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SPEAKERS

Scot McKay, Amanda Ludwig, Edroy Odem



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

Greetings, gentlemen. Welcome to yet another episode of the world-famous Mountain Top Podcast. I'm your host Scot McKay at Scot McKay on everywhere on X on Facebook, except for Instagram, where I'm at real Scot McKay. I guess I'm at real Scot McKay on threads too. And if anybody's actually on there, I know I'm not so hey, if you are happy hunting, but you're not going to find me there. At least not yet. Although I think I have a username. Anyway, enough about me. I have a great guest today. She's new friend of mine. She's from Lynchburg, Virginia, not to be confused with Lynchburg, Tennessee. They do not make Jack Daniels in Lynchburg, Virginia. They make podcasts and that's why my new friend Amanda Ludwig is joining me today. Amanda is a high performance expert with a great story. Amanda, welcome to the show.



Amanda Ludwig 01:08

Hi, Scott with one T, thank you so much for having me.



Scot McKay 01:12

You know, we were watching a movie where they were making fun of white people's names. And one of the first ones they said was oh, and Scot with one T that's a hilarious. And my son just looked at me and said, Whoa. I said, you know, I'll take it all press is good press. I mean, there's so little Scot with one T awareness out there that I'll I'll take it. Yeah, well.

A

Amanda Ludwig 01:35

And, you know, my name is Amanda, which was the in the top 10. On the baby nameless theory I was born the year I will not mention, but the year I was born, it made the top 10 list. So my name was probably in that. That movie somewhere. But fortunately, my friends call me panda and there's not a lot of pandas around. So that helps out just a little bit. Yes,



Scot McKay 01:58

and your last name is first in the hearts of drummers everywhere

A

Amanda Ludwig 02:03

it is and interestingly enough, I was in drumline in college. And I got to play a giant bass drum with of course, the Ludwig name across the top. And so many of my friends in the audience non drummers obviously thought that they had customized the drum for me, which was obviously very cool at the time. So yeah, I just have custom drums, you know, made with my name on them. I'm I'm good like that. I



Scot McKay 02:28

guess Beethoven files would love that name, too.

A

Amanda Ludwig 02:33

So this is you'll you'll chuckle. I am a pianist. I was classically trained from the age of four. And so somehow people make the connection with my last name to Beethoven's first name. And so regularly, I will be asked, Oh, are you related to Beethoven? And I politely remind people that that was his first name. So the likelihood of me being related is pretty slim. But I will tell you probably the worst time that connection was ever made, which is when I was being interviewed, okay, you can laugh out loud when I say this, but I was being interviewed in the prelim for Miss America. And one of the things



Scot McKay 03:17

with you, yeah,

A

Amanda Ludwig 03:18

I mean, you know, I get that it's comical. I got me some scholarship. I'm proud of it. But not everyone feels that way. But one of the judges gave me this question, which was, oh, you know, you're a pianist and your name. So he made that connection. And it's not a good idea to maybe correct the judges, you know, because you're you're trying to score points, not make enemies. And so he said, Now, what are what is the significance of the first three notes of

Beethoven's Fifth Symphony? Are you kidding me? Like, what kind of question is that? And of course, I had no idea. It turns out with Morse code for SOS are some, you know, it had some significance, but but I did not have an answer for that. Judge. Maybe that's why I didn't win that year. I was just a runner up, but



Scot McKay 04:06

I will have forever in there.



Amanda Ludwig 04:08

I'll never forget thinking to myself, look, judge that was his first name, not his last name. So I don't know the answer to your question.



Scot McKay 04:16

But his niece was probably up there and he threw her a softball, like, what three things would you most like to give the world as a gift? Wow, herpes. Okay, so we're



Amanda Ludwig 04:30

moving right along.



Scot McKay 04:31

You are a high performance expert. And you had a turning point in your life. That was as my good friend Dr. Mark Goldstone would call a wake up call for you. What happened? Enough of this fluffy talk about beauty?



