

# mtp388

Wed, Dec 27, 2023 2:43PM 40:31

## SUMMARY KEYWORDS

people, man, reputation, talk, women, losing, tommy, scot, stand, respect, mountaintop, mistake, hold, core values, character, breach, starts, day, decisions, cancellation

## SPEAKERS

Tommy Breedlove, Edroy Odem, 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 Mountain Top Podcast. And now here's your host Scot McKay.



Scot McKay 00:18

Alright gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. As always, this is your host Scot McKay. You can find me all over social media, usually at Scot McKay. With the exception of Instagram, they're the outlier out there, where I'm at real Scot McKay. With me today is a longtime friend of mine, man, I guess he and I go back seven or eight years now. He is the proprietor over at the mountaintop lodge in north Georgia love the name of that place for some reason. And also the author of a book called legendary which a lot of you guys have read and given me great reviews on. And if you're looking for even more good reviews than that you'll find those at Amazon. As a matter of fact, if you're listening to this particular episode within a week or so of when it's originally released, you can also find Tommy's book at the top of my Amazon influencer queue, which is at [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash Amazon. Tommy Breedlove from northern Georgia. Welcome back man.



Tommy Breedlove 01:24

Scot, my old friend, greetings from the beautiful Appalachian mountains of North Georgia. I think one of the most underrated places on earth and one of the most beautiful places on earth. My old friend, I am humbled and honored to be here. And thank you as always for being you my friend.



Scot McKay 01:39

Oh, well. Yeah, man. The pleasure is mutual. And by the way, you've now called me your old

friend twice. We were on video before we started both of us sporting gray beards, nowadays.

 Tommy Breedlove 01:51

Gravity's winning my friend. And I keep deciding, let me let me just own it here. I keep deciding whether I need to dye it or not. But I think you know, we can get away with some pepper every now and then I want to stay sexy, man. I'm looking at my 50th year on earth this year.

 Scot McKay 02:04


Congratulations on that, you know, I'm feeling pretty salty, more than peppery, myself nowadays, probably in more ways than one. According to my wife when I haven't eaten all day, you know? Oh, yeah. But it probably is extremely pertinent to our topic du jour, which is protecting your reputation as a man. You know, Tommy, this has been on my radar screen for a while not only the concept, but the reality of it. Right. But you know, I needed the right guest you're it this is something that a lot of guys don't ever really think about or pay attention to until well, it's too late than they realize, wow, should I ever have paid attention to this? Right?

 Tommy Breedlove 02:46

Something? You're always on the big time, brother? Yeah. So

 Scot McKay 02:49

what happens is, we as men think we got things going, we try to keep the shiny side up. Most of us at least the kind of guys who would listen to an episode like this with you and me, want to do the right thing in life and make the world a better place. But your reputation can be fragile, and it can disappear on you and really never come back. How would you define your reputation? First, I think that's probably a good place to start, don't you think?

 Tommy Breedlove 03:22

I do. And you're talking to a guy and we can go more into this who has lost his reputation badly, at one time in his life, and slowly over time has built it back. So I feel like I'm an appropriate guest for this by making all of the wrong decisions. And what I would first say is, gentlemen, let's never let people who don't matter matter. But for the people who do matter in our lives, let's protect and defend our reputations like it, there is no other but for me our reputation, right, wrong or indifferent is how we are perceived by the people, our stakeholders, our customers and clients, the people we serve our employees, our colleagues, our wives and our friends, how they perceive us to be and more importantly, how not just what we say what we do. And to me, our reputation is a direct correlation and what we do in our lives, our day to day operations, our day to day decisions in our day to day actions. Because we can say our reputation is this we can say we believe in this but if we say one thing and do another that means our reputation is at stake. So for me as walking the walk in doing what you're saying you're going to do as best you can. But I would also say understand that all men are flawed.


Some were flawed and awesome. So let's give ourselves credit. And gentlemen, when people our friends breach core values or we breach our core values, own it, own it, ask for forgiveness, learn from it, grow from it, walk forward, but learn Let's not get caught up in this nonsense BS cancellation culture, that people get cancelled because they make mistakes, because we're all gonna make mistakes, we all need to have grace, we all need to have dignity. But we need to do the best we can by honoring our core values every day, honoring our non negotiables every day walking, not only talking to talk, but also walk in the walk the best we can. And finally, Scot, I think it's important and don't send me hate email because I don't care. But we need to understand that most men not all men, but I'm gonna say most men are motivated by power, respect, and status, power, respect and status, and we fear embarrassment. But we also know that power, respect and status comes from how others perceive us, our significant other who we attract in life and what we do. And sometimes, and more often than not, we sacrifice our core values in the name of power, respect, or status. So let's just let's just start there, my brother, and there's probably a whole lot that we can riff on from that.



