

The Art of a Courageous Life

So, I mentioned to you that this is episode 1,000. Yeah. It's been 7 and a half years. Uh, we just crossed a billion views the other day as well. Congrats, man. And as a little surprise to you, we wanted to take you back to an environment that you probably know at least a little bit well. Ah, Cooper's Place, Alberta, Canada, where we shot it. We planted production planted all those corn fields too. They're as far as yeah I could see. And this is the road Cooper drives up on the way out. And that's that Han Zimmer countdown. 10 9 8 Leaving children to follow dream liftoff. I love how quick that is. That transition from from leaving to going. I think that's so cool. Yeah, I think it was, you know, Chris's version of tying the human drama. What would you do? A father leaving children to go do what they know they were meant to do. Mhm. And leave this earth and then from there on time changes. And yeah, at the end of this shoot, when it was wrapped and it was clear, we had no more shots, no more scenes on this location, my family and I were in my Airstream on the set is where we lived. We got uh um at the edge of base camp, we turned our Airstream to face out to the mountains and right behind us is your medical and your food, whatever you need from production. But we stayed extra few days and just hiked it and stuff. And one of the things that was fun is I let my son probably I don't know what believe I was seven, eight at the time. We got in my truck and I let him drive through these corn fields as fast as he wanted. And he was going 360 all around cuz I had checked. I was like they go, "No, it's it's for as far as you can see. It's just like the salt flats. Hit it." And I've got some video of that and some pictures. It was top. Yeah. Unreal. Why'd you say life rhymes? I think Mark Twain said that first, didn't he? A version of that. History rhymes. Um seems for as much as we go, our generation's so different than the last one. And there's never been anything like this. The es and the flows, the debits and the assets. And for every new technology and old there's a debit in an old culture and uh it seems like it always is right there somewhat equalized and balanced. And then there's a rhyme in that that sort of ecclesiastical. You know, there's a time for everything and for every you reap that will you sow. There's a time to kill. There's a time to live. There's a time to plant. There's a time to gather. There's a time to spread. It's very immersonian too, you know. And uh for every new technology we lose an old culture, you know, and these these things that we think are contradictory, heaven and hell, hate and love that we think are like this an imbalance for the truth of them, I think, is in that third eye where they overlap. And they all do overlap. They all sort of balance themselves out. And I don't know how much new under the sun we actually are doing. I think we call it different names. Think we change the labels. I think you get some things that are extra strength and some things that are unled. But I think they all pretty much balance pretty much balance out and there's rhyme and balance. What's your perspective on coincidence in life? Yeah. Serendipity. Yeah, man. Well, first time I have it is deja vu and you have it twice. I call it vu deja. Let's flip that thing around upside and backwards. Both sides of the coin. Um, look, in some ways it's the beginning of an argument for God, a divine plan, u fate, karma. In other ways, I don't mean that's fun to start doing that math to try and prove our way there, but it also feels like those are the swing backs. Oh, I've been here before. H I was here before. This life it doesn't have the the period at the end of it. I mean, who knows how many, you know, many lives, many masters. I don't know if that's true. It just sure makes it sure feels like it is sometimes. Um, that's a rhyme. That's a real nice a real time when life does rhyme and

you look and you look for the math and you look for the science added up and it ain't there in that way. I do think science is the practical pursuit of God of which we'll never prove and that's the point. So there you have belief and faith for that which can't be proven. But the pursuit of that is also why I think God loves an atheist scientist. It's like yes, keep it up. Pursuit of that is why I think in my agnostic years where I said self-reliance, it's on me, man. Forget faith. I'm not relying on God. I ain't praying for nothing. It's on me. Responsibility, self-reliance. I believe that when I came back to my faith that I heard God applauding. Thank you for having your hands on the wheel. Thank you for taking the self-reliance and saying it is on you cuz you know what? I need that. Well, it's that wonderful idea that God doesn't want to do everything. Some of it's up to you. Amen. And though free will and faith and self-reliance and faith, they can seem contradictory, but I don't I don't I don't I think they're the I think they do rhyme. And you need both. And we Yes, there's a time for it. Inshallah, God willing, there's a time for Well, if it's supposed to be, it will be. Yeah. Usually right after it happens, you know. Yeah. Uh, I think George Jenko says, "Every man knows God when he's at his lowest, that there are reliable times when people turn toward faith." And how many people turn at the end of their life? And I wonder, you know, if there is a God, is that in the same way that, you know, Catholicism could say sin all week, but if you read if you meet it and you ask for forgiveness on Sunday, you're washed clean. Well, I see some people use that as a crutch and go right back to repeat offending. I've got a appointment here going to forgive me father for I know what I do. And I'm I'm curious like is that okay to just what's that mean? Meaning there's the forgive me father for I know not what I do. And and I'm writing about well forgive me father. There's times I know exactly what I'm doing and I do it anyway. Yeah. That was an error of valition not accident. A choice I made. Yeah. Now if I'm going to keep making that choice and be a repeat offender. I'm not ready to go. Yeah. But if I ask for forgiveness on Sunday I'm all clean. We can do it all over again. I'm not ready to I'm going. No, no, no. Hang on. The buck's got to stop here, man. If you're a repeat offender, God's going, "Yeah, you're not going to sit there and tom foolery with me here, bud." Um, and I don't want to do that with myself. Just as if I steal from you and I come to you and I go, "I'm sorry." That was I was I don't know where I was. I was at horrible choice. I'm sorry. Sorry. I'm asking for your forgiveness. If you forgive me cuz you take the my sincere want of reconciliation, the first thing on the docket between us should be me starting to do anything and everything I can not to have to come to you and say I'm sorry for the same damn thing again. If I do it once, twice, I'm a repeat offender and I stole from you three times, I think, and I'm hoping you'll still forgive me, but I wouldn't trust me, you know. Um, yeah. I think that's something that we forget sometimes is that once you do the forgiving, which let's go, let's the the spite move out of us so we don't get sick with that. The first thing responsibility is on the one who's asking for forgiveness to do everything they can not to have to come to ask for forgiveness or say I'm sorry again. And I think we forget that. That's that's on that's that's the debit. That's that's what's owed by Mhm. the offender first. You gave the grace to say I forgive you. So he called we that doesn't mean it's even money. That means I got work to do to make sure I'm not coming back to ask for it again. As opposed again as opposed to there is no amount of work that you can do that will ever get you back to even keel. It's someone saying right the ledger is still imbalanced but the door's open to the bank. the door and and and it's on me to go come and repay. Look, I wish rehabilitation like the jail system. I wish it was such that once someone's out, they're like you and me going to apply for a job. They're not. Scarlet

Letter's on them. Well, that means our our system of rehabilitation isn't working cuz if it works, you should get out. I paid my penance. Now it's even money. Yeah. Yeah. How do you think about forgiving betrayal? I've think of when I've been betrayed. When it's clearly betrayal, I know it's betrayal and that person can look and go, "Yeah, that's what I did." Um, I've been asked for forgiveness for that before. And I've been also seen people go, "Yeah, that's what I did." And they're not asking for forgiveness. They're going, "Yeah, that's what I did." First response is, "Well, [__] you." The second one is, "If that's on my mind, if that's keeping me up at night, that so or whatever that is, I got to I got I got to I got to flush that. I got to wonder why is that on my mind? I got to forgive that deed, that person for that deed." And again, not necessarily trust him, but do my best to forgive him. And that can take me a while. And I think that what takes me the most time to to to forgive the betrayal is me when and if I betray myself, forgiven myself. Because you know how it is, man. We forgive too quickly. We dust resilient. We hop up and dust oursel off and go, "Forgive you. Let's do it again." We do become repeat offenders because we didn't take the time to put oursel or feel the guilt of the wrongdoing and pay a little penance to look at and go, I don't want to feel this again. I don't want to do that action again to make myself feel this way. I don't it doesn't it doesn't feel like me. I don't want to I don't want that person to have that sadness or anger with me again or the world to have that sadness and anger from this. I don't want to feel that again. And that takes some pause to then go now I forgive myself. Let's carry on and trust and be ready to do the work to say we're not going to we're not going to just let that slide anymore. It's not there's going to be a way to hold myself to the highest end. Yeah. Because it didn't pay off because the repercussions sucked. There is a unique sort of circle of hell that is reserved for when you keep on making the same mistake over and over again that you've done it. You've had to pay the penance. Yeah. Say that you're sorry and then arrive straight back at the same place. Yeah. I think there's a hell in the mirror. Then I think it can become a living hell. Like I I got that poem in there, Daymares. I love that one. I do too. You know, night nightmares suck, but at least you wake up and they're over. It's the ones that stick with you when you wake up and go through your day that are right there. Those are the ones. That's the living hell. I think that's what you're what you're talking about. And you you repeat offend enough. Word gets out, the circles gets out. You people doubt you on your approach. You're like, "Yeah, but don't do this for this." I mean, all of a sudden, you're going places and you got to look over your shoulder. You got to see who's there that I didn't pay back, who do I owe? What bridge did I burn? What person did I betray to get where I am? That's a life. That's a living hell. Well, forget that. That in the modern world, you can move from city to city. uh at least you can in some regard leave your reputation behind. This was one of the issues of the west, right? This was how the snake oil salesmen were able to keep going cuz they would bounce from town to town, right? However, if you lose your reputation with yourself, if you no longer trust you, yep, I don't keep my own word. I know that I'm not a trustworthy person. I keep making promises to myself and to other people and I keep on breaking them. I keep doing something that hurts other people or the same person. They don't trust me anymore and oh, I don't trust me anymore. And you're 100% right. It all comes back to being a very personal act. And what some people would say, oh, that person's acting selfishly. No, they're actually being incredibly unselfish. I think cuz they're pinning themsel in a living hell and having to look in the mirror and going, I don't trust you. I don't respect you. Now, how long? And I know some people that can sleep quite well with that existence. I don't know how long they can do it. Sound bound to be