Amanda Ludwig 04:46

Yes. Yeah. We're gonna go straight downhill with this one. Well, I remember the occasion being in the doctor's office and I'm explaining you know, all of these things that was happening, the whole reason I was there for that appointment. And the doctor saying, do you understand? If you do not slow down, you're going to die. And I was in my 30s. And I had, you know, probably chip on my shoulder and was like, Well, you know, that sounds like a huge problem. Like, it sounds like you need to figure out what's going on. And, you know, in hindsight, and after now, getting a medical diagnosis, and having been in medical treatment for two years, of course, I'm able to see a lot more of what was going on with my health, how I was not taking care of myself. And now by working with these amazing team of doctors, therapists, coaches, mentors, I've been able to put together a program to help other high achievers like myself, people who are driven a little bit gritty, that group of people who, like me push so so hard that we often can ignore our health, and our well being. So that's what I'm really excited to talk to you about today.



Scot McKay 06:05

The type a person, the type, yes,



Amanda Ludwig 06:09

and we get a bad rap for being type A but I'll tell you, we Type A's we get some stuff done. Yeah, we kick ass. We do. And then we kick our own ass time. So that's what we're going to help people prevent together. Scot.



Scot McKay 06:23

Right on right on. Okay, so how comfortable are you Amanda talking to us about what the symptoms were that led you to this doctor's appointment? Because I think a lot of these guys out there are saying to themselves? Well, you know, I haven't been feeling so good lately. Is it all because of stress and burnout, which I'm assuming are related. Okay, maybe that was a hasty assumption. But I'm sure it was a pretty accurate one. I know a little bit about these things. But what was going on there? What should these guys look out for in their own lives?



Amanda Ludwig 06:52

Yeah, yeah. So first, I want to say the word burnout gets such a bad rap, right? We've heard it so much lately. And it kind of gets pushed aside. I know if talking to me. Two years ago, before my diagnosis, I wouldn't have paid attention to you know, picked up a book about burnout or listened to a podcast if I thought the focus was burnout, because I thought I was a little too tough for that. I am extremely mentally tough. And I'll talk about that when we talk about some of these symptoms. But I think that the part about burnout, that that really needs to be explained well is burnout isn't a weakness. Burnout is simply a physical symptom of prolonged unaddressed stress. So burnout isn't a mental weakness of the sometimes the very, very strong, mentally tough people are actually more prone to burnout, because they are mentally tough enough to go through some of the physical symptoms and just push through. And so I'll give you an example from my own story, I was having some neurological symptoms. And so I would wake up in the morning, and Scot, I couldn't walk, I could not move my legs. And I would lay in the bed. And I would give myself a motivational speech. And I would say we're doing this, you're getting up, this is what we're going to do today you have this meeting, you have this, we're going to do this. And I would take my hands and physically move my feet onto the floor. And then I'm kind of shuffle along until I could, you know, kind of stir up some movement in my legs. You can't do that morning after morning if you're not mentally tough. And that's what I really, really want to stress to your maybe stress isn't the right word I shouldn't use that underscores. What I want to emphasize to our audience, is that, you know, this burnout, burnout is a symptom of the tough of burnout is a symptom of the high achiever, when they don't have some of these things that we're going to talk about when they're not coupling that with their achievement. So some of the ways that the physical symptoms can manifest is being unable to sleep, or sleeping too much just being exhausted. And the word for that is fatigue. And the actual definition of fatigue is when you're resting and resting and not feeling rested. So

you may sleep 10 hours on the weekend, but you wake up and you don't feel rested. Another one is to be irritable, not motivated. You may love your job, but getting up and going to it is really becomes a struggle or social isolation. If you were that guy in college, always with your boys and now you're not really that motivated to go out because you come home from work so exhausted that can be a symptom of burnout. We're seeing Lo immunes. This time of year, particularly this one can pop up, you're getting sick a lot, you're having digestive issues, you're losing focus, you're less productive than you used to be. Now, if you're high achiever, you're probably still doing more than everyone else in your office. But you're less you know, you're less productive than you were one time. Another huge one is when you're noticing that you're relying on alcohol or other substances more often than you used to. So this is not about having a social drink with your friends, a glass of wine with your spouse, but you're relying on alcohol or substances more than you did at one time. And then this one, I thought Scot that your audience might have interest in since we're we're talking about men dealing with stress is a huge connection has been made between low libido or EDI when it comes to burnout. So if those are things you're noticing in your life, it's time to start looking at burnout or chronic, prolonged, unaddressed stress to see if that can be the cause of your symptoms. And then, of course, if the symptoms are not addressed, then we roll into heart disease, high blood pressure, diabetes, there's even been a huge studies on the connection between prolonged stress and cancer, which I just found. Absolutely. Not unbelievable. It is very, very believable. But just a really, really interesting connection between those two. Yeah,



