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SPEAKERS

Edroy Odem, Scot McKay, Roger Williams



Scot McKay 00:01

Alright guys, it's 2022 and after the past two tumultuous years, you're still standing and you're back in the saddle. Even as to many other people have developed a habit of staying home playing around online and watching others have adventures on big screen TVs. What are you going to do to rebel against falling into that exact same right? Well as Hunter Thompson wrote years ago, life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside and a cloud of smoke thoroughly used up totally worn out and loudly proclaiming Wow, what a ride. So how about it? Is your life more like a ghost town still than the Wild West? Well, say screw it to the suburban sleepwalk and join me for unsettled get all the info at mountaintop-podcast.com front slash unsettled.



Edroy Odem 01:05

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, Scot McKay.



Scot McKay 01:18

All right, gentlemen, welcome to yet again another episode of The World Famous mountaintop podcast. My name is Scot McKay, you can find me at Scot McKay on Twitter. And really, you can search my name on just about any social media platform, SEO TMC K y and find me, the website is mountaintop-podcast.com. And gentlemen, if you have not joined our thriving Facebook group at the mountaintop Summit, well, you really should do that. We're having a lot of fun. Speaking of having a lot of fun. I really love the topic that is on the table for today. And it's one that I you know, like often say I've been wanting to do for a long time, I have lots of topics. On my list of topics I'd love to cover. This one was near the top, I just needed the right guest once again, as always to have this conversation with. And I found that gentleman in the

form of Mr. Roger Williams, who hosts his own podcast, which is entirely on the subject at hand today. He calls it the crossing it off podcast. And what is he crossing off? Well, bucket list items, of course. And that's what we're going to talk about today. Roger, welcome to the show, man.

R

Roger Williams 02:28

Hey, Scott, thanks a lot. I'm really excited to be here with him.



Scot McKay 02:31

Well, I tell you, just a couple days ago, my lovely bride, Emily and I were on your show as well and had a great time talking about world travel. And really only scratching the surface when it comes to all the things, all the adventures all the fun we've had simply because we put a list together, detailing what we wanted to do. And you know, for lack of a better way of saying it, go ahead and doing it. So talk to me about what inspired you to think a lot about bucket lists in general, and particularly building one and crossing things off of it, which I'm sure you've done a lot of yourself or else you wouldn't be doing the podcast, right?

R

Roger Williams 03:08

Yeah, at least during the last year, I have a year and a half, two years. You know, like a lot of people I saw the the movie, the bucket list in 2007. And I was in my mid 30s or so. And I was like, oh, that's something you do when you're older. Right? It's something so I had things in my head that I wanted to, you know, put on there when the time came. And I thought I'm healthy, you know, nothing's gonna happen to me. You know, when I retire, and I'm 65, I'm gonna do this. And that's interesting, because there's no mention of the word bucket list in the English lexicon before 2007. It's that new of a concept, actually, to have this list of things that you want to do before you die. And it's interesting, because 95% of the American people would say that they have a bucket list. But only 40% of those are actually actively doing it. And that was me, I had this list in my head. I hadn't written it down. And it was just things one day, one day, I'll get to that I have family wife job responsibilities. And so I put that off. And when it came time at 2020, when everyone was kind of sitting at home, and I'd been in the same career for almost 30 years, and I was had more time to think about myself and everything, wound up having a heart attack in 2020 in December, and I write for 2021. And when you get to that point in your life, you have to just kind of look and say what is important to me, where do I find myself worth? And that's where I found myself at the beginning of 2021.



Scot McKay 04:41

Yeah, it's kind of a reckoning, isn't it? Yeah. Yeah. You feel like well, I'm kind of moseying on through life waking up each day doing what I did yesterday. And I guess that's how life works. I'm not really, you know, experiencing anything painful so I wouldn't want to disrupt anything and potentially caused myself more hardship than pleasure by doing so. Right. So you keep going on until one day something happens that really is kind of a wake up call, right?

R

Roger Williams 05:08

Yeah, it really was a wake up call. And for me, it was the real question of where do I find my self worth? I've done youth work for a long time I had, you know, been teacher, Ransom nonprofits. I didn't basically serving people my whole entire life. And when you're in those kinds of positions, everyone's like, Oh, that must be so rewarding, right? You must get so much, you know, joy, and it must be wonderful do all time. Well, yeah. But still, it's still a freaking job. You know, I mean, it's still, we still have to go to work, you still have phone calls at 12 o'clock at night, or at least text messages with teenagers, you start to text messages coming in all the time. And you know, it's work. And it's daunting. And so I really just wanted to figure out for myself, where I found my own self worth. And I've always been perplexed by the idea that when we meet each other for the first time, we always say, Oh, what do you do? Who do you work for? Like, after you, you know, after you give your name, like that's the next thing. And I just didn't want to find myself worth my in what I did to sell my labor and to whom I sold it to?