some come up. It's the world's got to get small. They got to get dizzy somewhere. But, you know, where's that come from? Where's that come from for an agnostic, an atheist? Where's that come from? From someone in power that could easily damage somebody but chooses not to be cruel and they could so easily. Why not? Where's that? What What is What's that moral compass of some sort of fairness or integrity that keeps someone having that kind of character even though they may not believe in God or religion? That's why I'm saying in this, is it about belief? Yeah, the book's about belief. That's what I'm peddling here. I need more of it. I personally believe in God but the whole thing is not for if people that just believe in God. You believe believe in trying to pursue your better self transcendent self. If you believe in the future, you believe in your kids, you believe in the past, something don't know what that is, ask yourself what you die for. Start there. Everyone kind of believes in something. There's an argument that even Nile believe has nothing. Nothing's even something, you know. Um I don't know how you double down on nothing, but double nothing. Yeah. There's a an opposite end to this scale as well that continuing to sort of betray yourself. Uh sometimes you can do everything right and still not get the result that you wanted and that seems like a really tough pill to swallow for people. I think that's why people become uncomfortable with fully feeling their emotions. Yeah. So where do you go? What do you think when I really I I gave it my all there. I bed myself and I still got kicked in the nuts. Yeah. Not only did I feel like I deserve it, I feel like I earned it and I still didn't get it. Wait a minute. But you said that's the playbook and I followed the playbook. You said these were the rules and the regulations. I followed it and I was good at it. I still didn't get it. Well, suppose that's why we have entrepreneurs and criminals and I mean I have to I think I I naturally come back and look I I I hustle. I'm a hustler. I I I'm not puritanical. I'm not making not I'm not trying to preach a absolute straight and narrow way to go things. I bullshitted my way into things and faked my way into making things. pulled off stunts, but I I I I've never been able to really live with by hook or by crook, I'll get it how I can get it. I'll lie, cheat, and steal to get it. I got the prize and I'm still okay. I got it. My own shadow chases me down in the middle of the night. And those nightmares do become my own daymares. Now they're getting going for it and not getting it which we see a lot now right now. I think we're living in times where one of the indirect examples we'll see seeing from leaders some leadership is who's got the power? The winner. Okay. So what are the ethics? Well, whatever the winner does. Yeah, but the winner like pillaged and lied and cheated and told him get the prize. But he won. Wait a minute. you moved the goalpost while I had that. The ball is in the air, man. Is that okay? They won. And to I'm not buying to say I'm not ready to purchase that. Okay, that's just how it is. Um and I'm in no way foolish enough to think that everybody out there is on their best behavior. No, me neither. Uh, but I'm not ready for just hey, however you can pull it off and however many people you crumple along the way, there ain't no rules, regulations. Oh, and actually, if you do follow the rules, you're a sucker. [__] you. What's the game for then? We're going to get dizzy on that. That's going to self-implode. That's going to be That's not the Wild Wild West. That's more than that. That's upside down and backwards and the foot's on the other shoe. That's not going to last. that that that that that doesn't have any RO long-term ROI for us personally or collectively as humanity. I don't think so. We got to police that ourselves, you know, and I think that's my hunch is that we start with that. Everyone, no matter how much they're thinking globally or collectively, it all starts with something very very personal. And that that's where a revolution will could begin. and a revolution of evolution would begin that each person goes, "I've got to go one step

further." As I talk about to salvage my character or one step further before I pull the parachute, quit. I think that would that's how you could really inch forward and evolve in a way. Before we continue, you are probably not eating enough fruit and vegetables and you know it and this is going to help. Good news. AG1 just released their nextgen formula. It's a more advanced, clinically backed version of the product that I've been drinking every day for years, delivering more than 75 ingredients, including a multivitamin, pre and probiotics, superfoods, greens, and more. And for the first time ever, they've now added flavors. Tropical, citrus, and berry, available in the US and Canada. So, you still get the same one scoop ritual, but now with an even more thoughtful formulation, flavors, and four clinical trials behind it. Designed with absorption and maximum efficacy in mind, AG1's been evolving since 2010, continuously improving along with the latest research, and AG1 NextGen is the result. It's clinically shown to help fill common nutrient gaps and support gut health, even in people who already eat well. In one study, it boosted healthy bacteria in the gut by 10 times. And if you're still not sure, they've got a 90-day money back guarantee. So, you can buy it and try it every single day for 3 months. And if you don't like it, they will give you your money back. Right now, you can get a year's free supply of vitamin D3, K2, free AG1 travel packs, and that 90-day money back guarantee by going to the link in the description below or heading to drinkag.com/modernwisdom. That's drinkag.com/modernwisdom. Let's say someone has been kicked in the nuts a good bit by life. How do you advise them to sort of become the hero of their own story again? Man, that's a tough one. I got a I'm going to pull in here called Heaven or Not and try and find it and uh see if this kind of half answers that that question and uh you know I don't have that answer. A lot of times these uh here it is heaven or not you know tomorrow is not today's measurement when the misery is bad enough right these people don't have to the suffering consideration is a it's a privilege man I'm trying to put food on the table right now and pay my rent tonight you want to talk to me about investing in my future and I say and that's part of what faith and religion are for to help those in misery hang on to a hope that will most likely not be served serve them in this life to sell them belief and faith that they will be served in the next. And what if there is nothing there, man? What if there's nothing to hope for? What if there's no next? I don't know. But either way, in misery here or without a heaven there, not having any hope or faith in anything is a certain way to remain where you are forever. But if you can find something that you can keep going, something that no matter how small to look forward to and continually have faith in and chase, well then your life here is going to be better now, heaven or not. That's a great question. You know, I sit here with a life where I have the the luxury to project, to ask myself and ask others, no, make a sacrifice today. Sacrifice a plastic ring today for a gold crown tomorrow. Sacrifice something today for more freedom tomorrow. Sacrifice something today for a possible healthier future for your kids. I understand that's a luxurious position. I'm not going to apologize that I'm in I'm in it. But I understand to someone in misery, they're going, "Good for you, man. I'm trying to feed the family tonight. I'm not thinking past that. I can't think past that." what he asked them to do. Yeah. My indirect thing I would say and understand is well if you don't have the hope or believe in something you're going to end up you're going to definitely going to remain where you are. And if you have hope and faith in something, I'm not saying it's 100% get out of jail. You're going to absolutely get out. But you got the best chance to peace is a gift of God and grace. To reach it mean we must rage. age. Yep. Yeah. I'm going to close my show that I'm doing when on this little bit with the tour with this with that cuz hey man kumbaya um I