Scot McKay 11:37

that list of symptoms is very sobering. Yeah. So every man listening to this is saying to himself, look, I've got to lead, I've got to conquer the world, I got to, you know, feed my family provide, I've got to be a man here. And I've got to have purpose in my life, I've got to get the job done, because no one else is going to do it. And, you know, all this technology that they invented in the last however many years has it made my life easier, it's made it it's only increased the pace and made everything busier. And social media, I'm in front of people all the time, they want to know what I'm doing. I want to know what they're doing. I don't have a free moment to myself, isn't it some sort of pipe dream that I'm going to be able to destress a find my life to the point where I don't get sick, it just seems like everybody's doing it. First,



Amanda Ludwig 12:29

thank you to those men who have that mindset of the world is on their shoulders and having to take care of their families and performing in their jobs. And that pressure, I can't imagine what that's like, because of of the expectation on men. I think, for me, getting sick was was was certainly the wake up call. And it was where my mindset shifted. Because prior to getting sick, which by the way, was a medical diagnosis that that could have happened either way. But the reason my recovery took twice as long as as a regular person almost three times longer, is because I wasn't a healthy person to begin with. So I was burnt out and then got a medical diagnosis. And the symptoms of the medical diagnosis and burnout are, are nearly identical in so many ways. And so I didn't have the mindset, that the life of the achievement and success that I was used to going after wholeheartedly, I mean, I had launched for companies before turning 40. I mean, I just was always a go getter. And I, I believed and again, as a lady, I felt like oh, well, you know that I'm gonna have to do a little more to get this, you know, to get some of these things, rolling competitions, a little different. Most of the companies I started

were considered to being in a man's world. So I felt like I had to work a little harder. And I didn't, I truly did not believe that I could have that much success or achievement, and also have the life that I wanted to have. I genuinely felt like I had to make a choice. And I did make a choice. I chose the success and the achievement over building strong relationships with friends and family over hobbies and things that I enjoyed. If it came down to you know, my girlfriend wanted to go to brunch or I needed to wrap up this work for my company. I always chose the work. So to your audience, I understand. It feels like you have to make a choice. And I I felt like that all the way up until the point when I got sick and when I got sick I had to sell my company and focus 100% on my health. And when I did that my mindset started to shift and things in my life started to change, where I recognized, I didn't have to make a choice between the two, I simply had to recognize that I was addicted to achievement. That was what, what gave me my sense of self worth, it gave me a sense of purpose. And so that's why I was always choosing that over these other things. And when I started shifting my mindset and saying, you're going to have those things, right? Because if you're high achiever you're gonna achieve, there's not really a question of that you are going to achieve, and looking ahead at what did my life, what did I want my life to be when I got on the other side of this illness? That was really the turning point where I was able to say, I'm going to continue to achieve that's not a question I'm doing more now than I've ever done. A book will be out in the spring. I've been doing, you know, speaking to audiences about this topic. So wonderful things are happening in my life, but not at the expense of other things that bring me great joy. So that's the very first step. I don't work with someone and say, okay, you know, you're burnt out. So now let's add 10 more things to your schedule, we're going to change how you eat, we're going to, you're going to go to the gym 17 times, we're going to do mine, mindfulness three hours a day. I mean, that's not realistic, that's not a good place to start, when someone's already stressed out. The place we have to start is just simply believing that it's possible that it's not a choice between the two. This is possible. When we start thinking as if the life we want, that we can be rich, have rich, wholesome, full lives and generate wealth simultaneously. You get to that point, that that's what you believe. That's when you're ready to start making the changes. So