Scot McKay 05:58

Oh, man, you warmed this up in a hurry, didn't you? There's a lot we could talk about there. And it was absolutely stone cold, right on the money, man, you I hit that one out of the park already. Or let's talk about first of all your core values, making the right decisions, etc. If you don't know who the hell you are autonomy, if you don't know what those core values even are, then it would be hard to build any kind of real honest to goodness, consistent reputation, ie the perception others have of you the lens they view you through without that, right. So I mean, these guys who have as I would say, no character, they don't know what they believe, they just will say yes to whatever person is in front of them trying to fit in, they will already be cultivating reputation of kind of being a sheeple rather than someone with a core character. And I don't think those people ever get the respect you're talking about. And by the way, no hate mail for me there. I absolutely think we as guys want to be respected, just like women want to be loved and made to feel protected. Since you unloaded so many amazingly salient points, they're all at once. That's how men feel comfortable. In the context of a romantic Well, relationshipy kind of situation with a woman. And I talked about the Big Four, these guys know what that is. And some guys kind of raised their eyebrows that making a man feel safe and comfortable, is also a feature of the female big four. And a lot of guys will be real macho, and still I can go I don't need some woman to protect me, I protect myself, well, that's not really what I'm talking about. There's more to feeling safe and secure than simply taking a bullet for someone else, or knocking out some bully before he can get to her, you know, like a woman would like to think we could do right. And again, there's more dimension to it for us as guys. If we're demeaning a woman making her feel unintelligence making her feel like she doesn't matter. She's not going to feel safe. And certainly that doesn't involve any physical sacrifice on our part, right? That's simply us being a boneheaded boyfriend. But when women flirt with the waiter, when you're out with them, when they say bad things about you behind your back, when they say bad things to your friends about who you are, and try to demean you in public, when they start embarrassing scenes in public places. Man, I saw some poor bastard having to deal with that just the other day. Breaking when you see it. All of those are ways that women make us feel unsafe. So yeah, it is a two way street. And when we don't feel safe with a woman, we feel slighted and disrespected, most of the time, that's what's causing that lack of safety. So that core value system, not only people around us, but the woman we're with, or the prospective kind of woman we want to be with, right? If we don't know who the hell we are,


how do we know the kind of woman we're going to attract? Other than Oh, she had a nice ass even though she was batshit. Crazy, you know? I mean, we don't know who we're gonna get into like

 Tommy Breedlove 09:12

this whole whole hot the crazy matrix, right? Oh, yeah. Oh, that

 Scot McKay 09:16

is well documented around here. I don't know how true it is. But it sure is hilarious. And I think you and I have discussed it together. But without a foundation, you have nothing to build a reputation on not only with people you do business with, not only with people you do business for but with the women in your life. And I would dare say even with yourself, maybe the first place to build a reputation is in our own noggin. I mean, do we trust ourselves? Do we have a high opinion of our ability to be honored and respected? And that's pretty deep, isn't it? It's real

 Tommy Breedlove 09:51

deep brother real deep. And I think the number one failure in business leadership and in our relationships with our Our women or friends is self awareness is truly knowing thyself. And I'm not just talking about the arena that we play in every day, our work our homes, I'm talking about our unknown potential, our blind spots, and also the masks that we wear. And something that we do so well in our legendary leadership retreats is helping, you know, these ambitious men not only know the arena that they're playing in every day, know their unknown potential, also know the mask, that armor and that BS, you know, tough guy, funny guy, important guy, life of the party guy. But also knowing our blind spots, so that we can truly know ourselves better lead, love and respect ourselves better so that we can lead love and respect others fully. And I think it starts with self awareness. So many of us are lost from a purpose standpoint. So when when I was lost of who I am, where am I going, who's coming with me so much, so many of us are unclear as to those things. And I think it's super important for us as men to really understand Know thyself, so that we can level up day by day for my days, so that we can go from ignorance to awareness. And awareness is a mother man, because awareness will either be a shame monster that holds you down, or something that you can build on and transform. And so I think it's absolutely clear to know who we are truly know who we are, where we're going, and who's coming with us. And I want to, I want to play off of something you just said, the most dangerous man on earth is a rageful. Jealous, man. And if you don't think safety is important to you, tough guys from your spouse or significant other and your spouse and significant other can be the greatest asset in your life, or the most giant liability you've ever seen. So choose wisely. So just know, man, I'm telling you the most the most dangerous, one of the most dangerous forces on Earth is a rageful man, and you add jealousy to a race Romain, that is a stew of look out, and you talk about reputation and breaching your core values and making big mistakes. It's there, so I'll leave it at that, Scott. Yeah, well,