get it. I don't think that's how peace is coming. I think that's a great place to hope for, but to get there or closer to there is going to take punk rock a rage. It's going to take getting wild. It's not going to be necessarily logical. It's not going to be tame. It's not going to be whispered. I don't think it's going to take nothing. No emotion gets more [___] done than rage for for good or for bad. Seems like rage really moves the needle. You know what I mean? And I think that that emotion and that approach shouldn't be thrown out when you're talking about a pursuit of peace or contentment. I mean, it it takes sweat equity. It it would take blood being drawn. I don't believe that we are as evolved enough species to as to just behave as we intellectually can agree we should be. I don't see it happening. We can all agree with it in an open forum. Enough of us go back on our own and what we're doing. You know, it's a good idea, but boy, when it's we're cornered and what we got being possibly trespassed on be very primal. Some lines need to be drawn. I I believe so. Wonder whether we uh overpraise balance when when greatness might demand imbalance. That's an interesting one. That's a fun one, man. Do we over praise balance? Yeah, I think my first reaction would be we do overpraise balance a bit. It's a great pursuit. I think a better pursuit is try and find the rhyme in the imbalance. Well, let me give you what I think is the justification for why balance gets overpraised. Most of the people who have a platform which is sufficiently big with enough credibility for others to listen on mass have been through the rage and now burst out the top to reach exit velocity. Okay. And what that means is they're in a very different position now to what they were at the beginning. Yeah. And the summary is uh model the rise not the result. I like that. model the rise, not the result. Because the result is where they're at now. Do not ask Warren Buffett about how long he spends reading the newspaper and pouring over old books. That guy was a hustler. He was a hustler when he was young. What did you do when you were at the stage that I am at? Not what do you do now? Because I want to get to where you are. That means I don't do what you do now. I do what you did to get there. Yay. Model the rise, not the result. Love that. The approach. Okay. I'm all over. I'm all for that and the way especially the way you just explained it and and let's just talk about overall the and I haven't thought of it when thinking about aspirations with people and things but the result which we know there isn't really one and we cannot imitate someone else's exact result. We're going to have our own thing way to get there. Um the the approach is all I think that's that's that's the best our life can get is one constant approach or and with many different approaches but knowing we never there is no result. That's when I always say the metaphor life's a verb. Um but that's that's really fun to go no no no no don't study the result. What was the person doing when they got there? And everybody who's achieved something great was some sort of outlaw. Yep. Some sort of hustler. Out of balance, out of whack, dark times. Woo. Astream. Still wakes up in the middle of the night and glad there went a mouthguard cuz they'd have chipped all their teeth through that [___] nightmare they were having about those things they did back then. I'm one of those. Well, another question would be, what virtue is there in balance if there was no such thing as imbalance to fight against? True. Yeah. Oh, I just reached equanimity, right? You know, I walked out onto this tight rope. Yeah. Exactly. And I I don't know. It just I didn't wobble once. Well, now we're going into I have that I got that thing there. I said, what what's better? Take eight. Take eight eight big risk in life. Sin once, miss the mark once, but get seven. Achieve seven. Seven out of eight. or take a hundred risk and achieve eight of them. My hunch is that there's a God. He's saying go for the hundred and get eight rather than eight and get seven. Mhm. If you're not take if you're not taking enough risk to sin or miss the mark, which

is what sin means to fail, then what are you doing, man? Don't come back with even money. go back with a safe bet which that can become a sort of recessive peace and namaste. No, it's a it's almost a it's I don't think it's what the mystics meant when they were like be disattached. Mhm. I mean go embrace but for highs and lows and pains and pleasures understand that those outward things are not the things to be attached to for your own identity. It's got to be inward first. Enjoy those, partake, but don't become attached to those for your measure. There's a an idea from Isaiah Berlin called the inner citadel. He says, uh, when the world denies us that which we want, we retreat into ourselves in a kind of spiritual depth into a sort of inner citadel. Basically, if you can't get what you want, you teach yourself to want what you can get. Okay? Uh so for instance um you damage your leg in a battle and you can try to fix the leg in which case you're fine or if you fail you chop your leg off and announce that the desire for legs is misguided and must be subdued. Right? This is a retreat in spiritual death. This is uh aestheticism on steroids. Um I by not trying to play the game there is no risk of failure. Right. And I think that the not making any bets. Um I I I see this a lot. I've been very obsessed with emotions. Since we last spoke a year ago, I've been very obsessed with emotions, with feeling feelings or trying to. And I get the sense that feelings are one of these strange bets. Emotions, investing ourselves, not holding a bit back, not putting one foot out, like putting it on the line, opening up. Yeah. Exposing ourselves. And that feels like uh a retreat in kind, but one that's plausibly deniable. When we just have one foot out, I didn't fully commit myself to this this project, this relationship, this friendship, this this uh self transformation. I kept one foot back. Well, you know, I might I might not be able to do that right now because I got this this challenge or this this restriction from before, this relationship. Like, I'm going to hold a bit back. I'm going to keep a bit for me. This is my bit. And it means that if failure comes along, it doesn't hurt as much. But it also means that success is less likely. And if success comes along, you know that you didn't really earn it. You didn't really win it because you played the game. And that's fine in some areas of pursuit. And at some stages of life, right? Early in life, I don't think you can be left as culpable. You're 12 years old, you don't know what you're doing. In business, the outcome really is what matters. That is what you're optimizing for. Some people business is a a a personal transformation vehicle masquerading as a wealth-making pursuit. But for the most part, you're there to do the business. Yeah. But in relationships, in friendships, in the way that you show up for yourself, in your personal transformation, in your relationship to whatever you believe in, I don't think that we should be having our inner citadel really play any hard to pull off. Um, but I it's believe it's similar to what I write about when I talk about a owner's mentality versus a renters's mentality. So many people have the renters's mentality. Relationships, businesses, transactional, you flip it, get it, flip it. And they never give the relationship the chance to possibly be a friendship, to possibly be a long-term relationship, to possibly be a great mate, great partner. They never give the real estate, the house a chance to actually maybe become a home. And that's I think it's the words better that to go in with an owner's mentality. Meaning, have you ever hired someone that you were like probably just need you for a few months. You have? Okay. You have. See, I I have only hired or people that I was like I'm hoping this is going to be a lifer. Mhm. I'm hoping you're going to provide what I need and I'm going to get you're going to get for me what you need that this could work out forever. Barely any of them do. Got a couple a few. But that's how you entered the relationship. But a one I wouldn't have known or I wouldn't have got out of them and they wouldn't have got out of me and if as much if

we wouldn't have gone into it with an owner's mentality. People can tell this is transactional or transient. Let me ask you this though. Isn't all right basically every I know it's transactional transformational those seem to be the two transaction every relationship is transactional but not only transactional some transactional relationships could become transformational but I mean we're all using each other in a way that I can get this from you give this to me my wife gives this to me I give this to her it's a transformational relationship but we're always transacting so I don't have the problem with the transaction I have the pro I I have I have the the whole back when It's like, "Oh, it's merely for transaction. Oh, it's merely for use." And how many people don't even try to hide that? They're just straight up going like, "That's that's that's all it's for. What are you talking about?" Yeah. I mean, I see it in in in in uh Palo Alto, man. They raise all kinds of the startups are everywhere and everyone invests. You flip and it falls down and no and they don't even blink. Yeah. and you work for somebody and you become their CEO and they fire you and d and hammer you and see it in politics and they hammer your name and drag you through the mud and like dude that's just that's how it is. No problem. Hey Bob, how you doing? Like that's the guy. No, that's fine. It's just business. It's just politics. I'm like hang on a minute. So that was that transactional that that's water off the duck's back for you? And for so many it is. I'm amazed at how people do it. They're built different in the same way as doctors and nurses and firefighters, people that need to deal with trauma, right? Uh you are dealing with interpersonal trauma. You are you are a a soldier on the field of interpersonal battle if you're in politics or if you're in business. Yeah. You also don't necessarily do what you believe. You do what's expedient or successful or efficacious. You efficacious. What's that mean? Uh effective. Okay. Yeah. Um, you betray a lot of people, a lot of ideals, including yourself. That doesn't sound like very much fun to me. Not that betrayal part. I wonder if it's inherent or if that's me reading it from the outside and saying, "No, that could be different." I wonder how much of that is people optimizing for the wrong outcome and only getting to see a very narrow aperture of other people's outcomes, too. Or this person seemed to step on some toes and and break a couple of arms on their way up. They were okay. Everyone seems to be all right with this, right? You go, you don't know what the texture of that person's mind's like when they go to bed at night. They might not have spoken to their father in 5 years, right? They might never feel peace. Yeah. They might permanently be anxious. They might hate themselves. Might not be able to get an erection, right? You want that. You really want that. But you want this. You want the outside success. The price that people pay to be somebody that you admire is one of the most fascinating questions I think. Yeah. Yeah. Trying to think. I'm going through my head right now. Where have I sacrificed my own character to get ahead so then to be perceived as? And I know I've done it many times. part of that hustling part I said I've done, you know, and I That's the rise, you know. Yeah. And being a marketeteer, too, you know, gotten away with stuff, played games and da da da da da. Kiss the fire and walk away whistling. A little uh Icorus light. Yeah. Did we talk about Icarus last time? No. No. I think I think we're more in need of Icarus in reverse. Meaning I I think, you know, oh, don't get too close to the sun. It's getting hot. It's gonna melt that wax. I think most of us are turning back and it's 45 degrees Fahrenheit without bees on. I was like, dude, what where do you go? Where do we get the arrogance to think that it's actually getting hot? We're not even close, man. Not even close to getting hot. I mean, that close to the sun is way up there. Arrogant pricks you are thinking that you're that close. You didn't make it near as far as you thought you did or as you could go. I wish more people I'm going to flip the

