**[WHAT MAKES YOUR WORK WORTHWHILE?, WITH ANDY FRISELLA - MFCEO316](https://andyfrisella.com/blogs/mfceo-project-podcast/what-makes-your-work-worthwhile-with-andy-frisella-mfceo316)**

What makes your work worthwhile? Is it only worldwide influencers who make 9-figures that should feel good about themselves & their lives? Or can you feel great about life if you're a blue collar worker, a teacher, or someone who doesn't even earn $45,000 in income? Whether it's people who think "happiness is the new rich" or people who equate being famous with being impactful, there's a lot of confusion out there about how to evaluate the worth of a job & the value of a human life.

September 27, 2019

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## [WHAT DOES IT REALLY MEAN TO BE WOKE?, WITH ANDY FRISELLA - MFCEO315](https://andyfrisella.com/blogs/mfceo-project-podcast/what-does-it-really-mean-to-be-woke-with-andy-frisella-mfceo315)

Are you "woke?" That's a phrase that's thrown around a lot these days. Sometimes it's used in politics to talk about people who say they really care about racism & injustice & sometimes it's used for dudes who think they've uncovered a worldwide conspiracy that nobody else knows about! But what does it really mean to be "woke," to have your eyes opened to what life is all about & what it takes to be happy & successful?

September 25, 2019

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## [OVERCOMING THE FEARS THAT KEEP US ORDINARY, WITH ANDY FRISELLA - MFCEO314](https://andyfrisella.com/blogs/mfceo-project-podcast/overcoming-the-fears-that-keep-us-ordinary-with-andy-frisella-mfceo314)

I recently had a friend admit to me that he didn't feel "worthy of success." The reality is...a lot of people feel like that. They feel like a fraud. They feel like they are running behind. They feel like there is some "secret formula" that's complicated & too sophisticated for them to understand. Listen...all of us feel lost & like we don't know what we're doing. In this episode, I talk about how to overcome that & we share OG stories about the early days of MFCEO. (Oh...& we announce contest winners!)

September 11, 2019

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## [THE KEY TO ULTIMATE HAPPINESS, WITH ANDY FRISELLA - MFCEO313](https://andyfrisella.com/blogs/mfceo-project-podcast/the-key-to-ultimate-happiness-with-andy-frisella-mfceo313)

What is the key to ultimate happiness? Ask most people in the culture today & they'll say "the freedom to do whatever you want" & to indulge yourself any way you want...to live a life of leisure, comfort, ease, whatever. The reality is, that is absolutely, 100 percent dead wrong. In fact, the answer is pretty much the exact opposite of that. In this episode, I talk about the key to ultimate happiness & why it's ---not coincidentally--the key principle of my program, 75Hard.

August 28, 2019

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