Scot McKay 16:55


I'm going to ask you a question that may feel like a curveball. You're a beauty queen. The whole Miss America thing. You know, you were on that trail. You have the same last name that you did when you were a kid beating that big old drum. And you already told me you don't have any kids. And you are a burnout expert. You have already said freely on the show that you basically focused on your career to the expense of all else. I think that stereotypically a woman problem, we think of oh, well, they're, that chicks gonna be a spinster. She's gonna get age 40 Wake up, not be a mom not have a husband. And a lot of women are like, well, you know, there's nothing wrong with that. That's the life I chose. Screw you and the horse you came in on for not being okay with that, because I'm okay with that. And yet, I think a lot of guys are also burning themselves out thinking, Okay, that's a man problem. I have to burn myself out. You know, when women do it, you know, it's a choice. And they're not exactly relationship ready, because they're, you know, letting their life be completely consumed by work. But for me, it's not like it's even a choice. I have to do it. So this is a two part question. Okay. And you can riff on it to your heart's content. What is the difference between how men and women experience burnout? And how's a guy supposed to be relationship minded? And choose a smart, successful woman, when a lot of those women are headed in the same direction? You were? Amanda?





A... .. 10:00

 Amanda Ludwig 18:38
Wow, that's a great question.

 Scot McKay 18:40
I told you I was bad.

 Amanda Ludwig 18:43
I might need to pause.

 Scot McKay 18:45
I mean, because women want to be smart and successful. And a lot of guys really do want a smart, successful, badass woman. Right? And so what's the man to do?

 Amanda Ludwig 18:56
I think that the huge thing that I really focus on we're working with people on this is that how men and women land in burnout is identical. The core reason is identical. The way that society views it is completely different. So for me in my life, I've been married, I was married twice. And I can say that while there were certainly other factors, that my achiever drive was certainly a contributor. Because if you are married, that spouse needs, your time and attention. And when you're so devoted to your work, it's difficult to balance those two things. Again, if you don't have this other piece, so if you are just just a high achiever, and it's great to be a high achiever, so I hate to say just a high achiever, but if you are a high achiever, without this other element, then your relationships aren't going to suffer. So how Oh, society views men and women dealing with burnout differently. Really the core element is what is the motivation for that achievement. If the motivation for a woman to achieve on a very high level is coming from a place of insecurity, so they have something to prove that is a problem. And it's a problem that men face as well, when they're not able to put aside the work not able to check out from work to be present with their family. If the drive is from a place of insecurity, and work, or whatever that achievement is, we're talking high level athletes, we're talking, this is not just entrepreneurs, or executive leadership, it's any realm of high achievement. If the achievement is coming from a place of insecurity, where we have to keep achieving to sort of fuel our, our self image, then that is not a healthy person. And so rolling into your your second question about, you know, how to men find a smart, successful woman who isn't burnt out, right, because she's working so hard to climb that ladder. And I think that that concept of where does the achievement come from, if the achievement is an overcompensation for some kind of an insecurity, then that's where you're able to detect if this is a healthy person that you may want to start a relationship with. And it's pretty easy to tell if the job is very demanding, or if we've made the job demanding. And there's a difference, I'm happy to share with you the difference because I had to detect that in my own life. Some of us have very demanding jobs. But is it the job? Or is it our own demands that we've put on herself? That's really the difference.



Scot McKay 22:00

So if we're our own worst enemy, our own biggest critic, that's potentially a contributor to burnout now, isn't it? Yeah,



Amanda Ludwig 22:09

it really is the underlying cause. And so many realms or phases of burnout, it is the underlying cause for so many people that I've spoken to on this topic. And so when you identify that, that is where you can start to have a shift and a different mindset toward what do you have to get done? And what are you believing that, you know, if you don't get this one thing done, the world's going to come to an end, you're gonna lose your job and your house and everything's gonna cave, which is very much often the mindset of an achiever, everything is the most important thing when you are high achieving, what's



Scot McKay 22:48

the difference between being a high achiever and being a perfectionist? You know,



Amanda Ludwig 22:53

those two are very similar, a true high achiever. In my mind, a successful High Achiever is able to differentiate between those things which are vital and necessary to get done. And the things that we need to just let go with confidence, we can let some things slide that is not a priority. And we can delegate. And so as a successful high achiever, and this is a sustainable success, because you can peak as a high achiever you can peak for your success, and fall off really quickly. So sustainable success, stay say that one three times fast, sustainable success, or a high achiever is different than a perfectionist who is going to nitpick at every task, whether it's important or not really that vital in their debt.