word were more involved with themselves. Embrace your instead of self-involved. That has a bad term. I wish people were more involved with themselves. Yeah. I think that's where we're more deficient. Believe in yourself or invest in yourself. Do more of what you can to be great at a craft or vocation or to get what you want. In other news, if you thought that lemonade couldn't get better, it just did. Element has taken the classic taste of lemonade and actually made it useful and functional, giving your body back the sodium, potassium, and magnesium. It actually loses when you sweat. No sugar, no junk, just the stuff that works. And that's why I'm such a huge fan. That was horrendous. You're nowhere near me. Uh lemonade in an ice cold glass of water. Just Okay, that was better. Hits different. Hits different. And they back it with the best policy for money back that I've ever seen. No questions asked, unlimited duration. If you don't like it, they will give you your money back. And you don't even need to return the box. That's how confident they are that you'll love it. I keep hopping on about it because it genuinely makes a difference. When I use it, I feel the difference. And proper hydration is not just about drinking enough water. It's about having the electrolytes to allow your body to use those fluids. And they offer free shipping within the US. Plus, right now you can get a free sample pack of Element's most popular flavors with your first purchase and that money back guarantee by going to the link in the description below or heading to drinkInt.com/modernwisdom. That's drinkInt.com/modernwisdom right in the face. Yeah. You thought you could hide back there, didn't you? No, no, no. I see you, man. You know the story of Sisyphus? I don't man that was cursed to roll the boulder up a hill for the rest of time by the gods. Uh this man gets cursed, I think he was a demigod, gets cursed to roll a boulder up a hill. It's heavy, heavy boulder. He rolls it uphill and just as he gets to the very top, he stumbles and it falls down and crushes him and he needs to walk back to the bottom, turn around, pick it back up. And Albeckamu's famous line is we must imagine Sisyphus happy that this pointless pursuit uh that he finds joy in the process of doing it. Um I wonder if we can imagine Icarus happy. I wonder if we can imagine the guy that is flying toward the sun as well. He had a view that nobody else got from up there and he only did it once and the wings melted. But right, what if you'd run that experiment a few a few times and what if you had a little parachute that could have sort of brought him down? Yeah. Yeah. Yeah. You might have realized that that was just a one-off and actually I think you can get closer. Right. Right. Yeah. Yeah. Yeah. We must imagine Icarus happy, I think, is a cool a cool idea. Yeah. And you know, he regulated his breathing as it got so hot and sweaty and he learned somebody swung by and he had a backpack with water on him the next time. Yeah. He used the stronger glue, more feathers. Yeah. Yeah. He stitched it. You know what I mean? Came down a little more tan than the time before. I've always relied on logic to make sense of myself and the world. I've been finding that tougher to do lately. Seems to me the facts have become unreliably overrated. How so? What is a fact? Where do we go for the facts? What's the truth? What's where to go for that? That's probably a bigger question than what's a fact. I think a fact I think the facts are an underdog right now. And I'm not sure where to go to find them. The math doesn't seem to be adding up. I'm not looking around so much. And part of the reason I wrote this for my own spiritual therapy, I was going I found myself getting cynical looking down my nose. not giving people the benefit of the doubt, stereotyping, objectifying full group people in groups. And then the scary part was I started to entertain the idea of, yeah, it may just be how it is now. And that scared me. And then I got angry at that. And I'm still in the midst of some anger with that which is a bit of that rage thing which make me act upon it and go [__] Mm- not conceding and I don't

think anyone really wants to concede that that's just the way it is. And if it is the way it is and the reality is not enough to get off to let's go to the dream. Let's flip that script. I always have gone from non-fiction to say let's make that the dream. Just keep living. Art emulates life. And that's in the recent years has started to pay me back less. How much is that to do with my own eyes? Probably quite a bit. But whatever it is, still seeing it and uh I want to fight against it. So I flipped it and said, "Let's go to dreams. Let's go to pray poems, prayers. These are pursuits of an ideal beauty. These are in between the lines. This is in between the math. This is not academic. This is not intellectual. These are ideals that we pursue. The beginner's mind that we have as a child before we know worse. And I don't want to be ignorant. I don't want to be foolishly optimistic. Let's look to those and believe that we can still make those real. Let that bring rhyme to the reason instead of looking to the reason to find the rhyme. Mhm. That's it. The rhyme communicating with the reason because life around us is all like reason reason. Neck up, man. So, I want to pull some weeds here on this pathway. Open up that this one lane dirt top road with potholes and it's a oneway going the opposite way which way I want it to go. It's going away from the heart. And to clean that up a little bit and go, let's get you two communicating a little bit. Uhhuh. You're not going to win every time, bud. Cuz we got we we we like our reason. We want to mind ourself. But we make a decision, we have any kind of certainty or we make a judgment. Let's let's have this let's have our heart be a two-factor authenticator before we make that decision. Um and uh that goes for the compassionate side. That also goes for the consequences and and of saying the buck stops here with ourselves and others. How do you advise perennial overthinkers to get below the neck a little bit? Perennial overthinkers get below the neck. Record themselves all overinking. Have a listen back. I do it. I overthink a lot. And when I've heard myself back, I'm like going, "Dude, you're kind of seeing so much significance that none of that shit's significant." Every detailed frame have You're giving it a proper name. Oh, if everything's significant, there's no significance at all, man. Some shit's just like I don't have the capacity to deal with it. I don't really care. It's just how it is. Don't some of the inevitables and sometimes you got to let those ride. I'm not trying. That's just how it is. I'm going to deal with that now. I'm going to deal with what I can deal with. I I get the middle agitations on that. And I listen to myself back and I'm like going, "Whoa, you need to get some sleep. You need to have a drink. You need to relax. You need to, you know, I got this uh uh funny appointment here. It's called barbituate logic. Where's barbituate logic? Can I find this for a second? Uh, there it is. I need to calm my brain to have half the thoughts per hour. 50% of the neural fragments and therefore twice the power and one doubly meaningful story with half the words. You know, sometimes it the snaps it's just it's too much. It's all treble. And if everything is significant, you're like, you miss the main thing. I I'm missing so focused on the drop. I didn't realize it was raining. It's the force for the tree thing. So that's the overthinking. When I've recorded myself, I can hear that there is some lanyop etc. in my talk and some of it is babble. Some of it may be succinctly fine-tuned and wonderful. Then I have to go, is that useful to my understanding? Is it useful to the story I can tell? Is it useful to my application in life? And a lot of times I'm like, no, it's clever. It's like smart [__] I don't want to spend too much time in that head because that sounds like, you know, you broke a sweat in places you weren't really getting exercise mentally, spiritually, or physically. Um, so that could sometimes listening listening back has helped me baseline some things and kind slow the brain down. Man, you're missing me give more meaning. And you hear the smartest people, man. I love hearing the wisest people.

Their stuff's short, bro. It's quick and you go, "Oh." And you're like waiting for more and you're looking around and they're like looking at you like that's it. And you're like, "Perfect." my dad telling me when I wanted to go to film school instead of law school and I thought he was going to go you want to what him taking that pause and says is that what you want to do and I said yes him going well don't half ass it was waiting for so much more that was it and there's no that was it nothing better he could have told me yeah at that time yeah it's also I think remembering when we overthink things or overexplain things. You're stealing a lot of times in in moments that you think maybe you're teaching even ourselves, especially others. You're stealing the the dignity of leaving the truth in the askers's kitchen, like saying letting someone come up with the have a conversation, but you're letting them come up with the answer. It's like what the best directors do in films. They don't tell you what to do. They talk about and get you to go, "Oh, oh yeah." So, and you go it is as you say, then we got ownership and that's our idea whether we were manipulated into it or not. We're got going thank you. It's mine. Now we got fire. Now we got purpose. Now that you get the great performance in front of the camera and I think in in life more too when person feels like they came up with the idea. I always tell directors, man, I'm easy to direct. Just don't tell me what to do. And if you can trick me into thinking, "All right, all this shit's my idea." Yeah. You know, yeah, there's a wonderful insight about why we like people that's similar to that. So, uh, inverse charisma. Uh, a lot of the time we think that we want to be more charismatic because that would make us more likable. We want our stories to be engaging and our aura to be electrifying and our presence to be magnetic and for us to walk into a room and for everybody to sort of look up be compelled. And then I looked at the friends that I liked spending time around the most. And they're interesting, but that wasn't really the common denominator. Some people are interesting and some people make you feel interesting. And there's this wonderful story about Jenny Jerome, Winston Churchill's mother, and she gets to meet uh Benjamin Israeli and William Gladstone on consecutive nights for dinner. And she leaves the first dinner, says uh I left that feeling like he was the cleverest man in all of England. She goes to the second one. She says, "I left that dinner feeling like I was the cleverest woman." And this wonderful idea that some people are interesting, some people make us feel interesting. And and kind of the same with with this idea here that uh allowing allowing the conclusion to be arrived at. Yeah. Uh is often the best solution. Yeah. I I have to continue to watch it. I love being in the know. I I love giving advice. I love sermonizing. My kids will be like, "Can you give something a TED talk?" Dad, like, "Yeah, shut sit down." No, no, no, no. I've got slides. Listen, I let them find it. And you know, I heard a cool trick and it was just so simple. But uh one in talking and sharing something that you've learned that you think may be applicable to other people. The use of I, you or we to use the we like you is dangerous because people be you're talking at me. You're telling me what to do. I is safe because well that's you're that's your experience. Maybe you invite maybe people see themselves or not. to say we it's a it's it's closer to platitudinal because you're going like are you speaking for all of us? But it does welcome everybody in. And it says that and I always like to say this when I'm talking about things with people. I'm like when I when I say we, I'm I'm including me. All right. Because I'm not we includes me. Yeah. We includes me. I'm not I'm working on this [__] too, man. you know, um, and trying to and like I have to be reminded don't don't be afraid to ask the question that I'm asking for myself that can open up someone else to go, well, I got an answer to that. What do you got? Did with the similar with the kids last night. Instead of saying VA Levi Livingston, how