 Scot McKay 12:07

you know we're the leaders in a relationship whether we like it or not I might add Δ lot of

you know, we're the readers in a relationship, whether we like it or not, I might add. A lot of these guys running around complaining about women and all women are terrible, blah, blah, blah. A lot of them need to look in the mirror, don't they? Tommy? Because they've if you got guys who don't like women, you can't expect women are like you better if you're being this jealous. rageful guy rageful there's a word for you, right? Yeah, no doubt. If you're that guy you're leading, she's gonna get jealous in return, she's gonna get angry at you. And then you're probably likely going to say to yourself, and maybe out loud and display your Dunning Kruger effect to the entire internet by say, hey, all women are like this. When all of us who are in the know are gonna go dude, you need to look in the mirror. No doubt, you know, it's showing, and women aren't jealous and rageful they aren't going to try to embarrass you in public, they aren't going to try to cheat on you. Unless you've made the wrong decision for the wrong woman. And a lot of that starts with looking in the mirror and saying Who should I be with what values are important to me? Now, I am not a Pollyanna. I do think there are women out there who are damaged beyond repair, probably before we even get to them, and they can fool us. But I'm telling you, if you have a pattern of a really nice girl turning into a raging jealous monster who doesn't like you time and time again, in a relationship situation, I would think you definitely need to look in the mirror. And if you don't know who the hell you are, and you don't know what you're about, then don't come complaining to either you or me when it isn't working out. And chances are by the way, Tommy, it won't be just your relationships with women that will go across the board in your life. Right? That's why a lot of times when guys can't control their families are not deemed worthy to control a business or to be promoted or to be elected to office. I think there's a lot of power there. I want to go back to something else you said because I think it's a nice segue here. And you mentioned that cringe worthy term cancel culture. The worst? There's a big difference between an attempt to cancel you and losing your reputation. Isn't there? A

T

Tommy Breedlove 14:27

grade? Yep. One is just usually based on the opinions of somebody that probably doesn't matter in your life anyway. And the other is actually breaching core values that you believe in and hold so dear. So you losing your reputation is a breach of core values. It's where we go outside of our non negotiables. It's where we do something out of what we would normally do, probably on the pursuit of power, which is could be sexual affairs, it could be needing to be affirmed or where it could be, you know, breaching what we would do in a business or contractual scenario, probably for a little bit more money, which is going to, you know, when we're going to do something that we don't deem is right, and so and you know, we don't always make the right decisions, we sometimes make really bad decisions in a moment, off a last off a power off agreed for respect of status. And, you know, we because we come from where we come from, we got to own that we're craving that status we want to be, you know, because in the, in the good old days, that's what got us late, it's what protected us. And it was what also got us to the head of the tribes. And sometimes when we shoot for those things, at the cost of everything else, which I have done, we end up losing it all on the pursuit of more, and so that there's a very big difference between cancellation culture, which is just bullying on steroids. And then you know, losing our reputations, which we hold so dear. And I will say we have to be careful as men, again, not complete Morgan, I want to riff off of something you just said, if something is lacking in your life, it could be your sex life, it could be your happiness, it could be relationship, lack of relationship, success, leadership, business, the things that you want the experiences that you want to have goes find the nearest mirror. And that is the biggest problem. And the biggest solution is just what are you going to do to participate in your own rescue? What are you going to do to level up, and the only person that can fix it is you and the

only power you truly have on earth is choice of choose to go do something about it, man up level up. And by the way, those of you listening who are projecting that all women are bad, that is a form of cancellation, man, because you've had bad experiences, probably because you weren't where you supposed to be, or you didn't love or relieved yourself the most. You're projecting on to all women, because you've had one bad experience, but maybe your bad experience was because of the choices you make. So I'll just leave it at that. And Scott, you're onto something here, brother. Yeah,