Scot McKay 06:07

Yeah, we as men do that to each other, don't we? We go to cocktail parties and go so what do you do? And by what do you do? The implication there is your career? Oh, yeah. What is your self worth derived from in terms of how you're making money for your family? You know, you and I, Roger, I have something in common. I was in the youth work profession, working for various nonprofits, for most of my 20s. And it's interesting now I've changed careers three times. And looking back, it would be very accurate to say, I've simply crossed those careers off my bucket list. Yeah, they were important to me. They were where my passions were at the time, but there came a day where my work was done. And I think a lot of guys don't realize that. First of all, you can fulfill a life purpose, quote, unquote, and get on to another one. I think a lot of times, this idea of a quote, unquote, life purpose is this obelisk, you know, like in 2001, A Space Odyssey, this big, black obelisk with like, mystery surrounding it, what am I going to do with my life? And when I'm on my deathbed, someday, can I say, Yeah, you know what, I really nailed it to the wall, I live life to the fullest. And it's like, either you get to that place, or you don't. But the truth of the matter is, you can accomplish things that were life purposes and move on to the next one. And I'll tell you what, for me and youthwork, it was almost like cars three were Lightning McQueen was told by an older car, you know, an older race car, that, you know, the young kids will tell you when it's time to retire. I think that's kind of what happened to me around age 27, or 28. And similarly, when I went into the business world, I thought it would be really cool to get into business and live that world. And it just became empty after a certain exploration date. And I decided I wanted to do this work we're doing now of working with men and women to find love and you know, be better people. And all of that may come to an end someday, when I've completed my work here, and it's time to do something else. And in between, I think also you can have parallel life purposes. Sure. You know, right now, being a BMX racing announcer is a big part of my life, I feel like I'm helping a lot of people ease the pain in their lives and have a lot more fun by being there. For many years, as you well know, Emily, and I had a major goal of seeing the world and becoming world travelers. And that was kind of a secondary life purpose for sure. If not as philanthropic or able to pay the bills, like a couple other life purposes have been at least it was something we were doing, and parenthood and marriage and all those things can certainly count. So it gets kind of complicated. Sure. Yeah, it does. But it's nice to have a list of things you know, you want to accomplish. And I guess those things that are on your list could be almost anything, can't they, Roger? Yeah,

R**Roger Williams 09:09**

I think that's one of the major misconceptions that people have about a bucket list, right? We saw the movie and they were taking these massive trips around the world and doing all these wonderful things and seeing all these, you know, exotic places, but a bucket list doesn't have to be that right? It was it was a plot device in the movie. And we can use that plot device any way we want. I have a I have a client friend that was having struggles coming up with his list. And I was like, Okay, well, what, what are you really into? What do you really like do and he's like, I like to play golf. And I like to learn the history of the United States. And I said, Well, have you ever thought about doing a 50 state challenge and trying to see all 50 states? And he's like, yes, somewhat and I said, Well, why don't you just combine them? Why don't you just watch his play golf around the golf If in all 50 states and make that gesture list, you don't have to add anything else to it, you can just put that on there. And that's fine, right. And I have another client that she just loves. She's not a very outgoing person. She doesn't like traveling. But she loves Thai food. So once a month, she pulls out a single Thai recipe. And she cooks that for the whole month, like four or five times to master it. And that's what her bucket list is. And once she feels like she's mastered that recipe, she crosses off the list, and she pulls out the next