are you doing? It's a tough answer, tough question to answer. I said, and my friend gave me this note, said, "Hey, what's what's the life of a teenager like these days?" They took off and talked and shared all kinds of stuff cuz I wasn't putting them on the spot or they didn't take it as put on I found out so much more about how they're feeling by asking It's broad question. Broad question. Yeah. Yeah. Yeah. Yeah. You know, Yeah. It's funny how we need license for that. Yeah. In a strange way. Yeah. to be able to talk about is a lot of times how we best talk about ourselves. Yeah. Yeah. But couched with enough distance. Yeah. Yeah. I have noticed I have seen it. It's the I'm asking for a friend. Uh justification. Yeah. Yeah. Yeah. Yeah. What do you think about the role of courage in life? You know, we've talked so far about the balance of doing it and not doing it. We've talked about dreaming big and maybe dreaming even further. And then we've also had this idea of uh a little bit of relinquishing of control. Yeah. As well as we got to apply the effort, we got to have the vision, but we've also got to know when when we're going to let let go a little bit. Yeah. It seems to me like courage, the ability to feel our convictions and commit to them is a little bit of a common thread that sort of runs through those. Yeah. So I grew up only knowing sort of the courage of the persistent. Be resilient, endure, get up, dust yourself off, go. The problem with that, the Achilles heel with that is if you get up and you have the courage to keep on going every time and get up and dust yourself off, you make the same mistakes each time around cuz you never backed up. To have what I've now learned and still learning is the courage to go, "No, I'm going to let some people pass me in the race right now cuz I'm going to look at why I keep stepping in that damn same pothole and twisting my ankle. The same spot. why I keep failing when I try to get that next spot in this relationship or failing in this place to get this product of my craft to the next. Would that be uh the relinquishing of the romcom era in in a a small part for you? Small part. Yeah. Uh yeah, that that was one. It also has to do with when I got married. my, you know, son comes to me at four years old and says, "Why isn't Mama McConnah?" I'm going through my head. You're [__] four, dude. I sat there. I was like, "God, did your mom put you with this?" It's a great question, but I mean, we're not because we're not married. When you get married, you switch your name. Okay. And then he just got listened and all of a sudden he goes, "Are you scared?" I'm [__] four years old, dude. And I was like, "Yeah, I guess I am." I remember going to a pastor and talking to a lot of different elder men who had had long-term relationships, were married for decades and stuff, and and and my pastor goes, "Let me just ask you this, Mr. Risk Taker. What's the bigger risk? Carrying on like you're going, it's going well." or taking the deeper dive into the sacrament covenant of marriage which should be a covenant between you and her and God. The trilogy will go forward. That will be a whole new vent adventure in itself. Are you what? What's a bigger risk? I was like, "Oh, the getting married's a bigger risk." He was like, he didn't say another word. That was part of why I made the affirmative action and was what I was looking for as a way to play offense with that choice. I didn't want to do it because that's what you're supposed to do. It's time. We've been dating for this long. We got engaged. I didn't want to do it by the book. and I was looking for the authent being able to do the work I was doing and offer the roles I was getting the romcoms was eating at me because I felt like I could life is good man I make good Honey, feel like I can roll out of bed and do one of these tomorrow morning. Well, that's cool, man. I'm kind of number one. I'm I'm I'm the I'm the go-to guy for this. But I wasn't I was countered by I had met Camila, fallen in love, she's now pregnant with her first child. So that my life was extremely vital and I was alive, cried harder, laughed louder, felt more joy, all those things. about my work

was like all right and I was like well I wish my work could be as challenging or as vital as my life and I remember looking in the mirror going well be glad right now appreciate that it's not the other way around but can I have my work challenge my lifestyle in this vitality yeah if I do some dramas I want to do well those aren't coming all right if I can't do what I want to do quit do what I was doing now that was I think yeah it was definitely courageous I did I honestly think I'd written myself a one-way ticket out of Hollywood. People close to me. Basically, almost everybody besides my wife was like, "What is your major malfunction, little brother? You got it made. Why? Why are you throwing a jack knife in this? You're tripping yourself running downhill, man. You You You did it. And I had my wife and myself to remind myself of that 4:00 a.m. clarity that I had in tears when I was like, "No, I'm I'm I'm I'm rolling the dice. I'm sticking with it." And yeah, man. I did think I wrote myself a ticket out of Hollywood. I did look at other vocations, become a teacher, a wildlife guide. I seriously seriously look at those things. Um but over time and it was about 20 months it was gone long enough had found anonymity enough was not in your living room in a theater in a romcom. You didn't see me on a beat shirtless where is he and then I think I told you the story turning down the \$14.5 million offer made people go oh [___] what's he up to? They don't just you don't just step out of Hollywood and then unless you get you turn that down because you got a plan. you got somewhere you want to go and I think that made me more attractive as a new novel idea. But that was yeah that wrist took a I think it's fair to say that took a fair amount of courage from me. A quick aside if you've been feeling a bit sluggish your testosterone levels might be the problem. They play a huge role in your energy, focus, and performance. But most people have no idea where those are or what to do if something's off. which is why I partnered with Function because I wanted a smarter and more comprehensive way to understand what's actually happening inside of my body. Twice a year, they run lab tests that monitor over a 100 biomarkers and they've got a team of expert physicians that analyze the data and give you actionable advice to improve your health and lifespan. Seeing your testosterone levels and dozens of other biomarkers charted over the course of a year with actionable insights to actually improve them genuinely gives you a clear path to making your life better. And getting your blood work drawn and analyzed like this would usually be a nightmare and cost thousands. But with function, it's just \$499. And right now, you can get an additional hundred bucks off, bringing it down to \$399. So get the exact same blood panels that I get and save a h 100red bucks by going to the link in the description below or heading to functionhealth.com/modernwisdom. That's functionhealth.com/modernwisdom. For a lot of people, their work feels more vital than their life. Yeah. Is that a shiny object mirage that they need to rid themselves of? If you can and you're willing to. Yeah. Look, that's part of why I started writing. The script flipped on me 5 years ago. I was like I was feeling like my work was more vital than my life. I felt like I was going through the motions more in my life, but I was really getting major life experiences and through my work. And I had the same question. I was like, well, let's see where I can challenge myself more in the documentary, the one life I'm living rather than the characters I'm going to play that somebody else wrote, someone else directing, someone else is lensing through their camera and editing. What are we doing on this one take that we've had since the day we were born and will be cut the day we die. And so that was a challenge to myself which led to the the writing which was a more direct experience kind of put a word down without it's my script and without my performance on it without music without pictures and uh so that was an inward journey that I'm that I'm still on and now I think I'm trying