Scot McKay 23:48

Once again, on this show, we bring up the matrix involving one axis being urgency and the other one being importance. And there are so many things that are urgent and unimportant, that eat up our entire lives. I'm going to tell you a little story that I'm sure you'll relate to, at least to some degree. If I think of the two guys in my life, who I know, in terms of people who I deal with when they're on the job, at least, okay? The two busiest guys I know who never have time for anything, don't have good solid relationships, never go on vacation, work seven days a week for 15 hours a day, and it's never enough and nothing is ever good enough, right? They're also the same two guys that if I call them to ask them a simple question, we'll hang on the phone with me for 30 minutes. And every time you know we're done, swapping, you know, Ben tracing stories or whatever it is we've done for 30 minutes. I always hang out with them and then think to myself once again. And you know, that guy will be far less busy if you had far fewer calls like that one. And you know, I was the guy who was on the receiving end of this phone call, I enjoyed the phone call. But then I always remember afterwards this guy is like the busiest guy I know who had time for that, right? And you know, that's what he's doing. He's

getting on the phone with people creating this illusion of busyness and he's just inefficient. So if you're going to be a high achiever, you can't be inefficient, right? Yes. So lots of people who burn out may also not have sat as the sounds even achieved anything. Yes,

A

Amanda Ludwig 25:27

that is possible. That is accurate. That can absolutely happen because of just, you know, the hamster wheel. Because to be busy in America, I mean, it's certainly in other places, but definitely in the US. It is very popular to be busy. Oh, what am I doing? Oh, I'm just so busy. I'm doing this and this and this. But I found some of the most truly successful, wealthy people that I know, when you ask them what they're doing. They're sort of very casual about, oh, you know, we're working on a few things over here. It's sort of like some of the, the people who are producing the most, not the busiest, but the people who have really, I mean, they are just knocking it out of the park, don't always have this mindset of Oh, I'm so so so busy. And I find that very refreshing, it gives me a lot of hope. That to be high achieving doesn't mean working 24/7 It means, like you said, Being efficient prioritizing, and when we do those things really well. And, you know, cut back. Now I don't I don't encourage people to cut back on those 30 minute calls with their friends, I want people having more of those 30 minute calls with their friends, just balanced out with really, really efficient performance. On the other side of the spectrum. Well,



Scot McKay 26:44

you know, genuinely smart people, outsource everything, that they shouldn't be uniquely the one who's doing all busy work, anything someone else could be or should be doing rather than them. And in most cases, those people being outsourced to are better at it anyway, right. All of those tasks get pushed off the table for people who are really efficient in this life. And that decreases some of the busyness. I guess the burnout could boomerang back at you in the form of having to manage everybody and everything, having too many plates spinning in general. But I have absolutely positively observed that the people who are incredibly successful, maybe even famous, and casual and have time and are leisurely and not stressed out are the people who were the best at outsourcing.

A

Amanda Ludwig 27:35

One of the hardest lessons I had to learn as an entrepreneur, boy, it's hard to let go of some things. And when you get to that point, it is extremely freeing. And someone said to me, once a very wise coach that I had for a while. I said, you know, it's just sometimes because you mentioned sometimes you're outsourcing to someone who's going to do something better than you, which is that's sort of a no brainer. But I had the problem saying, Well, you know, they just don't, they just don't do it like me. So I'm still doing it myself. And she said, No one's going to do it like you. But if they're doing it, well, let them do it. Oh, that needs to be the comparison. Not did they do it like me? Did they do it? How I would do it? But are they still doing it? Well? And if so, let it go. And that was a big, big move in my entrepreneurial journey, which of course happened after getting sick. If that happened before I got sick, maybe I would have been a little better. Yeah.