**Scot McKay 10:30**

one. You know, she has my respect already, because I have become a pretty good cook. It's one of the things that I'm sort of secretly passionate about. And I've learned how to cook Ethiopian, Indian, Chinese food, certainly Texas barbecue, Mexican food, Thai food is incredibly hard to master. No, yeah. Oh, man. So she has my respect already. Like I said, you know, I have a questionnaire that all men fill out when they join my 10 Plus coaching program, Roger, and the very first question on it is a bucket list. And rather than simply call it a bucket list, I see their imagination a little by saying, list 25 things you'd like to see, acquire or accomplish in your lifetime. Which opens it up. And I've had men bonk after two or three of them for sure. You know, be happy, stay healthy. And I asked them a similar question that you ask your clients, Roger, which is well what interests you? What do you find? Exciting, what would be fun to go do? And a lot of times they go well, I've got nothing. And to me, I think that indicates that we have to work on enjoying being alive, you know, being more aware of our surroundings, looking at this world as an apple to take a big bite of. And what I tell guys to do above and beyond the wonderful suggestions you gave Roger is to just go surf YouTube. Yep. Or you know, until you find things that are interesting to watch and go, Hey, you know, I'd like to see that. Or simply keep a running journal, instead of having writer's block, when confronted with the question of a bucket list, just start actively remembering you have this list you're building and every time something comes up, put it on there. That's what Emily and I have done. It's what I do with stand up comedy is what I do with newsletter topics, even for dating and relationships. It just really takes away the urgency and the pressure of having to come up with it. You know what I mean?

R**Roger Williams 12:30**

Oh, yeah, for sure. And one of the things I talked about my book is that you have to look at your bucket lists as a living document, instead of this rigid list of to do's so you can put things on the list, you can accomplish those things and cross them off. And you can also take things off your list if they no longer fit for you, like Burning Man was was something that I thought I wanted to do for a really long time. And it's been on my bucket list for a couple years now. And

you know, just recently just doing some more research and seeing, you know, the attitude of burners and stuff. And I'm like, I don't know if I want to do that. And that's okay. That's right. Yeah. And there are lots of things about bringing me in, I would think I would find and enjoy, but there's some things I don't think I would. And so and it would also depend on who I went with, but, but I just think that it's okay for me to say, you know, and 52 or that may not be the thing I want to do is spend eight days out in the desert, you know, with just taking care of myself and, and, and not, you know, having a really good shower, and you know, that may not be on my list anymore. And that should be okay.



Scot McKay 13:38

You know, one thing that you mentioned a few minutes ago was the idea of jogging your mind to find things to put on the list, not only by coming up with very objective things you'd like to do or places you'd like to go but the actions associated with going there. And I think kind of adding that metal level to it is really powerful. And indeed Emily and I, when we're listing places to travel or places to visit will say things like go to Tokyo, Japan and eat Kaiten sushi or go to Beijing and hiked the unrestored Great Wall of China, or go to Monaco and drive the Grand Prix road course. So we're going there. And we're staking our claim of being there by doing something when we're there That sounds fun or you know what that particular locale is known for? And, you know, the same with things we'd like to do. You know, I have a lot of very dorky things on my list simply because I have unique interests.



Roger Williams 14:43

I bet my bet minds beat chairs we can talk about that way. That's probably



Scot McKay 14:47

a tie. I'm a geek for airlines and airplanes. So our list right now is fly an Airbus A 350 Because I haven't flown one yet. And I have airlines I've never flown on and really the rest of my family could not care less Roger how we get there as long as we get there and one piece, but I love this stuff. I have a running tally of every airport I've ever landed in. Blah, blah, blah, breweries, distilleries, those are on my bucket list. Things I like to do because they're just weird or places I'd like to go because I saw a picture and just think it's really cool. Like, for example, on my bucket list of places I've yet to go are Iran and Socorro Island and Yemen just because mostly, someone told me I couldn't go there. But also, I think both of those places would be fascinating for specific reasons I first searched and found out about Yeah, but I love the idea of having very specific things on the bucket list. You mentioned the movie, which of course, is wonderful for no other reason. Then it pairs, Morgan Freeman and Jack Nicholson together. Sure, which is was fantastic chemistry. One of the things I specifically remember being on Morgan Freeman's bucket list was see something majestic. Yep. And of course, he went to the Himalayas to do that. And no spoiler alerts beyond that, but that's basically something he crossed off. Yeah. What does that even mean? Right, right.



Roger Williams 16:11

Yeah. I think that was probably a little bit vague for me. I thought, but, but here's the thing, and

Yeah, I think that was probably a little bit vague for me, I thought, but, but here's the thing, and I will spoil the movie that you know, in the end, because I think everybody should watch it anyways, in the end of that movie, what did they finally realize was the most important thing to have on their list. It was to fix their families. That was what was the most important thing for both of them in the end, for Jack Nicholson's character to reconnect with his estranged daughter, and Morgan Freeman to to heal stuff with his wife. So that a relationship that hadn't been going on, you know, hadn't been on fire for many years. And, but they'd been together a long time. That's what they found out. In the end, it was most important