to want to do both of them. I just did a couple movies. Jeez, I was reminded how much I love it. M it felt like freaking vacation going to act again to have a singular obsession like that was like it was a it was a vacation for me and I did good work I don't mean like it was laying back with the pina colada I would getting what I wanted done each day and collaborating with somebody that I like to collaborate with and building this thing and building a character within the movie and being done I was like that was so much fun that felt like a vacation much more so than the two months I just spent in Europe it felt like more of a vacation than that which has led me to question myself. Maybe I need to learn how to vacation differently. That's also a skill. Yeah, I hear uh True Detective season two maybe coming back. That would be season probably five. I've season two with you. Oh, well Nick's got an idea. Pitch a lot of the creator and he's brought it up to Woody and I we've talked about it and he says he's got a line on it and we both said, "Awesome. show us. Um, that's as far as this has gone. Um, I think we've talked about that. I I I missed that. I loved that series. It was my favorite thing to watch on TV and I happen to be in it, but I just was I loved it. I watched it every Sunday night like everybody else. Um, and in a series, it was the first time, especially now, because things are getting abbreviated. The first acts of stories are getting abbreviated more and more I'm finding and I don't know if this is because oh people's attention span are shorter just introduce characters and let's get on with the conflict but act two starts on page 12. It used to start on page 37 38 and now it starts on page 12. And I'm like man the actor's favorite part is act one because that's where we're going okay maybe you've seen it before but you hadn't seen it with me. You hadn't gone on this journey with this character. Let me introduce you before the conflict arises to this world and this character and my behavior and my relationship so you can go on a journey with us with me like you've never gone through this before. Well, those are getting reduced. The series of True Detective, eight series, eight hour episodes, man. I got three hours. I got I got 190 pages of an act one. Um that's a luxury and a beautiful thing to have to sit there and go okay you don't and it takes took me a lot of patience cuz I almost made some choices. I was I remember sitting there after a month in thinking like I think what I'm doing may be really boring and I was like no trust trust when when rust becomes crash it's going to flip. Trust getting there. But I was sitting there going and I was going to Nick and Carrie on is this boring what I'm doing? And they were like, "No, stick with it." I was like, "Okay." I go, "You're you see stuff bubbling underneath." They're like, "Yeah." I was like, "Okay." Cuz I'm getting anty, you know. So, if that came along and it was the right script, be a great collaboration again. Tell you who I had on the show last week in London, Bugsy Malone, and uh he was telling me a few stories about what he learned working with Guy Richie. Yeah. What have you learned working with Guy? Guy is great in the moment, but you ask guy to work on anything or talk about what we lump for dinner tonight and it may be six o'clock. That's too far in the future. That son of a gun. He wrote he he he wrote the script and I go in and I my character had great monologues and great things to say and it takes a lot of work to work on those things and working to understand them and I'd show up on the day and he we'd always sit down let's hear it and he'd be over there listening and all of a sudden be like oh god what did you say gez what was that line there oh god that's rubbish who wrote that well you did like oh god that's [__] you know what and he starts spitting out different lines and he's rewriting on the day like right before you're supposed to do the scene not the morning of and definitely not on a Sunday before the week. I'd ask him to meet me on Sunday to go to the script. He stood me up every time, every time. But you get on set and now he's in it. And the stuff he comes up with live

where I went from frustration to like, oh, because 95% of the stuff he comes up with live is better than what was there. And so I started to go, okay, it's a meter. It's it's a musical meter of speech patterns that he's hearing. Pop pop pop. And there's no ums in any of his stuff. It's sharp. You know, it's it's it's it's noun verb, non-verb, noun, verb, maybe an adjective, adverb in there somewhere. Period. Bam. Pop pop. And he hears it on the in the moment. And again, he's funny. He'll call out something that you'll think I thought was some of this genius stuff he wrote. And you'd be like, "Oh god, that's [__] Who wrote that?" Like, "Well, you did." He's like, "Well, that's rubbish. Throw it out." He's like the uh he's like the freestyle rapper of the director world. Yeah. And I I loved after I got past frustration. I I mean I enjoyed him and working with enjoyed him before I enjoyed working with him. And then I understood the way he worked and continued to enjoy him and enjoyed working with him. I really enjoyed working with the guy and the way his mind works, his attention when it's live, when it's time. Now we're in it. Now we're at the table. We are all here to shoot the scene. Let's sit down now and read through this how it sounds. But you want to do this an hour before? You want to do this back in the trailer? Uh-uh. Uh-uh. That's exciting. That's like a tightrope. Yeah. So, I had to go between, you know, what's worth learning anything in the damn script to No, no, no, no, no. You know, there's certain things. Of course, you're reading this thing the night before thinking, I know 50% of this is going to be thrown out tomorrow. 60%. You know, um, but like I said, when you look and you hear it and you go in the moment, you go, "That is better." Yeah. And the hard part is right after you hear it's better and you agree it's better, it's like, "Okay, let's shoot it." And like, well, hang on. I I need to It was a lot. Let me have a look at it. You know what I mean? Let me try and at least memorize some of it. Yeah. Apparently, you've shot at Stray Vista before. Did you have a cactus? Did you have a uh I had many cactuses in many places that had a cactus. I was telling a story to someone a couple days ago. I think it's the picture on the back of the book where my Airstream is there. I believe that's in Utah. Mhm. And I remember that place because I pulled off the side of the road about 5:00 p.m. one afternoon and I went on this dirt road through this camp that was crystal meth. They were hacking it up and the the the the wandering eyes and the twitches, they were all out there watching me pull in. And I'd learned from being on the road enough that it was me and my dog that when you go and you know some possible uh um uh danger in the people that are around. You got to watch how you get out. You got to watch how you drive. You got to watch how deliberately you back that thing up. You got to watch how you get out of the car, how you walk deliberate, how you got your shoulders back. And you also, it's a good idea to grab the baseball bat and do some stretches with it with your shirt, you know, and your dogs out. And while you know they're over there a half mile away with the binoculars, you just enough to hopefully have them go, "Well, maybe let's pick the next guy." You know what I mean? And that night, I slept there and went to bed and I woke up at 4:00 a.m. to this sound. And of course, I already had on my mind if in case they come to break it, it wasn't them. I, unbeknownst to me, had pulled up 6 ft away from a a rail train rail and a train came by at 4 in the freaking morning and and I was 6 feet from it and that's what I woke up from in that spot. So, you do feel at home. We just need a train going by. Train would be right on the backside. Yeah, right on the backside. Um, in deserts, you know, you got me in the desert. This is my This is where I I feel most at home in deserts. Um, I don't know what it is. Deserts are like cats. They're so feline, you know. Everything's incredibly clean. There's no mildew. There's no uh uh the moisture's not there. If something rots, it dries. It doesn't. There's no bacteria. And I just love the

cleanliness of a of a desert. I get a lot of energy in the desert. What's the difference between a nice guy and a good man? Yeah. um you know, right about that and there, but a nice guy has is about some a nice guy gets along. Yeah, do that. Yeah, I'll do that. They don't necessarily have discernment or judgment. Not sure what they stand for or stand against. It's like, yes, yes, yes, sure. Yeah. Hey, a good man has ideals that they stand for and they'll stand against and when they're tested, a good man is not a nice guy. Um that's in the chapter of Manning Up. You know, that's I was that time when I was doing the romcoms and that's all I could do. I was feeling like my work was just me as a nice guy. And in life, I was not just a nice guy. Like I said, Camila's pregnant. I got a child coming. I was I was feral with masculinity. and and my work. Maybe I was feeling a bit neutered. And I was like, well, I'm I'm I'm I'm a good guy and a good man in life, but I'm just a nice guy at work. Can I be a roles that can be a a good man? And that was dramas. Cuz in dramas, you can stand for or stand against something. Your ceiling for pleasure and your basement for fame are up to you. How do you feel about it? And no direction can go that's too much or that's not enough. You got too angry there. Oh, you meant that too much. Those that that didn't come in a drama. Those come in a romcom, right? Cuz the emotions and how you feel are compressed to be in a buoyant level in a threshold that's up bouncing from cloud to cloud only. Dramas are as much pain, as much evil as you want to go, as deep dark you want to go. Get there. Let's see how far you go. how high you want to fly, how close to that sun you get before you before you get burned, go see how far you go. That's what you get in drama. Much more like real life. Um, and so, you know, good guys, being a good good being a good man's a lot harder for good reason. Not going to be most popular, not going to be always most affable. Um, it also doesn't mean you got to be a dick or an [__] Just means sometimes you got to go, I believe in this, is this for me, this is for me, and that is not for me. And because that is not for me, if you do trespass into my space upon me and my family, there will be I will do my best to cause consequences. And I'm going to let you know that. I want I hope that's apparent because I'm not going to intrude on you, but if you trespass that I mean I'm I'm going to stand up for it and that we can talk our way out of that. Great. No, it doesn't always work that way. You know, a good man's not looking for trouble, you know. Um, but if it comes and if he or something he cares about unless we're susceptible to being trusted on but trespassed on by trouble, a good man does what he can to do to stop that. So Aaron Bugsy um tells this story. He famously had his house robbery attempt occurred on his very nice house in Manchester. Manchester's got some spicy individuals in it from the gang culture and there is a CCTV video of him. Now by this point, this is I think 21 or 22. So he's been in the first movie. He has had multiple huge albums, world tour rapping, done all the things. Most played fire in the booth, freestyle in history, all of this stuff, right? Uh so you might think even though he came from below the streets sort of he came from the sewers uh as a kid he has a public image to keep up. Maybe he's got soft the sort of velvet prison silk pajamas problem. And he told me this story and uh his girlfriend rings. She's in the house. These men are trying to break in. There's a barricade. So he's driving back with his sister in the car. He's driving back and there's a guy by the side of the road and he can see he's got a brick in his hand. So, uh, Aaron stops the car, opens the door, and immediately says, "Mate, is that you? Blue shirt. That's such a nice blue shirt." And as he's moving toward him, he puts his hands in the air like this. He's moving towards him. He's moving towards he's moved to Hits this guy. Brick drops, finishes him off, gets back in the car, and this bit's captured on CCTV and somebody overlaid it with the call to the police. So, there's a 999 call going on.

