not it doesn't fill your cup. You know, that's why you always hear like CEOs are lonely, or executives are lonely, or entrepreneurs are lonely, no one

understands me. And so there's a multitude of discussion points there and what I consider freedom, but it goes back to how I started, when I can detach, and I can let go. And I can filter everything back from making memories and experiences with my family. Right? When I'm gone, I want to be immortal based upon impact I have on them. And that is when you know, you are truly a free, man, when you break those shackles. I mean, you think about it, like we're taught all day long, like, hey, go through the fast food line, hit Amazon Prime, Do this, do that make these shortcuts don't trust the process. All you do is shackle yourself at the end of the day. And then you wake up, you're like, damn, like, Why the hell do I continue to hit these loops in my life. And I can go on and on Scott. So freedom to me is just the memories, the experiences that I create, with my family, my wife, being detached and letting go, knowing who I am at the core. And being in control of where my life is taking me. When you are owning every inch of that man, you truly do believe in, you start liberating yourself little by little by little. And that's that's the one of the most freeing things that I constantly practice every day. You don't do it just one time. It's a rebirth process every



Scot McKay 07:40

day. I think we have met each other as the two men in the entire continent of North America who actually do this. I mean, literally everybody I know, with exception of a handful to be fair, are living the corporate lifestyle. They're getting a job. Yeah, I mean, I've said this on the show before, we'll gear up our RV on a Wednesday afternoon and take off for five weeks. And my neighbors are just standing at the door scratching their head going, Who are these people? Like, you know, like Jerry Seinfeld would have? Well, you know, as you were talking several things came to mind. Other than that, the first one is the repo man can't come and repossess my African Safari. And I have forever once I bought that prize, it was there to keep rust won't destroy the memories, it won't fall apart. Because it's a piece of junk. We have had that experience. And not only did we go see some animals and do some cool stuff and drive around in a Land Rover. Our lives were changed, our outlooks were changed, our entire mindset was modified for the better by meeting the people experiencing the culture, eating the food, seeing that what the Daily News tells us isn't always accurate. Once you're out there with feet on the ground. All that is incredibly powerful and incredibly powerful for the lives of our children. Instead of reading about the Ottoman Empire and a book our kids have been to the freaking former I've experienced Yeah, right. And you were talking about I'm just gonna put it this way. You mentioned Amazon and fast food. I think a lot of people are door dashing their way through life now.



Cole Rodgers 09:15

100%. I call it the Amazon Prime mindset. That's what I call it, you hit a button and the package arrives next day, right like to your doorstep. And you get addicted to this. It's no different than when you scroll through Instagram and you begin putting filters on your life at the end of the day. But you're not willing to you know everybody wants to talk about what they're willing to they want to achieve. They want to go and do these trips and you know, create experiences and memories but very few talks about what they're willing to sacrifice and sacrifice and freedom go hand in hand.



Scot McKay 09:46

Well, those are always last on the priority list. I really am percent what a new Corvette or I really want to buy this thing. I really want to get a new TV so I can watch the rest of the world. Having fun doing those things I say I wish I was doing vicariously by sitting there. And you know, the bigger our TVs get. And the higher the quality the Q led, the more tempting it is just to sit there and watch it all happen. Yep. DoorDash. Like we mentioned, someone else makes your dinner for you. You don't even have to go pick it up, they bring it to you. You don't have to buy a car in major cities, you just call Uber and they drive you there. I know, some of the young people who don't even have a driver's license. I don't know, anybody under the age of 25 knows how to drive a stick shift anymore.

C

Cole Rodgers 10:32

Let's know 100%. I mean, I have a niece that lives in California who just graduated from Stanford, and she just now got her driver's license. Wow. You mean think think about that? I don't know. I'm amazed. No, I don't either. I mean, but on the same wavelength, you know, just talking about like, lifestyles and entrepreneurship and freedom. I mean, again, at the end of the day, and I put this in our Slack, one of our Slack channels in school man, I said, Look, guys, and we have a program going on right now called fuel, and it stands for freedom and lock equals lasting change. Now, it's about healthy lifestyle, nutrition, sleep, recovery, hormones, the whole nine yards, more intimacy with your spouse, all the stuff that you know, men are looking for, right? Unlock the code. And I said, Look, guys, it quit looking for someone else to produce the results for you. Take responsibility for your results. I'm not responsible for that. Right? It is you it's not like your church is responsible for your spirituality, your doctors responsible for your health, your therapist is responsible for your marriage, the sooner you own every inch of your life, the quicker you are going to be free. That's just how things work. In this world, that never used to be a lesson we had to teach 100% Brother in it's crazy, then I'm having to teach it to grown ass men. Right? Just like I'm teaching it to my eight and nine year olds. Well, you