Scot McKay 28:36

Well, now you can look back with 2020 hindsight and see that. And what we're trying to do for these guys today is maybe see the light before? Well, it hit some head on, right. Yeah,



Amanda Ludwig 28:48

yeah, pay attention to these to these symptoms, you know, pay attention to these small little things as they creep up it. Nothing sort of jumps out at you and says, you know, you're unlikely to wake up one day and have one major health thing. Hopefully it has not gotten that far. That's going to jump out at us. Certainly, that certainly does happen. But the combination of smaller things, pay attention to those because the recovery is possible. And then once we've recovered the body from burnout, then stepping into the next realm of preventing it from happening again. That's just a huge transformation that can happen in people I'm here to give the hope. You know, some sometimes the you know, a life coach or something like that. You're like, oh, that stuff's not for me. But this is science. I mean, this is just straight science. It's just how it goes. And when we pay attention to that, listen to the science, that's a little easier for some people just swallow. So. If anybody wants to chat science, I'll be here all day.



Scot McKay 29:54

Be sure to tip your waitstaff right, so what's missing from this conversation so far? Is it what do we do? What little changes or big changes do we make? If you've gotten our attention today, Amanda, and we're saying to ourselves, you know, I'm a burnout candidate, I may even already be there. Practically speaking, what do we change? What shifts do we make? Are they mindset shifts? Are there new habits we need to form? Are there some things we just need to quit cold turkey? Or what? You know, what are the steps, the first



Amanda Ludwig 30:26

step is the easiest to step. Fortunately, usually the first ones the hardest when you're making life change. The first step is just acknowledging it. If you think you might be having a little problem with this, it's okay. You can be a high achiever and still be dealing with burnout. Burnout is not for the weak only a burnout is for the strong. And so being able to acknowledge that is a huge, huge, huge step. And then the second step, from a mindset standpoint, is saying, This is how it is. I'm acknowledging that this is what I'm dealing with. But it doesn't have to be like this forever. When you can process those two things, you are well on your way.



Scot McKay 31:14

I would add a third one in there. Based on what you have told us today, frankly, Amanda, that you got to realize this could kill you. This is a life and death thing. What's the Robin Williams joke? Death is God's way of saying slow down, right? That's the old joke. I noticed you're not laughing that that's the Robin Williams joke I found funny. So you were gonna give some practical steps? Go ahead. So

A

Amanda Ludwig 31:39

three really simple things. And I mean, you're, you're gonna say Who is this lady? And I thought it was gonna be deeper than that. Again, I can't give you 100 things to do today. If you're already worn out, right? We need to



Scot McKay 31:54

say typical burnout. Already apologizing because this isn't too complicated and difficult enough. It's simple. Like go figure. Charities,

A

Amanda Ludwig 32:03

yes. Well, we high achievers, we think everything has to be like, you know, if it's not a Olympic level, then it's not for me. And



Scot McKay 32:10

the humor I'm finding and this is I know all these guys listening, they're going, Oh, this is gonna be too easy. It can't be that simple. It's because they're the way they are. I'm raising my hand.

A

Amanda Ludwig 32:21

You and me both.



Scot McKay 32:22

So awkward to us anyway. Alright, a real simple

A

Amanda Ludwig 32:26

one you can start with because you can start it today. increase your water intake. Oh, boy. So basic right? tip I have for that we know dehydration increases so many health problems, but it also decreases our mental clarity and performance by about 70%. So if you're having Yeah, so if you're having that, you know, you're notice you're not performing as well on your job. Something simple, you can do increase your water intake. And I tell everyone this because a doctor shared this with me. And again, so simple, but amazing. Get a water bottle that you like,



Scot McKay 33:04

how about that?



Amanda Ludwig 33:07

you know a lot of men have like their favorite beer mug or, you know, maybe just your beer bottle that gets the shape of the bottle that you like in your hand. I mean, I know sounds bizarre



Scot McKay 33:18

right there. I'm gonna go into the water bottle business and they're shaped like a beer bottle.