Yay. from I think his mom who's in the house. These men are trying to break in and you see him pull up in this Mercedes. This guy been in movies and all the rest of it and it's a van of dudes. It's a van of men trying to break in. Yes. Yeah. You're trying to rob his house and see he's rich. He's got something that we want. He's already dealt with one of them. Think he might have dealt with another one of them as well. And he pulls in in this fancy Mercedes. You see this guy who has got kind of world at his feet opens the door to his Mercedes, pulls his shirt off and just sprints at this van. And he it was [__] electric. He told me this story is so electric. And that's on CCTV. That's great. There's best video he ever made right there, huh? So hardcore. It's so hardcore. Um but yeah, that's you know, good man, not a nice guy. We'll get back to talking in one minute, but first, Momentous make the highest quality supplements on the planet, and I have fallen in love with their whey protein powder. It is grass-fed, and each batch is exclusively sourced from EU dairy farmers whose cows are free of hormones, steroids, and all of the other junk. So, if you have been struggling to hit your protein goals, which let's face it is everybody, Momen's grass-fed way is a super convenient way to get super convenient way to get extra protein into your diet. Lean muscle mass, muscle growth, supports recovery, post exercise, etc. But it's also NSF certified for sport, meaning that even Olympians can use it, and there is a 30-day money back guarantee. So, you can buy either or both of these, try them, and if you don't like it for any reason, you will get your money back. Plus, they ship internationally. Right now, you can get 35% off your first subscription and that 30-day money back guarantee by going to the link in the description below or heading to livemus.com/modernwisdom and using the code [modernwisdom](https://livemus.com/modernwisdom) a checkout. That's [l i v m o m n o.com/modernwisdom](https://livemus.com/modernwisdom) and [modernwisdom](https://livemus.com/modernwisdom) a checkout. I I guess are there any principles or have you learned when it comes to the masculinity thing, are there any principles that you refuse to compromise on? Let's define let's let's have fun trying to define masculinity here. I think we've rightfully so come out of the chasm that macho is masculinity. I think through certain perceived and not perceived and realistic overcompensations of say a me too movement that some men felt shamed to be masculine. Good men felt that way. I know for a fact and again I want to say to all the women out there this has nothing to do with being exclusive of the rise of uh the rights and power of women but in that over conversation there are a lot of men that I know who were looking for that definition that feel like I've been told what it's not and now I don't know what it is and [__] I just opened the door for her. [__] I'm done. Well, it certain and and and I bring that up and sometimes friends like, "Oh, that's frivolous." No, but it's it's part of it. It's one example of of like that's not what that's not what me too meant in the over conversation, especially when they said come one, come all and Azizeri got thrown up there with Harvey Weinstein is the same crime. You're going no that's not the same. Hang on a minute. Not the same. There are a lot of men trying to understand what that is. And like anybody, they're not going to go down, you know, anything to be corrected. Everyone overcompensates. You know what I mean? And but that there's men looking for a redefinition of what masculinity is. And there is a difference. There are some wonderful, beautiful differences between men and women, thankfully, biologically. um not always exclusive of each other, you know, not and but there's nothing that I see this cuz is is right up there at the top of what's one of the best thing for women all over the world is more good men and a masculine truly masculine man is not an oppressor. Truly masculine man is not macho. It's not chauvinist, but he's damn sure masculine. Most masculine I've ever felt after the birth of my first child. Never were my head, heart, and loins in such synchronicity. And the power

that I had was I mean it's probably the best husband ever at that time, too. Men want to be, and I don't know if this is biological because I'm not saying women don't, but men want to and are looking for ways to be relied upon. And so we say, "Yeah, but you always want to be the savior and you always want the solution." Okay, cool. There's nothing wrong with wanting to find the solution to things. Great. Let's work with that. Thank you women for saying glad you got the solution, but just listen to me for a second, Lauren, cuz I'm not looking for a solution. Actually, I just want to talk this out and I'll probably answer my own question. You know what I mean? Doesn't mean don't be the male side of you that wants to find the solution or wants to be relied upon. It's being redefined now. And uh there's a lot of uh I talked to him and a lot of young men and middle-aged men that are looking, you know, part of this role I got to play in this last film, The Lost Bus. It was not, you know, visible to me that I was also representing a large group of men who were middle-aged who woke up and looked around. I'm like, "Oh [___] this isn't where I thought I'd be. Oh [___] I haven't built anything." failed marriages, failed jobs. Some of them did it all right, too. A lot of them when things got tough, they snuck out the back door. Got the divorce, didn't go one step further, didn't show up, and that caught up with them. Uh, but that's also a large group of the demographic of men going like, "Well, what does masculinity mean? How and where can I be relied upon? That gives me dignity to be relied. That gives me significance. Call it what you want, but if you think that's true, and I do, there's nothing wrong with that. So, what is masculinity? You know, I'm not going to, you know, let's get past the what are some of your definitions of or understandings of what masculinity is? If we were going to say, "Men, here's something that you should expect of yourself and pursue as a biological male." Mhm. You know, it seems like a lot of the definitions converge on similar sorts of traits. Um, emotional composure tends to be one of them. Uh, competence tends to be another. um the ability to be decisive. Yeah. Is another of those. So, we're starting to build this sort of suite of traits, right, that it is. Uh but as soon as you start to try and alter the edge cases, so well I mean you know going to have somebody who's uh got emotional control or that uh even slightly at its extreme is a denial of emotions and no vulnerability, right? Sort of uh all the bad bits of stoicism with none of the good bits, right? Uh and then okay, you want uh sort of competence. Well, that very quickly sort of turns into uh single-minded progress at all costs regardless of what anybody else thinks. And uh decisiveness turns into being doineering and certain. Yes. Yeah. Yeah. I don't need to listen I don't need to listen to you. Um, so I think it is a a very delicate balance and I I I think it's a good point to say um me too was an important rebalance to men being able to use their positions of power to get access to women in ways that they shouldn't have done. Mhm. And the goal of me too was to sanitize the toxic elements of men's behavior, but instead it just sterilized all of them. It sterilized all of the elements of its behavior. I think it and I think it's when it became so many movements are are right on when it's a rifle, but as soon as they become general admission. Yeah. It becomes the shotgun spread and it's like, well, we got to Yeah. Come on. Yeah. I don't know. You telling the truth? Oh, it doesn't matter. Yeah. That's it. stops being the opportunity to uh rebalance something and it starts being an opportunity to grind an axe and continue to sort of put your foot on the neck of of somebody else. So I think um yeah you end up with this this strange situation especially around me too. This is a pattern I mentioned to you last time about uh type A people with type B problems and type B people with type A problems. And the theme of that is advice that's given on mass is uh sometimes right even for the majority but will be um absorbed asymmetrically. If you uh give everybody the same

supplements, some people will be hyperresponders and some people will not respond at all. And sometimes the hyperresponders are the people who didn't need it already, right? So an example when it comes to the me too thing is the men who really needed to heed don't be pushy are precisely the men that that message will not work on. And the men who are most likely to take it to heart, right, are the ones who probably needed a little bit more encouragement to go up to that girl in the bar. So if you're the type of guy who's who's a little bit more insular and a little bit more concerned and you didn't want to make her feel uncomfortable and you had approach anxiety and then like believe all women do not the toxic male gays you do not need to do the thing you're going to think oh I knew I knew all along that that was the case I must not I must not do this thing whereas if you're the sort of guy who was already being way too pushy unfortunately this advice is there are hyperresponders and those that aren't. And unfortunately, a lot of the time the people that are most likely to respond to bits of advice. And this is the same thing when it comes to men should be vulnerable. Men should show their emotions more. Out of the paniply, the full spectrum of men. Who do you think is most likely to take on board the message? Men should be more vulnerable. Men who are already already vulnerable. They've got a disposition to be more vulnerable. the guys that have got the denial of emotions, you know, boomer absent father [___] generational trauma passed down thing. They're not taking their own board. And uh it's just I I think it's a fascinating challenge that we face when you say the people who most need to hear a message are often the ones that are least likely to hear it. And when you scatter gun it across everyone, you can actually not reduce down the in the bad incidents you're trying to get rid of. Yeah. And further reduce down the good that you were hoping to hold on to. It's a solvent that works in reverse and it strips away the stuff that you were trying to keep, right? And doesn't get rid of the bad stuff you wanted to evacuate. So what can we all learn? What can men learn and what can women learn? In fact, okay, what do we learn from that heavy me too era where it was a toxic access that was you were getting away with it and all of a sudden? Uh-uh. And I agree, but not to emasculate the good men or not have the ones that maybe were not offenders, but boy, right? you know, a little bit more macho to have them not puff the chest out more and go, "Well, I'm going to double down on the macho to push that back." Cuz I I probably see it as a little more progressive of a of a of a time in the way that I agree the ones that maybe were shy trying to recede, we're now going, "Holy [___] I was right." But I also do think that it did Oh, for chopped down tree and reminded a lot that you go, you better back off. Better back down, boy. 100%. Yeah, 100%. It wasn't, that's not me saying it's all bad, obviously. Um, but it's uh thinking about the asymmetry of absorption uh when it comes to stuff like that. Uh yeah, I think one of the things that I would hope we've learned from that situation is, you know, the idea of Chesterton's fence. Yeah. Okay. So, uh GK Chesterton talks about um a liberal and a conservative come across a a fence post. Two two fence posts in the field here right in front of us. Is there a fence here? And I don't have a fence, but you can imagine there's a fence here. Yeah. Yeah. Two fence post with a little bit of like wire between them. And the liberal would say, "I see no reason for this fence. We should break it down." Conservative would say, "Hey, hey, hey, hold on a second. Someone put that there. Maybe it is there for a reason." and the tension between uh innovation, novelty, adventurousness, openness and uh respect for tradition, stasis, status quo. Uh on the other side, this is the perennial push and pull. How much should we throw out these old traditions and how much should we and I think we learned a lesson to maybe temper the throttle a little bit to just sort of