Scot McKay 11:53

know, as you're talking, it's occurring to me just how strong the link is, between the convenience culture of today that we've been talking about, and the lack of emphasis on freedom anymore. You and I are both, you know, a little bit older than some of these young uns around here. We're not greenhorns anymore, and we can sense the freedoms being sapped away from us as Americans 100%. And the younger folks are completely indifferent to this seemingly, it's like, oh, yeah, no big deal. They'll take care of me, they'll do more for me. Government is becoming Door Dash to the younger generation. Well, here's

C

Cole Rodgers 12:31

here's why I think that is to outside of we can go down a lot of different trails and paths with this is that they don't have their own personal constitution. I mean, think about what our founding fathers have done. I mean, what they character, exactly. They don't have an ethos a stand. And so when they are pressed when adversity hits when they're passed over for a job, and they've been brought up in this, everybody gets a trophy mentality. Guess what? I mean, all they do is constantly go back to the easy path, the easy button, the Amazon Prime button,



Scot McKay 13:04

whispered these three simple words into a woman's ear and she'll spread her legs for you.
Yeah,



Cole Rodgers 13:09

exactly. Like, hey, yeah, it's 100% is like, it was funny to me. I had my son and his, his, his little buddy over and they landed comes in, he says, Dad, Dad, Dad, come here. Chalmers wants to ask you a question. So okay, he said, John was looked at. I mean, these are eight year old boys, said, Mr. Rogers. How do I pick up women? Like what's the fastest way to get a girlfriend, right? And it was funny and cute. But at the end of the day, I said, Gentlemen, all I care about is you being who you are at the core. Let's just start there. And I said, As you age, you will learn along the way.



Scot McKay 13:43

I know, I gotta know the answer to an eight year old on How To Pick Up Women.



Cole Rodgers 13:48

That's what I told him.



Scot McKay 13:49

Oh, you stopped there. You let yourself off the hook. Ah, yeah. Basically,



Cole Rodgers 13:54

I said, from what I have learned that you just need to be you, brother. That's what I told him. And that's just how I loved it.



Scot McKay 14:02

Well, unless being them isn't particularly attractive to women, then we have to do some heavy lifting.



Cole Rodgers 14:07

True, I will deal out there with that when the time comes.



Scot McKay 14:11

Are you curious what I would have told them? Yeah, why should I And rule number one is you absolutely positively have to genuinely like girls. Yeah, if you don't like them, they're not gonna like you back. So if it becomes this game, where you're trying to trick them into liking you because you want to kiss them or something, it's never going to end well for you. But if you're one of the few men out there who actually appreciates the company of female human beings, then you can almost do no wrong unless you're creepy and pushy. Pure gold. Yeah, that's what I would hear go. You know, I had that talk. An entire afternoon I spent with my son just having that talk on girls, women and sex when he was 10 years old. And I didn't only teach him about the birds and the bees, by the way I got to him in time. What It was priceless. By the way I learned what sex really was. Yeah. But I also taught him how to relate to women, and not be scared of them, that it was perfectly natural that he would be attracted to girls, and they will be attracted to him in return. Yeah. And I think that part of the conversation is something that most dads dare not have with their kids. And yet at the same time, the same dads will say, Well, I really wish my dad would told me this stuff. So it's really this weird catch 22



Cole Rodgers 15:26

Yeah, we've already sort of walking down the path of the discussion around sex and spirituality, because I was just I have an older daughter, well, she's 12 months older than Landon, and it just came up in conversation, in all places, the Chick fil A line, and it was just me. Yeah, it was just me. I mean, they were getting getting the Lord's chicken. And that question, just boom, came up. And I handled it the best I could. And then my wife, she got back into North Carolina, and we, we address part one of the conversation. I'll say that,