Scot McKay 16:54

about that. And, you know, getting back to the list that guys put together, when they sign up for coaching with me at this point, I've seen a whole lot of bucket lists. And to be fair, the vast majority of guys have no problem coming up with a list. Almost always, there are travel items on there. Mm hmm. Almost always there are financial goals on there. Almost always, there are some sort of recreational goals on there. By the way, your friend who loves golf, they have to slap Augusta National and St. Andrews on that list. Oh, yeah, for sure. You got to start listing courses. I have a guy who raises cars in his bucket list, about five or six of them are racetracks. Right wants to drive, you know? Yeah, yeah. And, however, I'm always gratified to see very interpersonal goals on there too. Sure. My aging parents are taken care of, make sure my kids grew up, alright. Repair My relationship with someone or you know, reconnect with my best friends from college, things like that. And sometimes guys have spiritual goals on there too, which I think are wonderful. It's very interesting to see how the human mind concoct such lists. But indeed, that idea of having interpersonal bucket list goals, I think shows some depth as a human, you know?



Roger Williams 18:15

Yeah, and you have my number one thing in my book, and what I talk about with my clients is, is that you have to set an intention, and I know that word conjures up like woowoo type stuff, but the reality is, is that it's just a mission statement. It's just a vision statement. Why are you doing this if you're just creating a list to keep up with the Joneses you're probably not going to get this amount of joy out of it as you would and so that's why I like the examples of yours and Emily's list where you're like going someplace but you have an intention of doing something else when you're there and I have the same type of thing. I'm a huge wrestling fan have been forever my son is my dad was my grandpa was and so I want to go to Mexico City and just go to arena Mexico and watch a trip a la carte. I just want to be in that environment because because my intention for my bucket list is I want things to be very communal. I want to do things with other people whether I know them or I don't know them I want to do that's what I want to have happen when I cross these things off is they they've had time to spend with people I know and love or meeting new people that I can know and love and so most things on my list tend to be more communal and so that's a perfect example for me that I you know the My intention is going to be fulfilled by going and do that it's not just to go to Mexico City and have a vacation it's there's a purpose to it there's there's a goal there's drive



Scot McKay 19:41

you know, I'm such a curious mofo roger that I just added your item to mind.



Roger Williams 19:47

Oh my gosh. If you want to go see wrestling, that's about you know, I mean is it's not the best place in town and it's you know,



Scot McKay 19:55

makes it even better.



Roger Williams 19:56

Oh, yeah, exactly. I mean, it's it's an it's an adventure in itself. From what I understand, so it's on my wrestling bucket list. It's it's probably in the top three or four.



Scot McKay 20:07

You know, coincidentally, as well traveled as Emily and I are Mexico City, along with Vancouver, British Columbia are probably easiest places we've never been. Yeah. And I've had plane tickets to Mexico City three times and it got canceled each time. Isn't that just not



Roger Williams 20:23

as crazy Vancouver's? I think Vancouver is the cleanest city in this hemisphere, it



Scot McKay 20:30

could be sparkles. But I'll tell you what, as far as wrestling goes, my little brother was a huge WWF fan in the 80s. Right. And nobody wanted to take him and I was mildly interested also. And we grew up in Baltimore, which weirdly was a haven for pro wrestling. Oh, sure. So belts would change place in Baltimore at the civic center downtown. And my brother and I probably went about seven or eight times when I was in college, and he was a kid and I bought the tickets, you know, in the summertime, deliver pizza bought tickets. And we saw Hulk Hogan and Rowdy Roddy Piper, Andre, the giant, all these legends, and it was way too much fun. Oh, yeah. So I will add the triple LA to the, to the bucket list. You know, I don't know where the boundaries of your wrestling interests are. But by far, one of the most profound experiences related to anything wrestling was when we went to Tokyo and saw sumo in the Tokyo Dome. Well, not the Tokyo Dome, where the baseball players are, they have a special venue and a special side of town. That is actually a temple. It's a religious temple. And they consider sumo wrestling to be a religious art almost like oh, yeah, or service. And it was just so much more profound and amazing than you would ever guess it is.



Roger Williams 21:55

Roger Williams 21:00

Oh, no, I totally understand. It's very been very interesting. Because my son's a fan on my, my son is a fourth generation fan, so to speak. And so I, you know, I sat down with my dad and watched it. And, you know, it's, it was our bonding point for all of us, like from my grandfather to my son. And so for my son, he grew up in the internet age. So we used to take trips around the Midwest, we lived in Indy, and we would take trips around the Midwest, and we would just go for the weekend. And we would go see a show in Chicago, and then leap over to Toledo and then go down, you know, to Cincinnati, and we would just go see these independent shows. And because of the internet, all of this stuff was accessible to him, that he was able to find these independent shows and all those folks that were wrestling during that time period in the early 2000 10s. They're all the stars now. They're the stars of Aw that are stars in NXT on WWE, you know and so it was amazing to me that I was able to like, let that go. And like he taught me when he was a teenager he taught me about the business and showed me a different side of it. And he he's he could go toe for toe for with anybody about the stars of New Japan Pro Wrestling he just as a superfan and it's because the internet.