Scot McKay 16:54

you know, anybody who doesn't like an entire cross section of the population, because of an inherent difference between that cross section of the population and themselves, basically is no different than a racist. Yeah, because racism is great. So someone can say, Well, I think all women are terrible, or all men are terrible. And that is hate that typically comes from bad experiences with a few people and ignorance as to how much similarity we have between people. If we would just talk to each other and get to know each other. It's all fear based, all fear based. I think this idea of the difference between being canceled, and losing one's reputation is the crux of the matter here, frankly, not only because of the current zeitgeist of the culture nowadays, but because I think it's going to be the most confusing element potentially, of this particular topic to most of us, myself included. So I'm thinking out loud as I talk to you. If you really know who you are, let's start here. If you really know who you are, what you're about and you feel passionately about that message in that purpose. Chances are, there are going to be people who not only disagree with you, but feel as if they must fight that message and keep it from seeing the light of day. When the latter type of people try to destroy you try to demean your character that is to be expected. Those people may shout from the rooftops Ha, I've just ruined this person's character, I've just cancelled them. They may even use terms like checkmate, you lose, you're done, you're over. And they'll do this on Twitter over and over again. But if they're the people who don't agree with you, and need your message not to be heard by anybody else, that's not your reputation being lost. That's you, showing evidence of character, that kind of quote unquote, cancellation attempt, will most likely Tommy only make you stronger in the eyes of those supporting you and your message and help the people see you with more respect, who you would like to actually earn more respect from? I think that is a huge, huge factor here that can't be well shouted from the rooftops enough. What do you think?



Tommy Breedlove 19:21

I can't agree with you more. And if you're not getting any kind of pushback or hating or people aren't listening, it's because you know, you're not standing and fighting for anything. And I think we need to welcome people wanting to cancel us. I think we need to welcome haters. That means we're fighting and standing for something. And I would ask everybody here, where do you want to plant your flag? What are your non negotiables? What would you fight for and fight against? And let me tell you a great example here in Georgia and they don't give a flying flip and it doesn't matter to me whether it really doesn't matter to them. Whether you like their politics through religion, but let me tell you who doesn't play around with that at all. It's Chick fil A. And they are based here in Atlanta in Georgia. And they don't give a flying flip what you think about their politics or religion, and they will fight and stand for it at all costs, and they are laughing all the way to the bank, they're probably going to sell \$15 billion where the chicken

sandwich is, because you know exactly who they are what and by the way, they want you to dislike them, they want you to go to Burger King or McDonald, they don't care. Because they're going to stand where they stand, they're going to fight for what they fight, they're going to believe in what they believe in. And I think that's what makes this world a great place. And if you're trying to please people, please, how exhausting is that? If you're trying to make everybody happy, how exhausting is that. And it means you just don't love yourself enough to stand for something that you believe in. And, you know, I just that, to me, just seems exhausting. And when we start getting haters, and we start getting pushback, and we start getting, you know, people fighting against us, that means we're doing something that means we're standing for something, and at the end of the day we can win are we all have one thing in common is that we're gonna die. And we don't talk enough about that. But you can die with no regrets your head up, shoulders back, and hopefully a heart full of gratitude man, so I couldn't agree with you more. Now,