Amanda Ludwig 33:24

I think beauty would be a hot seller. But you've gotta love your water bottle. It's got to fit in the cup holder in your car. I mean, I know it sounds weird, but you might need to buy four or five and then be like, this is the one. I know that sounds crazy. But when I found my water bottle, it made a difference. And I haven't used a different one since get a water bottle that you like, and then add



Scot McKay 33:45

a public service message here even though it may taste like water. cheap beer is not water, guys. It'll teach you Yeah, the sauce in general. Black coffee, caffeine and all that stuff isn't hydrating you it's



Amanda Ludwig 33:59

it's dehydrating. In fact, I think that for every cup of coffee we have, we need to have twice as much. You know, so if it's, I don't know, eight ounces of coffee. We need to have 16 ounces of water. That's not me drinking.



Scot McKay 34:14

girly. I let him move on to the next one.



Amanda Ludwig 34:16

I like my coffee. Yeah. All right. Number two, again, seemingly so simple. But it's it's getting to bed at the same time waking up at the same time. And not just forcing yourself oh, I'm it's 11 o'clock I have to get into bed. There is a lot of science that supports having a sleep schedule what that does for our body. But I would add to that have a wind down schedule. It's not you know you're on the computer while you're watching TV while you're sending messages on your cell phone and at 1059 and then 11pm You're going to be in the bad



Scot McKay 34:48

guys are saying I knew it was going to be complicated. Right?



Amanda Ludwig 34:52

You can make it simple. I will give you an example. I won't say her name because she will turn on but it's spelled a A Lex A. And she dims the lights in my house, she turns things off so that I know Oh, hey, we're going into wine down schedule. And slowly the lights dim and different things over a 45 minute period to let my body know, oh, hey, we're winding down for bedtime screens off, it's time to wind down for bedtime. That's so simple. If you guys if you've got all that smart, everything installed in your house, you can make a wind down routine. That's another really easy one. You know,



Scot McKay 35:31

I met a woman named Alexa in real life a couple weeks ago did and we had a fascinating conversation about what it's like to be her



Amanda Ludwig 35:40

match. Well, I can't say the name because I made that mistake on a podcast one time, and she decided to chime in on the podcast, so we don't do that.



Scot McKay 35:51

That's hilarious, though. Yeah, she



Amanda Ludwig 35:53

she thought we needed a little music and different things in the party was not good. It was Yeah, so we don't say her name anymore.



Scot McKay 36:01

Like Beetlejuice say three times in your world a



Amanda Ludwig 36:05

cake or something. Exactly. Alright, so what's the third 1/3 one really simple. You don't need to change your whole diet tomorrow. Commit to eating one healthy meal a day. I know when I was, you know, working in my office, and I was door dashing every day too busy for you know,

thinking about a healthy meal. Do you don't have to completely change your diet tomorrow. Just commit to one healthy meal a day. If you're home or in the morning, it could be breakfast, maybe it's dinner. Whatever meal it is, you pick one healthy meal a day, if you can commit to that you'll find your habit starting to change, just naturally if you can make that commitment to one healthy meal a day. So simple, three really simple things that we could all start tomorrow. Her name is



Scot McKay 36:52

Amanda Ludwig in Virginia. And she's a high performance expert, and named after our drumset. And you can find her on LinkedIn at mountaintop podcast.com front slash Ludwig. You drummers out there already know how to spell it LUDW I G. And when you go there, you'll be able to connect with Amanda on LinkedIn. And I'll tell you what, this has been a great show that have a different topic. And we kind of brought around to relationships, which is always a positive thing. relationships between men and women is what we major in around here. Amanda, thank you so much for joining us. Hope you'll come back.



Amanda Ludwig 37:30

I really appreciate your time and helping me share this message today. Oh,



Scot McKay 37:35

you bet. It was a great show. You also have a very mellifluous voice. You said you've done some media in the past and that always make the show better. When we have a pretty female voice on with us guys always appreciate that.



Amanda Ludwig 37:47

Well, Scott, i i You can't tell anyone this. I used to be the sexy voice of ESPN Radio. That was in my glory days. Wow. Yeah, I know. That's my claim to fame that I don't typically claim.



Scot McKay 38:05

Well, hey, you just spilled the beans on that right now.