Scot McKay 15:57

why is everybody always coming back from North Carolina nowadays? I have no clue that North Carolina Well, North Carolina and my siblings to man, yeah, it's nice place actually underage. Beautiful, beautiful state. All right. So we're talking about freedom, we're talking about lifestyle. And I can't help but throw on the table, the simple fact that this all is actually related to our central topic du jour, right, which is knowing your partner and getting the best out of others. I'll tell you what call you must be like me, if you're living the same kind of life, and you've structured it the same way engineered it the same way because it does take intentional mentality, yes, to make it happen. Otherwise, you'll fall into the trap like everybody else. I do not suffer in a world where I don't ever see my kids, but like 30 seconds a day, and I don't spend quality time with my spouse. If anything, when COVID hit people were asking me how in the world, can you and your kids and your wife be cooped up together all day without driving each other nuts. And we're like, Well, we were doing this before COVID, we actually wait for it like each other. We find each other interesting. We do things together. This is a lifestyle we built for ourselves. So when you're around someone, you're either going to drive them nuts, or you're going to be a catalyst for the betterment of each other. Either you're growing or you're dying, just like your business.



Cole Rodgers 17:26

Now, that's 100%. Yeah. I mean, it's 100%. And it's one of those that I believe you hit the nail

on the head with when you become an intentional man versus a conditional man. In your relationships, your marriage, your body, the whole nine yards, right? It changed the game, but you have to be consistent with it. Because that's where the credibility ultimately forms, especially within your relationships, especially with your wife. Yeah, and



Scot McKay 17:53

consistency in the context of a relationship is the kiss of death, because your wife and your kids will never feel safe around you



Cole Rodgers 17:59

will not know what to duck. Yeah. Oh, yeah. 100% have been that guy. And that's what led me to establish school man, I didn't just wake up one day and just say, Hey, this is a great business plan, considering there's 1000 other men's groups out there. No, I mean, it was built out of pain, because I left my wife in the therapist office crying for the umpteenth time, because I basically was caught in another lie with her. And I was benchmarking myself, Scott on the Big Three sex, athletics, and money, aka power, right? If I had all three of those, those Crown Jewels, then I was doing a good job. I thought I was at least but first five, six years of my marriage, I was an absent father. And all I could think about was just achievement, achievement, achievement, grow this business. And I said it. But I say it all the time you sell your soul to your business, or whatever it is that you're doing. It's a very high price to get it back. And a lot of guys aren't willing to pay the price. And those first five, six years of my marriage. I mean, it started off with our rehearsal dinner rehearsal night, I got burned down to town with my boys. And when I went through school, Adderall became a big deal. I dabbled in cocaine. And I was always looking for an edge. But I was the guy that could put a mask on and go present himself like he's completely squared away captain of the basketball team baseball team, high performer, high producer. And when I was 18, I was actually saving myself for marriage, but my girlfriend and myself at the time, we lost our virginity to each other. And you felt that guilt? Well, she pretty much just laid that guilt on me and it just ripped a hole in my heart. And I'll never forget being in my 94 shortbed Chevy truck picking up our Christmas tree with my father because that's a big deal in my family, and I just bust out Crime brother, and snart, almost snot bubbles coming out of the nose. That's how wounded I was. And that was a wound that I put a bandaid on for a long time, I would not let any female get very, very close to me. In fact, what ended up happening was, I became a womanizer. And, you know, I go and I get into the professional world, at 2122, moved to Nashville, Tennessee, start making a little bit of money. You know, live by an ethos hang out with the hours at night, you get to you have to soar with the Eagles in the morning. And your network as a man determines your net worth. It's the law of the mirror. We've all heard about it, right. But I was climbing the sales board, the leader board at the company that I was working for at the time. And all I was doing was spending majority of my time in downtown Nashville on the weekends traveling the entire state of Tennessee and I this was a this was a pattern and I was running, you're either running towards something or away from something. I would not hold down a serious relationship. And then I met Ashley in North Carolina. And I met her on eHarmony because I was tired of living in the bars. And this was when I was 2728. And I thought on paper that I was successful. But I was working 80 hours a week there was no freedom there. And this was the sacrifices that I was paying at the time to learn things about myself and expand my potential all the things that you hear. But I mean, Ashley, immediately connected with her said, You know what, if I bring her