Scot McKay 23:15

Interesting. So what other things do you have personally on your bucket list? Roger.



Roger Williams 23:21

I've I've got only got two states left. That's been a big thing for me. I've got Alaska and North Dakota. So those are the last two states to hit all 50 The average American hits 12 I think in their lifetime, so 50 for me. I'm excited about getting that done, hopefully coming up soon. I have a guy's trip planned for Memphis in May. That is a bucket list item. I'm going with two of my best friends from high school some 35 years ago, and we're gonna go to the World Championship of barbecue in Memphis, Tennessee. So that's exciting. And then I also that same month, I'll be going to Las Vegas to do a Bowling Tournament. That's called punk rock bowling, where they have a huge punk rock festival. They have a Bowling Tournament, a charity Bowling Tournament that anyone can enter. And I'm putting together a team and we're always really bad and I just absolutely don't care. I'm really excited about it. And I'm currently working on learning how to play the ukulele.



Scot McKay 24:22

Fantastic. You know, the Martin guitar company makes ukuleles. Oh yeah. Isn't that something? Yeah, I remember I was watching old footage of Tiny Tim, because my wife is five years younger than me and almost impossibly enough. as much a part of the zeitgeist of the 70s that Tiny Tim was my wife had never heard of him before. Oh my god. 71. So I pulled up you know, a YouTube clip of him playing tiptoe through the tulips famously on the gong show answer maybe Oh, I don't know it was either on I don't What shirt was on it might have been on Rowan and Martin's laughing. Or Johnny Carson. He was all over the place back. Oh, yeah, he got married on The Tonight Show to miss Vicki. It was like the highest rated television event of all time when it happened. I mean, that's how absolutely meteoric this guy's 15 minutes. Right, right. But I noticed having since become a guitar player in my adulthood that, you know, the headstock of his ukulele said Martin guitar company on it, which of course, are the most legendary acoustic instruments. Right. And it just kind of made me smile that Tiny Tim only had

the very best ukulele. Right. Right. Fantastic. Fantastic. I should probably put that on my bucket list too. Because being a guitar player, I could probably, you know, make short work of a ukulele at some point. But yeah,

R

Roger Williams 25:52

it's it's a good travel instrument. Two, I think that's, that's part of it. For me, I want to be able to travel and take it with me and be able to play music, instead of taking guitar halfway across the world. And just recently, before I quit my career, I, I was working with youth here in the Seattle area, and we have a large population of South Pacific Islander folks. So it's very popular amongst the kids. So I got exposed to it that way.



Scot McKay 26:18

How about that, you know, it would be great to be able to play a ukulele just to make everybody feel like they're temporarily in Hawaii. I would love you for that. You know,

R

Roger Williams 26:29

but I'm working on I'm working on like 70s rock songs is what I'm working on. Like, like, the Allman Brothers and that kind of stuff. The band's I'm trying to learn the ukulele for those songs because



Scot McKay 26:42

lack dog by Led Zeppelin

R

Roger Williams 26:44

that that's probably Yeah, I mean, you can find it. You've tabs out there. You can put any song you want, you can find it.



Scot McKay 26:53

I'd love to find an arrangement for ukulele of say AC DC songs. Yeah, awesome talent.

R

Roger Williams 27:00

Yeah, well, there's a lot out there, you'd be surprised that you've tapped like you said that. You can find just about anything, just type in the artist and it'll show you what songs they have for.





Scot McKay 27:10

You know, that reminds me a lot of times, you know, when artists do something weird or offbeat, it really gets received very well. I'm reminded of the time Mick Jagger said the absolute best cover of Satisfaction ever was the one by Devo. Of course, sounded nothing like The Rolling Stones version. Sure. Yeah. So I have to ask apart from the travel and the barbecue and the bowling and the wrestling. What is the strangest, most obscure item, you would say is on your bucket list right now? Maybe the most interesting?