Scot McKay 21:16

on the part of Chick fil A, I do not have any direct experience working with the company. But I have at least two acquaintances who are involved with Chick fil A. And they say that that level of character you see from them is across the board. They treat the people who work for them. And the people who run their restaurants, employees and customers with the kind of respect that they allegedly believe in, which is coming from, you know, for guys who don't know this, they're coming from a Christian based belief system. They're not open on Sundays, etc. So they're already conservative, Christian based, yep, they're losing 1/7 of their potential revenue every week by being closed on Sunday. So I mean, that's the level of this business's belief system. And what they say they're about, you know, Hobby Lobby is another one, he famously can't go buy model rocket engines or paint for your model cars, testers paint on Sunday, but or get it done on Saturday, because the Hobby Lobby is going to be closed. Very, very, very true. Now, on the other hand, if you are trying to do the right thing, and you have a sense of character, you want to leave the world a better place, chances are, you'll have a rock solid reputation with the people you want to have that reputation with. But if you're pulling a snow job on these people, and there's a lot of smoke and mirrors, and you're not exactly who you said you were going to be, and you were trying to fleece, the masses that will catch up with you and ruin your character. We just saw that in the case. You know, you mentioned politics, we just saw that in the case of freshmen representative George Santos from New York, I think just about everybody agreed that guy had to go because he completely misrepresented most everything and was lining his own pockets. And it's hard for even, you know, political hacks who were trying to keep keep up appearances and keep the number of votes up for the sake of well, political power, right? To even keep him involved. So when you know, people in your own party are turning their backs on you, that is clearly a loss of reputation. So character absolutely has got to be the cornerstone of what you're building a reputation on. And you've already covered that very well. But and here comes a huge butt, right? all capital letters, right? It's incredibly horrifying to me how quickly someone can lose their entire reputation. In one moment, when the heat starts getting turned up. And when the money and the opportunity and the potential for power starts getting turned up, right. It's amazing how people who have had really good character and been masters, or mistresses, right, of holding their reputation intact. Start cutting corners a little bit, and start Yeah, losing it because so much is at stake. I'm reminded first of all of the first time back in my first sales job when there was a million dollar deal at stake. And basically, it started turning into Cannonball Run, and It's a Mad, Mad, Mad, Mad World out there. Everybody all of a sudden had no character anymore. It was every man for themselves, stabbing your buddies in the back who used to go have a beer with trying to get



this deal. It was pathetic. And nobody it seems is immune from this. And here's an example. I really, really want to throw down and get your opinion on here. As we're recording this very recently, we had presidents of Ivy League universities, sitting before Congress, being asked if they believe that an anti semitic rally where they're calling for the genocide of Jews should be something they shouldn't allow. on their campuses, and you saw presidents of universities, Ivy League universities, you know, you want to talk about reputation, you want to talk about influence, you want to talk about people who have got to be above board, you saw those people try to double talk their way out of admitting that so hard that it was not only cringe worthy, it was downright laughable Tommy, two out of the three have lost their jobs because of the backlash from that. And it's because simply, they couldn't stand up and say what they believed in for fear of something. Great. Man, you know, you know what sobering about that is, that means none of us are absolutely immune, depending on how hot the pressure gets, what do we do with that knowledge.

T

Tommy Breedlove 25:51

So let's just own we haven't said the words we were talking about money changes us, the need for people to love us doesn't change for us. And we never threw in there at a hot young New Girl. And they're involved in the mix. And you know, a lot of men can make some really bad decisions, including this guy in his past, it's let's just be we didn't even talk about that we've been skating around it. But those that you know, that's a, that is a draw for a lot of us. And so let's just own that as well. But what's amazing to me is if those people and I'll just say it like that. So I will say this, it's not if we're going to screw up and breach core value, it's when and we got to own that. It's never the affair or the breach of core value. It's the lying about it that really gets people at the end of the day. And let's take a step back, all of us that are listening to this, we need to have some grace and some dignity. If someone makes a mistake, and owns it, and works hard at getting better from that mistake. We've got to love them and forgive them because it's going to happen to us as well, we got to stop this, you know, judging, you said it earlier, judging an entire book by a bad chapter, we've got to stop doing that as a society. And we've got to allow people to move on otherwise, the only alternative is for them to go in their lives. And that's just in we're seeing that and that's ridiculous. Like we're, we're definitely see it from young people. But let's go back to those presidents, if they would have just stood their ground, stood their ground and actually said, what they believed in like actually said, what they believed in what their heart believes in what their core value is, and what their non negotiable. And if they would have just stood there with you know, with some ovaries or some balls and stood their ground, they might have lost their job, but they would have gained a whole lot more they would have gained, someone else would have hired him, you know what I'm saying? And so it's just you got to stand for something, you can't people, please, you can't cancel. And you certainly can't say an entire sector of human beings, or a religion, or a culture or a race. You can't, we can't I mean, we've got to lead with love, man. And when you allow people to do hate rallies of any type, you're not standing for anything. Because our hearts and souls know better. We all want to all humans want the same thing. We want to be seen, loved, heard, valued, and free, seen, heard, loved, valued and free. And for those of us who want to protect our reputations, we've got to stand for something. And if those people would have just stood up, head up, shoulders back and say no, this is what I believe in why I believe that they might have lost their job, but they certainly wouldn't lost a reputation. So let's just be clear on that. Yeah, for