across the Mississippi, to Central Arkansas, this will be the girl that I've eventually married and not and I did. But what I did not do is tell her my whole story and men were that's typical. Vulnerability is a hard hard thing for a lot of us and I'm a super vulnerable guy now. I wasn't at the time. But that is where the dominoes started to fall these masks and I decided to go ahead and launch my own business took a pay cut. That was half of what I was making, asked her to marry me over halfway across the country from the beach, I took the girl from the beach to a landlocked state. And things started to crumble little by little by little I don't think any of us wake up and want to ruin a marriage or a relationship or anything. It's just little by little by little step by 1000 paper cuts. And that night of the rehearsal dinner Adderal Hey, it's your last night as a single man go hard brother go hard, didn't didn't go to sleep that entire night. A knock on her door around midnight, one o'clock, trying to go get some play. I bounced off the bed because I was so drunk and fall into the floor and she is just bawling her eyes out. That's how I started off my marriage day. Woke up, took some more Adderall, went into the marriage went into the wedding had a good time. We danced we, we partied, we had just a blast and made some great memories. We're going to Costa Rica for our honeymoon. And I thought that hey, that entire wits about sex? No, we've been living this honeymoon phase for a long time. You know, it's fun. It's exciting. It's adventurous, so on and so forth. Well, it was that time of the month for her for Ashley. So hey, you can't have sex figure out other ways to do things. Well, she wasn't down because I didn't realize she was taken advantage of back when she was in college. So she had some wounds on her heart that she had put a lot of band aids and duct tape on while I stormed out and left her in the shower and wouldn't get blitzed at the bar. That's how I started off my marriage. And then, lo and behold, we get back and I just say I don't think this is going to work. And then for the next five years. I mean, we grinded. And it was one of those deals that she gets pregnant with Avon, Madison, Avon mass and flatlines on the operating table. All I knew what to do was go back into my phone my emails go produce because I had no income coming in at one point in time I had to return a fucking barbecue magazine to Lowe's because I couldn't afford it because we needed the money to pay for formula for Eva Madison. And then following 12 months after Eva Madison came Landon Cole, I was in Booth who's a debt healthcare debt. While this entire time I did not know how to be a husband. I did not know how to be better together. It was about me. Plain and simple. All about me, I'm gonna go get the money. And when the bank accounts for you should love me. All this time, I was hiding little bits of Adderall underneath the sink. And you know, there's at one point in time, I did cocaine while she's in the other room, went out and party came back filled up a cup of coffee to act like nothing ever happened. She was pregnant with my son at that time. Now those things started adding up and what ended up really happening and this is what I said at the beginning and this is where I'm going to the Better Together piece is you know she never quit on me. She was putting my life for a reason. She never quit on me. She's always let me chase my dreams. And she loves me just unconditionally. Just just truly a rare individual. But I saw things going south and I just got super tired of staring back at the man that was in the mirror staring at me.



Scot McKay 25:14

Well, you weren't doing your job as a man. No, and it does, it weighs on you like an anchor.



Cole Rodgers 25:19

It does in everything started with the business to grow to 10x itself. And but I wasn't happy. There was no joy. I mean, in the next room, my wife and I had a sexless marriage. There was