Roger Williams 27:43

Yeah, I mean, so hard, because it's kind of mine, right? I mean, I've really tried to push people to be like, don't just do everything everybody else does. So what might be strange to other people, you know, isn't strange to me. So that's kind of hard for me look at the list. I have, I'm pretty much a minimalist, I don't I don't buy a lot of stuff. I don't not into consumer culture that much. But I have something I want to buy on my bucket list that would cost me about \$25,000. And it's a it's a comic book from 1958. Where I have I have a comic book collection, I only collect a specific title. And it is the first appearance of that title. And I don't I don't have that. I'll add everything from 1958 to today, except for about four books. And that's one of them. And most expensive one, so So it's about \$25,000 is what I would have to pay to get it in condition. That's not perfect, but like the same kind of condition for the rest of my collections, like mid high grade. But yeah, that's, that's on my bucket list. And I want to do it, of course at San Diego Comic Con. So like you say, stacking those things up and making the purpose out of it. So



Scot McKay 28:54

sounds legit to me. Yeah. Yeah. You know, I would say if your bucket list isn't deeply personal, then you might indeed be following the herd. Not for yourself.



Roger Williams 29:05

Yeah, it's, it's super hard to do. Right. I was gonna, earlier when you said look, look stuff up and get on YouTube. And, you know, hashtags are great if people use them. Right. And so you can hashtag bucket list and you can see lots of different things. But you're gonna find a truckload of pictures of flying in a hot air balloon and capital ship, right. In Turkey, which was on our bucket list. Yeah. And which is fine, and which is totally fine. And I'm sure it was a wonderful experience. But are you doing it just because everybody's doing it? Or are you doing it because there's something romantic for you and Emily, or is there something, you know, is there some kind of connection family wise, are you why are you doing the things you're doing? And as long as you have some kind of response to that, I'm good, right? If you're just get one. I don't know. I don't know why I'm doing that. For you all could have been part of getting those 100 countries. It's okay for it to be about travel. It's okay to be get out of your comfort zone. For that to be the reason, but just have a reason, right? The reason can't be us all along on Instagram.



Scot McKay 30:06

Well, it can be that. I have a few that were about that simple. I saw, for example, a YouTube video that was taken at the devil swimming pool. Yes, at Victoria Falls in Zambia. And I wished

video that was taken at the devil swimming pool. Yep, at Victoria Falls in Zambia. And I rushed into the other room and said, Emily, we are doing this. This is way too cool. And that was the first time I'd ever seen it before. I can answer your Capitola question, by the way. We did that. We did that with both of our youngest kids. Nice. The reason why was first of all, we wanted to go to Capitol Kia and that's what you do when you're on Capitol Kia. I had always wanted to fly in a hot air balloon. To me, it just seems so exotic because every time you even see a hot air balloon, you go wow, look in the sky. Right. So it seemed to me something that very few people got to do. And to me that was the mecca of hot air ballooning. Sure what cooler way to go hot air ballooning than at the coolest place ever. With 100 other hot air balloons the same morning. You did so to me. It just made sense. Yeah, the

R

Roger Williams 31:10

hot air balloon festival in Mexico in New Mexico is probably pretty good, too. But I understand it's not Turkey. I understand New Mexico is not turkey.



Scot McKay 31:18

Well, there are indeed a couple other factors in play. It probably was a lot less expensive to fly for people in hot air balloon one morning and capita okiya, then to do so in New Mexico. Sure. Also, I'm not sure I have a ticket to 100. Mexican, I'm pretty limited and Yes, pretty much a private thing. But yeah, something you can freely go do. So

R

Roger Williams 31:38

Scott, I will go back to the whole what excited you about seeing that Devil's Hole and swimming in that Devil's Hole is what was the what was the drive that you went, you had to jump up and go rush to Emily and say, oh my gosh, we have to do this? Why was it so exciting?



Scot McKay 31:54

Two things. First of all, it was something that seemed impossibly dangerous and daring, that I didn't know that I didn't know anybody else who had ever done it. Second of all, we were already planning a trip to Sub Saharan Africa. And we wanted to go to Victoria Falls anyway. And that kind of just sealed it.