0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100





SCOT MCKAY 28:42

sure. I mean, a couple things to discuss there. First of all, when you're not consistent, in other words, rules for me, but not for the are rules for certain social groups, but not others. Or we hold certain things to a high standard and let other things slip. That's when the people who maybe have valued your message treated you with respect and honored you and held your reputation in high esteem start turning on you, because of the inconsistency. All of a sudden, you're not believable anymore, the honor has up and left. The other thing I think that goes along with it would be kind of like almost a mirror image of that a Bud Light situation, for example, where you start dying on hills, no one's ever asked you to dial like why would you bring that up? Why would you start taking a position on this thing? You may believe it strongly, but it has nothing to do with that core message of yours. You know, if I started talking about Ford's and dodges and Chevy's and don't listen to this show anymore, unless you drive this pickup truck, if you don't drive a pickup truck at all, don't bother kind of thing. I would just chase away a whole bunch of people. I had no business even chasing away. And people do that nowadays. And I think it is also character based when you start seeing things like that happen because people get fooled into believing something matters when it really doesn't. And that like I said, is kind of the mirror image of treating something that matters as if it doesn't maybe in the moment, oh, I can get away with some infidelity, even though I'm a teacher on relationships or on Christianity or something like that. And people just aren't going to be that forgiving, you're kidding yourself. I think the best way to wrap up this conversation, since we now been pretty clear on that part of it, is to address the elephant in the room here, which is we live in a culture where the cell phones go up anytime something controversial is happening, you know, you kind of mentioned it a little bit, you know, you talked about self awareness, right? You got to know when there's a hot mic, you got to know when there's a camera, you got to know when Hey, this gets to a certain point where someone's going to talk about your temper, and your little problems. We have to live our lives Tommy as if there's a hot mic on and that there's a camera trained on us in the sport that my kids are involved with, on the biggest stage of all, one of the legends of this sport, going back to the 80s just very recently forgot the cameras were on. And he did something in the heat of the moment during competition that literally caused everybody to lose all respect for him, and he's probably not going to get it back. And it happened in under five seconds. And the interesting thing was watching him on social media not really know what to do with that. So first, there was this huge apology, then there was a doubling down on what he did and say, hey, that's who I am. I got to own it. Then there was wait, you know what I didn't mean to say that either. And he's getting all this bad advice, or at least contrary advice from different people on how to handle the situation and acting on it all. Because he wasn't ready in his own mind to act on it. He wasn't ready for that moment it snuck up on him. My first thought is, hey, I got to own my mistake. And here's how I'm gonna do better. But man, you know, you remember Ray Rice from the Baltimore Ravens. Everybody was like, oh, yeah, you know what he slapped his girlfriend in an elevator and suspend him for a game or two, he'll be alright, we'll try out. Then everybody saw the video and his career's over. In closing here to talk to me about the hot mics syndrome, and how we as men can be more careful without perhaps being paranoid. Or maybe you might think we need to be paranoid. What do we need to be extra vigilant of in today's age, to keep from losing our reputation in the moment? Yeah,



Tommy Breedlove 32:42

and I think you've said a whole lot here. I want to go back before I answer that direct question. And I think as men and women and as a society, we got to do better of looking at the story and not the moment. And we got to be careful not to condemn and exclude, even in the worst of