no connection, right, we were doing things just to make it through. And then finally we get into therapy. And finally I started working on myself, I started really digging in, and I started confronting the hardship that I was avoiding. And then we would come together, and we do therapy together. And we finally found someone that truly got us Jason McDaniel absolutely saved my life. And for two years went to work. Then I go through a hell week simulation with the seals. And this is where things drastically changed. My teammate died at my feet. And this one, this is what I thought was where the whole turning point was, I was going through this, this hell week simulation, there's none of us that made it out of 50. We beat out buds candidates, and then my teammate dies at my feet. And he's very close to me. As he was with the other guys. Ashley comes running up, she sees this this man, you know, had two boys, a wife back in New York. And I remember driving off like what the hell just have and been asleep for a few days. Like what the hell just happened? A week later, Scott, a Christian radio show asked me to come on. And at the time, I didn't believe in God. And I didn't believe in Christ. So I just came on. And I just told my story in a long form. Like the whole thing, not a condensed version, whole thing. Well, the only person that had never heard that story, even in therapy was Ashley, because I did not want to disappoint her. I was ashamed. Right. So I would always sidestep things, I would always white lie to her. That was my greatest addiction to her. I would not ever tell her 100% of the truth. So we weren't better together. And it was because it was at my own hands. Well, that was my third strike with her. And JC McDaniel looked at me any knife enemy combat Marine. And he says, I can't do anything more for you. She's crying on the other couch. And basically, he said, the knife enemies and unfuck yourself, brother. So I can't save you. And that pain I still carry with me today. And it's the good side of pain and Kurt, who passed at my feet. You know, it was crazy how that man has changed my life. He gave me zero excuses, zero outs. And I got very disenfranchised after that, because I had either I was going to lose everything that I built. And I was really going to get serious about reclaiming things being reborn as a man, right? Or I was just gonna sit there and quit and play the woe is me game. And that's just not my style. And Ashley was headed back East and North Carolina with the kids. And that's really these past five or six years. It's incredible. I mean, as of last night, I mean, they went from a sexless marriage, to a marriage full of intimacy. I mean, laughter right, being able to share the horse of being vulnerable with one another. And a lot of that came through as I started building school, a man is through my network, you know, your network determines your net worth. So when you're the best in the room, you have to find a new room. And Norman Schwarzkopf, yeah. And then when you are good at something, there's always someone better at you in another area. And that's just what I decided to do, Scott. And that's really what's helped reclaim my relationship with Ashley. And being a unified front. It's been a very spiritual, not easy, perfectly flawed journey in my marriage 100%.



Scot McKay 29:00

It's occurring to me that I'm a little bit older than you. I'm 55. And I remember the time in America before the Reagan years. And the Reagan years were characterized by extreme growth in the United States. And the 80s were basically a massive release of me first mentality. Everybody started almost worshipping selfhood. And we've never gotten down from that. And culminating in the recent lock downs, due to COVID-19 I think people have become more self oriented, more inwardly focused than ever before. And we were already well just use the turn of phrase at pandemic proportions with that problem before COVID-19. And one of the things that occurred to me during the pandemic was that a lot of people actually love this. They don't have to deal with people at all anymore. They if not, they have to stay at home, they get to stay at home and not see other people. Social media I predicted 10 years ago was going to be the downfall of Western culture. And, unfortunately, that was oppression concept. I really think


it's happening. Now, people are so selfish. And they complained so much, yet they're so blessed and so insulated at the same time. We don't know how to relate to human beings apart from the anonymity of the internet anymore. And of course, that brings out the worst in everybody. So this idea of trying to bring out the best in someone else, has been hamstrung by a mindset that we've been taught how to celebrate in the United States and Canada, and certainly Western Europe, which is, hey, it's all about you, man. Look out for number one, everybody else can keep their hands off my stack. And so we go into marriage relationships, thinking, What can this person do for me, when in the past, it was almost like to echo John F. Kennedy asked not what your spouse could do for you ask what you can do for your spouse, what can a man do for his family? And the fact that there's glory in that, that there's heroism in that, that there's deep satisfaction in being the man of the house, being the leader providing and protecting, above and beyond whatever you're going to scrape into your own corner? In the context of a relationship in a family? It's just been lost in modern culture? How do we reclaim that? Is it just spending time together? Is it just really entertaining? Is it getting a wake up call somehow?

 Cole Rodgers 31:33

Man, here's what hit me like a ton of bricks. And this is where things really started click with me is when I started buying into the ethos reciprocate without expecting anything in return. And that's the hardest thing that anybody can do, to be honest with you. This based upon what

 Scot McKay 31:50

you just said, right? You kind of have to fly by instruments there for a while to realize just how fulfilled it really is.

 Cole Rodgers 31:57

You do and it was it was one of those that and I really go back to what I said, I had to detach and I had to let go. You know, control is one of my biggest insecurities, I want control. And when I'm not in control, I feel very insecure. I've got dragon energy as my wife likes to say, Nice. And when I started letting go, and I started detaching, and I started chasing fulfilment over achievement. And I just started reciprocating with her. It's like reversed engineered death by 1000, paper cuts and your relationship. Honestly.