R

Roger Williams 32:14

Okay, so for me, hearing that part of it, it's, you found inspiration someplace else to do this, and that's okay. But just saying I'm gonna do it because other people are doing it is not the drive to find joy in your life, what I know of you is that you're an extreme sports guy, you'd like to do exciting things. That's, that's part of your nature. So seeing that ignited that flame in you that it's something that's a part of you, that's a good calling to put something on your bucket list. If you've just seen the picture of it 10,000 times on Instagram, I go, Well, I guess everybody's going, there's no call there. And so that's what I'm talking about. It's that it's an

inner call saying, I have to do this, for whatever reason, that's fine, you can find the inspiration wherever but it is there that drive that call inside of you that's like, Ah, I have to do this. For me. It was the Camino de Santiago. It's a 790 Kilometer trek across northern Spain takes about 30 days there, there was just something to like, I had to go do this, I had to go complete this thing. It was the start of my bucket list, lifestyle. And I was like I have to go complete something. So I can feel confident that no matter what I choose, I can do this. So it's got to be a big, hairy, audacious goal. And I was just drawn to it. I was drawn to the community aspects of it, I was drawn to the never having been to Europe part. You know, there was just so many things about it. But I was drawn to do that. And I think that that's super important.



Scot McKay 33:41

Well, I think you make a fantastic point. If I'm simply following the herd, there's not a whole lot of passion there. Right? It's almost, it starts to feel like work to go out and do something at that point. It's not that I want to do it, I feel compelled or that I have to do it for some reason, right, which is no fun. I mean, it defeats the whole purpose of having a bucket list. Now, as you've already duly noted, I'm not only curious, but I'm greedy about it. I'm looking to carry too much out of this life, once it's over, that I've accomplished or done or seen or whatever someone wants to accuse me of being the person who enjoys being alive more than anybody they've ever met. I often wonder why people aren't so interested in interesting things, and how they can't possibly care about things that are inherently just unusual or exciting. Just because they're different than what that person is used to seeing or used to doing. It's just outside of their experience enough that they go well that's irrelevant. I love learning new things. I love seeing new things. That's probably why I'll almost never refuse any opportunity to see something different or visit a different culture etc. But you know, this kind of dovetails into the last one Question I was actually going to ask you, Roger, which is what would you say to a guy listening to the show? Who's thinking himself? Why would I even do this? This seems completely irrelevant to me. I don't even see why this would be interesting. What if I don't want to go somewhere? What if I don't want to do anything? What if I'm perfectly content to be a couch potato? What's my reason why? And you've already given a little bit of a window into the answer, I'm expecting you to give saying, Well, you know what, it ignites your passions, it really gets you in tune with thinking for yourself and doing what you want to do and making your own plans, rather than simply following the herd. But I'm sure you have much more to say on that. So go for it.



Roger Williams 35:40

Yeah. So Scott, I really think it's about finding the joy in your life. And if you find joy in sitting on the couch and binge watching, you know, Yellowstone, that's fine, right? But it's, does it feed your soul? Like you said, does it feed your soul? Does it does it bring you joy, and the only person that we can count on to do that, in walking around with us right now is ourselves. We can't rely on our partners, we can't rely on our wives, we can't rely on our children. You know, we can only rely on ourselves to do that. And the example that, you know, is pretty common. I think what's inside most coaches depend no matter what you're coaching people through is that you know, self care is a massively important thing. And I feel like guys especially do not do that. They stay. We've been taught all of our lives that we need to sacrifice for our family sacrifice for our wives, sacrifice for our friends, we have to sacrifice, sacrifice, sacrifice, and that just gets depleting over time. And I did that I did that for 30 years. I was married for 25,

another five. And finally it just said, I love my family. I love my partner I love I love my coworkers. Yeah, I've kind of I've kind of feed myself. And so I've found that the way for me to do that is to is to intentionally cross things off my bucket list, that I get personal joy out of that. And an example would be that. When I did the Camino de Santiago takes 30 days, I went to my partner and said, Hey, I'm gonna go do this. And she was like, Oh, she knew about it. We talked about multiple times. That was I was constantly talking about it, actually, to the fault, I'm sure. But you know, she's like, I'm not sure I want to do at all. And I'm like, Okay, well, I wasn't sure I was going to ask you to go with to begin with, because I do kind of want to do it on my own. And she goes out. She said, Well, I think, you know, I want to go back to Spain. And I've never really traveled as an adult before, on my own, and to that extent, and so I think I want to do that too. You know, she'd done some traveling but but nothing like planning for herself and doing her own thing. And so we came to a really, really good bargain, right, really good compromise. I went to France at the beginning of August and walked across the Pyrenees and started my journey. A week and a half later, she got on the plane and went to Madrid and Seville and Malaga and Barcelona. And she, she went to all these places for like two weeks. And we met in Styria, Spain, and walked last five days together, stayed in a little bit of more upscale hostels had our own rooms and bathrooms and that kind of stuff. So she was a little more comfortable. But we did since we did those last five days together, we both got completions of certificates of completion. And it worked out there needs to be space for yourself, so that you can recharge, so you can be the best man that you want to be for your family, for your kids, for your wife, for your boss, all those things, you got to figure out a way to bring yourself joy and recharge.