the worst situations, because I am a believer with the right choices with the right mentors, with the right leadership with the erratic credibility that people can change their stripes, and they can do better. The alternative is that they, you know, they just, they go away. And I think we got to, we got to show mercy. We got to, we got to hold them account, they've got to hold themselves to account, they've got to learn from it, grow from it and move on. Because it's not if we're going to make mistakes, it's win. So I just want to say that we got to get better at Mercy, we've got to get better at forgiveness, but they have to, they have to earn that back. Right? We just don't get it I'm not I'm not here to give you a fifth page trophy. Or, Oh, that was one time thing. Now I want to move on get account and grow from it and actually show me that you will be better and do better. So we got to be better at that as a society. The Hot Mic syndrome, you're talking to a guy who's written a Wall Street Journal in USA Today best selling book that I will never live up to. So this is raw and real with me, I'll never live up to the standards and the teachings, I hope to I aspire to I work my ass off at it to get there. But I will never be the human being in those pages. I will make mistakes. And there is a hot mic on there is a cell phone, everything has been I mean, everything is being recorded right now. It's on the streets, it's in people's hands. Every time you walk into a restaurant, you're on video, and it's gonna get worse. It's gonna get bigger and worse. And we just have to know that what we have to do our best at is do our best at surrounding ourselves with people who lift us up and make us better the problem when we're in darkness and the problem when we're in pain and the problem when we're isolating especially as men, we like to surround ourselves with people that are similar that we like to surround ourselves with people in pain. And when we're isolating we're losing isolation is the enemy of excellence. So we have to be very mindful on and I say this all the time and my mentor says this, show me your habits and the five people you spend the most time with and I will tell you your future. So it starts with the habits of every day of how we progress As in ourselves to be stronger, mentally, emotionally, spiritually and physically, mentally, emotionally, spiritually, physically. We have to work on those muscles first thing every day and I'll tell you why I'm saying this. If you don't think we're mentally, emotionally and spiritually weak, look at Facebook, tick tock, reality TV and 24 hour news we are weak, and we are sheeple. So every day when we get up, if we will prioritize ourselves, first our hearts, minds, souls and bodies, we will make better decisions, we will live in our core values, we will when the fire comes, or when we will make a mistake, we will run to it and stand in it and own it because we will be strong. And you need to be mentally, emotionally, physically and spiritually strong, because that will help you make better decisions that will help you not do something really stupid. And that will help you just to be a better leader and human being overall. Number two, it is critical that who you hang out with, if you hang out with people who are drinking heavy, you're going to drink heavily, and that the chances of you making a bad mistake. When you've had whether it's in a fair fight, saying something you regret, you've got to be critical of who you spend, if you're with abundant net giving people who root for you, you were more likely to make better decisions. So I think it starts with prioritizing yourself, knowing who you are, and getting stronger every day, inside and out. I think it's critical for you to surround yourself with the right people. And to know that every you know, a lot of people out there want to see you fail, a lot of people want to put you in a situation for you fail. But if you are mentally, emotionally and spiritually strong, if you are surrounded by people who root for you who are abundant net givers and who can lift you up and make you better. The likelihood of you making a catastrophic mistake diminishes. But no, you can still it can still happen. But the moment that happens, own it, own it, be held accountable for it, you hold yourself accountable for it, you take the heat and pressure whatever comes. But knowing no matter what, whether it's a business mistake, a life mistake or relationship mistake, nothing cannot be overcome. Nothing cannot be rebuilt. You've just got to own it, grow from it, and show people and earn their respect and trust back. But I think it's I think you've got to know what's out there. You got to know people want to do harm to you. But the stronger you are inside, the more good people

you hang out with core value people who are just like you, the less likely that will become but when it comes in, if it comes, just hold yourself accountable. Say I know I owned it. This is why it happened. This is how you know I'll do better next time and I want to show you that's what I would say to that Scot boom,



Scot McKay 37:39

there's your mic drop right there. I think you said it all. Indeed, you know, going into 2024 Here, there are a lot of people on Twitter who live in glass houses and are throwing plenty of rocks. That's the world we live in. And I think he pretty much just summed up what to do about it. Yeah, his name is Tommy Breedlove. He is a man on this show probably for the third or fourth time at least. He and I have had wonderful conversations on freedom and lots of other topics over the years. This one is certainly no exception. You can find his book that neither he nor I are ever going to live up to called legendary when you go to mountain top podcast.com front slash legendary or you'll also find it at the top of my Amazon storefront which you can go to mountain top podcast.com front slash Amazon and find straightaway. Tommy Breedlove from North Georgia. Thanks, man. Once again, great conversation.



Tommy Breedlove 38:37

Love you brother.



Scot McKay 38:38

Yeah, man. Gentlemen, go to mountaintop podcast.com Check out the new audios women and AI and also yes and which is my newest information on how to approach women make conversations with them and get them attracted, get their numbers go out with the make plans, all brand new stuff post COVID based on how society is right now I got my finger on the pulse of this and I've compiled it all for you in that little audio program called Yes and also get on the phone with me for 25 or 30 minutes. Let's talk about where you are right now with the women who should be in your life. That call is free to schedule at Mount to top podcast.com While you're there please also check out our sponsors origin in main heroes soap and the key port as always, when you use the coupon code mountain 10 You get an additional 10% off at checkout. And until I talk to you again real soon this is Scot McKay from X & Y Communications in San Antonio Texas be good out there



Edroy Odem 39:46

The Mountain Top podcast is produced by x&y communications all rights reserved worldwide. Be sure to visit www dot The Mountain Top podcast.com For show notes And while you're there, sign up for the free x&y communications newsletter for men. This is Ed Royal. Speaking for The Mountain Top