 Scot McKay 32:29

Scan walking it all back intentionally.

 Cole Rodgers 32:31

Yeah, and it is. And for me, like that was my path. And that is my path. That's how I teach. That's how I connect. And I'm not regretful of any of it, believe it or not, and it's helped me become a better husband, a better father, the greatest thing was two weeks ago, my daughter

lays her head on my shoulders, his dad, you're the best man on the planet, which every daughter should be able to say to her 100%. And if she watches intently how I treat her mother now, she didn't see what we went through the first six years. And that's okay. But Ashley and I are also open books with our children.



Scot McKay 33:05

Well, you know, it's like John Mayer said, Your daughter will love like you do know. And that song is such a beautiful song. And women really love that song. In particular, a lot of guys are scratching their heads when they listened to it. Yeah, when it came out back in the day. But there's really this very deep, almost sacred responsibility. Well, it is a sacred responsibility that fathers have to model manhood for daughters, as well as sons. A lot of guys, you know, they're like, Well, I want to have a son, I want to have a mini me a chip off the old block at cetera, et cetera, that daughter of yours is watching who you are and who you're becoming, and she will marry that guy someday. That will be her normal idea of what a man should be 100% It's a huge responsibility, but it's a beautiful one.



Cole Rodgers 33:51

Yeah, you have to go through it to get to a man, it's that that's just my, my take on better together is that you're you're in those crucible moments together, and you're willing to use them for the greater good.



Scot McKay 34:03

And you don't shy away from them. You walk into



Cole Rodgers 34:06

No, you walk straight through the fire, you have to be and you have to because the you know, and I'll end on this, the avoidance of pain is only going to create more pain. And that's the truth. And those are lessons that I've had to learn the hard way.



Scot McKay 34:20

And as much as we would like for it to be the case in middle class, Western culture. You're not going to avoid pain in this life upon you and hit you as you gotta be ready for it. And you're better equipped to handle it together than as a group of individuals living under one roof. Exactly.



Cole Rodgers 34:39

Yeah, you're exactly right. Yeah.



Scot McKay 34:41

Well, we're out of time here. This has been a fantastic conversation. We could have gone on and on. So I'm going to cordially invite you to come back sometime in the near future where we can pick up allow



Cole Rodgers 34:49

you my man, I do owe you so I'm very grateful. And I appreciate you being patient with me. So I'm extremely grateful for this opportunity.



Scot McKay 34:58

Yes, likewise, my friend His name is Cole Rogers. The name of his book is school of man the Man's Guide to living loving and legacy. And I've put that at the top of my Amazon storefront which you can visit by going to mountaintop podcast.com front slash Amazon. And you can also go to school of band dot Live, which is Cole Rogers his website where you'll learn all about his coaching and all about his programs and everything he does for men who are striving to be better men just like every man who listens to the show is and you can go to mountaintop podcast.com front slash col C O L E, and be magically transported to that website and check it all out for yourself. Carl Rogers, thank you so much for joining us today from the great state of Arkansas which is also underrated in its beauty, by the way. Thank you.



Cole Rodgers 35:49

Well, thank you for making me a better man today, brother.



Scot McKay 35:51

Likewise, it's been a great show. I think the guys are really going to appreciate it. And gentlemen, if you have not been to mountaintop podcast.com Here's the deal. You are missing out not only on downloads of a free book I have called sticking point solved which I will practically guarantee you will cover just about any sticking point any man could encounter in dating and relationships relating to women in general at least on some level. And you can also see what's up with the latest masterclass the one that we've done most recently just a couple days ago as the show was dropping actually was on how to stop settling for the wrong woman and choose the right one instead. And that is one of the most important decisions you will ever make in this life. And we covered that in the most recent masterclass it was fantastic. We hit the ground running, it changed lives. You could check out all the master classes by going to mountaintop podcast.com front slash masterclass. Also, please check out our sponsors which include Jocko willings company origin in Maine and also hero soap and the guys over at key port when you partake of any of their products please use the coupon code mountain 10 To get an additional 10% off at checkout 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

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