Amanda Ludwig 38:08

I know. Yeah. It's out now people are gonna be looking it up. But you won't find it. It's been many, many, many years. If I could have found it myself, I would have but it's dropped. It's all gone. Do it. No, no, no, not. I cannot know. It's embarrassing





Scot McKay 38:24

to say something, say something that you would have said on ESPN. Oh God,



Amanda Ludwig 38:27

they were Scot. They were awful. He would always be like, you know, going to a break or something. And I would have to go on and be like, I know it's hard to wait. But we'll be right back. Like ridiculous lines. Absolutely. I never wrote the lines as you can imagine, because you know, it's all a bunch of dudes at ESPN radio's



Scot McKay 38:46

ESPN radio ad going back by 15 years. And I even thought to myself when I heard it on sports talk radio, that the woman talking to set the word radio in such a cute way. Was that you?



Amanda Ludwig 39:03

Could have been? That would have? Probably, gosh, I have to think how old am I? Yeah, it was probably



Scot McKay 39:11

just the way the word flowed out of her mouth was just kind of adorable.



Amanda Ludwig 39:14

between the 15 and 20 year ago range. It's when I was that sexy voice. So how



Scot McKay 39:20

about that? Wow. You know, my wife does that. That's one of the things that's endearing about my wife. And these guys are sick of hearing me brag about my wife. I have certain words You tell me. There's certain ways she says certain words, which I just find incredibly endearing and cute. Oh, and I'm not going to imitate how she says it because it was just so dumb coming from me and my, you know, Guy voice. But a corollary would be back in high school. I went to school in suburban Baltimore and a lot of the girls call me Scot. Right? Yeah, give me that little pouty sky. And I always found Scot a lot more endearing than Scot McKay. Get over here. Yeah.



Amanda Ludwig 39:56

Does your wife say it that way? Does she have the little are just a little bit yeah,



Scot McKay 40:00

that's a completely different flex. Yeah, completely different. Like, the way she says it's time for bed. Sounds more like the E could be an A, like so I'm just like Time for bed. Oh, yeah. And I kind of think that's cute. That's adorable. See? Yeah, it's



Amanda Ludwig 40:19

well, next time we chat, it'll be you know.



Scot McKay 40:24

Oh boy. All right. So anyway, we had a great show here. And if you guys want to check out Amanda you go to mountaintoppodcast.com front slash Ludwig. Thanks once again, Amanda. Thank you, Scott. Yep, lots of fun. And gentlemen, more fun can be had when you go to mountaintoppodcast.com. And you'll be able to check out what happened on the latest masterclass and get your ticket for the next one. Maybe. Also, if you haven't talked to me for free for 25 to 30 minutes. I'll tell you what, people tend to make New Year's resolutions and not keep them and that's why I'm not a big fan of New Year's resolutions to begin with. If it's time for you to get the right woman into your life, gentlemen, not only do you already know that, but it doesn't matter what time of year it is to get started on exactly that. So go ahead, get on my calendar, get on my phone. Let's talk for 2530 minutes put a plan together to get the right woman in your life while you're at mountaintoppodcast.com Please also visit our three main sponsors Jocko willings. Company origin in Maine Best Jeans, best boots, you guys know that already. The keyport.com always putting out new face plates to dress up your 21st century everyday carry device. They've got new attachments. They've got new face plates. I know a lot of you guys have already gotten your hands on key ports and love them carry them everyday like I do. Go to Nan_top_podcast.com Click on the link for those guys at the key port and see what's new, you will not be disappointed. Also, they now have shampoo over at hero_soap.com and it is fantastic stuff. I'll tell you guys once again, you get one bar of this healthy natural soap. And guys it's not like I'm Pigpen from Peanuts comics or something. I never take showers I take a shower a lot, you know sometimes twice a day or more and one bar that soap last three weeks to a month. It's just amazing how long a bar of that really good soap lasts and you'll smell like command every time you use it. Visit all three of our sponsors at [The Mountain Top podcast.com](http://The_Mountain_Top_podcast.com) And when you do use the coupon code [mountain 10](http://mountain_10) To get an additional 10% off 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 42:55

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