Scot McKay 38:47

You know, I agree with that 100%. It's almost like when you're on an airliner and they say put your own mask on before you help somebody else. A lot of us as guys burn ourselves out. Yep. Doing and working and achieving on behalf of everybody else in our lives. But we forget that self care. Now I would add two thoughts to that kind of enclosing the show here. The first one is almost everyone in this culture, North American middle class culture. Budgets last for interesting, fun adventures. That's the last thing that gets budgeted for. What if it was further up the totem pole, you know, then buying that bigger BMW than my neighbors have, et cetera, et cetera. I think that's the first challenge I would issue to these guys relative to building a bucket list is what do you want to do? How important would the adventure be? As we said on your show, Emily and I, when we did your show, which was wonderful. By the way, you guys I want you to it in a couple minutes. Nobody could repossess our experiences. No one can come take those away. They don't rust out. They don't get lost. They don't break. They will always be there. The other thing that I would add to this conversation is while I agree with you wholeheartedly, that we as men need to be inspired by our own passions, by those things which we dream in our own heads, the goals, the purposes that we want, that we're passionate about. I will say that women are wired a little bit differently. Women love men who lead and they love men who inspire them. So while your partner, like you said, may say, you know, I don't think I want to do the entire trip. But I think maybe I would like to do part of it with you. She was inspired to some degree, although there's always middle ground, and there's always wiggle room. But there are a lot of women out there who are very bored. And I'll tell you, gentlemen, if you're a guy who shows up with nothing in this regard, I you know, let's just go watch reruns together, lay on the couch and do nothing. Don't be surprised when she's not hot for you sexually. Because you're not bringing anything. Masculinity leads masculinity inspires masculinity acts in the best interest of a woman, and by extension to a man's family. And when you bring adventure, when you bring fun when you bring excitement, when you bring a zest for

life, not only are you inspiring a woman to go out and do things, you're also lifting that fear she may have. Because you're a man in her life. I think we said on your show, there's no way that my wife would have gone to North Korea by herself. And there's no way there's no way I can really stop and Otto Warmbier situation from happening to my wife and I if the North Koreans want that to happen. But for some crazy reason, she felt safer because I was on that trip with her. So there is this inspiration, and this encouragement and this cover of safety that men bring to a woman's world in extending the hand of friendship and adventure to her that women love to take hold love and joy.

R

Roger Williams 42:06

Yeah, I can. I can wholeheartedly agree with that. Before this Christmas before we went to Spain, I gave her a bracelet that was it wasn't like super expensive, wasn't gold, it was wood. And then the center of the bracelet was carved. The longitude and latitude have Surya Spain, where we were going to meet. And so the whole time we were both on that trip, we had the I had the exact same bracelet. And so we were wearing this bracelet. We're gonna meet together in this spot on the other side of the planet. We're gonna meet here and I'll you know, I'll just be honest, and she may not like it. But I mean, that was a really good night for us. I mean that that night when we finally got together, we were both super tired. I've been walking for like 25 days, she had been you know, traveling all around Spain for two and a half weeks. I mean, a lot of travel. We were both tired, but it did not affect anyone's performance that night. We were we're excited to see each other we were it was it was romantic. The whole gesture was romantic. There won't be there may not have been candle lights and the soft music but but there, it was romantic. It was a romantic thing to go on this adventure together, to allow each other to have space and to come back together and continue that adventure. till its completion.



Scot McKay 43:20

We'll see the candle light, and the soft music would have been somebody else's bucket list. Probably. That would have been what someone else told you. You had to do. Yeah, but because you have that connection with her. You created your own moment. And I just think that's magical. That's what it's all about. And you sealed that moment by giving her that bracelet, which is great, which is great. Fantastic. His name is Roger Williams. He's the head crosser offer at the crossing it off podcast, which you can go to not only by going to crossing it off podcast.com But by going to mountaintop podcast.com front slash Roger. r o g r he's the first Roger we've ever had on the show. Nice Roger. Yeah, man, thank you so much for joining us today. This has been a fantastic and fun conversation, sir.

R

Roger Williams 44:07

Well, thanks for having me, Scott. I really enjoyed our time with you and Emily on my show. So I'm, I'm so glad I can repay the favor.



Scot McKay 44:15

Yeah, man, and I'm sure glad you did. Gentlemen, if you have not been to bounce top nodcast.com I ately visit our sponsors origin and main key port and heres span. We have

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