feather it as opposed to um whitewashing. And I you made a great point which is women want eligible men. And this is why a zero sum view of empathy. Uh that if you give a degree of empathy toward the plights of men despite the fact that for most of human history they had some benefits that women didn't apart from like the war and the death and the homelessness and the drug addiction and the you know so on and so forth. Um, if you say we can't give empathy to these people because it'll take away empathy, which is not how empathy works. No, it's not exclusive of the other, that's that's it's not zero sum. It's not a limited resource that we have. Um if you say uh boohoo poor patriarchy sad complaining in the same breath uh men do not deserve sympathy. They've had it good for so long. We don't need to raise them up. And in the next sentence saying where are all of the good men at? Yeah. is mating logic. Sepuku. Yeah. Right. Uh and yeah, I just I get the sense if any group has an issue, almost any group in society, we spend billions of money in taxpayer funded dollars to set up surveys and initiatives. We don't tell them to pull themselves up by their bootstraps. If men have a problem, it is treated in a very, very unique way. anybody else on the planet has a problem, we say, "What can we do to fix society?" But if men have a problem, we say, "What is it men are doing where they don't fix themselves?" And this is just a price that we need to pay. As guys, it's a price we need to pay. I've kind of given up on fighting against it. But I certainly think after the last few years, maybe we can dust settle here. Okay, we've exercised that demon. Let's [___] start a new, right? Yeah. I'm with you. You know, I I one of the things I was questioning a lot of my friends of mine and some many of them females that were around the leadership from the Me Too movement was when are you going to start inviting good men, you know, to these gatherings? Well, come on. That's it's not you're not it's not a at the end it's not a battle of the sexes. It's in a behavior that you're getting saying, "Hey, no more of that." That the male was doing great. Now that that's understood, there's a lot of men that agree. I I I remember, you know, it was like a lot of people in my industry, men I knew were like would tweet out when it first happened after the wine seed stuff, well, I just want to go on record and let you know I don't I I don't believe in Rick either. And I was like, what are you doing, dude? You're kind of setting it up like was that questionable before? And then it was if you didn't write that or something like that. It was like was the the black square of me. I was never Yeah. The black square of me too. Yeah. Yeah. Yeah. I was never I was I I I wasn't on the fence about it before, you know. Um and that, you know, that that was not was was more than different than just funny, but I remember that being an odd reaction. Um yeah. So yeah, I hope the dust settles and I believe it is settling now because I know um uh that uh a lot of people and women included that are friends of mine that were a large part of the me too movement would I think in some part agree with what we're saying going we don't want to we're not talking about cancelling men. You know what I That's not that was cancelling masculinity and that would be not a good thing to do for men or women. Correct. It's creating the exact earth of eligible male partners that they say that they're looking for. Yeah. Uh you've got this great line where you say so many people are obsessed with how to live longer instead of how to live better. Yeah. How do you come to think about that? Quantity success without the profit. Oh, how much more can I get? It's I I'm I'm I'm for it. The longevity, I'm I'm for it. But in in the pursuit of it, are we measuring quality of life on along the way? Some people aren't. And I I personally don't want to have the highest number, but then go that wasn't any fun or I didn't enjoy that or I didn't that sucked. I'm just trying to remind everyone that just like in business when I say success without the profit, we have plenty of people that succeed. If you got the

most money, the most toys, you succeed. And we talked about those people earlier that have at the end of the day have problems in with relationships or they can't sleep or they can't get the dick up, whatever. They didn't profit. They're not profiting with their success. Profit measures quality with the quantity. So I'm saying real success is when you have profit. Well, really great longevity would be for those quality years, quality time left in this life. Um, I also say that because while I'm not looking forward to it, I'm not really afraid of death or dying. Not looking forward to it. Shaking my boots if I'm face to face with that great white, you know what I mean? I'm not looking forward to it. But I see it as a obviously it's inevitable and obviously I I personally see it as a hopefully a comma, you know, not a period. So the number the higher number I don't know just I think we got just watch being obsessed with that at the expense of quality of life. Is it the trade-off or do the two work in tandem is what the trade-off obsessed with how to live longer than how to live better. Do do you think it detracts? No, I don't think it I don't think it necessarily detracts, but it can. I do think inevitably you might be if you're so obsessed with the projection length that you're going to miss a couple of really really worthwhile parties now where you may learn something have a the great love of life take a certain risk that oh you may not make it out of that but we're going to do it anyway. Um and I'm all for projection. It's a lot of what my g my it's a lot of my jam. How far can we project in the future? Boy, the further we can project the further I think we can see in the past. The more we have the ability to invest in ourselves today to get that more ROI tomorrow. I just think an obsession with the number can sometimes get in the way of seeing more of an obsession with the quality and the meaning of what what we're doing right here. What's now and tomorrow? Is there something you do to remind yourself to inject more fun into your life? Uh, I mean, I've got some simple tricks, you know, if I'm not sure how to respond, try to make the default to motion, humor. Mhm. And I'm a big fan big fan of of of humor. And I wish we had more of it. Um, and I think it's how we're going to get through a lot of these things that we have. Um, is we're going to have to all giggle at a few things and go, "Yeah." And also at ourselves to be able to I'm still learning and getting better. I try not to giggle at myself when I bogey. You know what I mean? Just go, "Yep." And and and to not be afraid of that failure, to be able to fess up and go, "Yep, that was me." Oh, good gez, that didn't work. Um laughter. I think we we we we it's taken as being discompassionate sometimes or it's being insensitive and flippant. Yeah. like you're making you're making the crisis benign. You're not giving the crisis credit. No, I'm giving the crisis credit, but I'm saying the crisis has happened and now we got to deal with getting through this son of a [__] So, it's going to be tough. So, let can we giggle our way through untying this knot? I'm not patronizing the crisis at all. I just want to go ahead and have a you know it's why you know uh um um uh the greatest comedians you know Chappelle he says stuff while the wounds people go you can't say that now the wound wound's too fresh it's why he's so smart and why he's so funny because he says it beforehand and calls it out Jimmy Car's got a bit about that where I think he says uh saying that there is a topic too sensitive to joke about is like saying there is a disease too serious to Okay. Okay. I like that. Wow. Yeah. You know. Yeah. What uh uh uh and humor as well with a is as a learning and a teaching tool and and and and a and a true humility with our own selves of what we can learn and how we can learn what we know and in written what we don't know. Um, and it's a uh it's it's a great way to not convert. It's a great way to help someone understand. It makes it it's why I'm rhyming in here. It's why some of these are diddies. It's why I'm saying let's sell Sunday morning like a Saturday night. Let's let's let's let's have a beer on the way to the temple. You know what I

mean? It's it's more digestible. We can dance to it. And the broccoli actually does more than taste like candy. It is the candy. What's that? Uh, you got a poem called Life and Candy Crush. Is there a parallel between the two? I love that game. I love Candy Crush, guys. I said it. Yeah. You're out there. Send me some free lives or some a whole bunch of those prizes in there. Yeah. I I my kids always bust me for playing Candy Crush. I'm like, "This is a great game." And let me tell you why. So, I decided to put in there what I've shared with my children, what I've noticed. You've learned from the great game of Candy Crush. I've learned from the great game of Candy Crush. Yeah, that's funny. Um, I'm interested in where confidence comes from as far as you're concerned. Yeah. Well, it definitely comes from belief, not hope. It comes from pulling something off. Comes from, oh, I I I I think I got an ability to do that. Let me work on that. Let me prepare to do that. Oh, [__] I'm not sure. Bam. I'm in the game. Action, cut, life or movie. Ah, I did it. I felt it, too. I know I did it. And you, who were the observer go, you did it. I got confidence. I personally felt it and it translated. Subjectively, I felt it. And objectively, you went, "Yep." Confidence. I make a big plan. I write something out. A plan for the day, the week, an event, a circumstance, a scene. I write out all this stuff, what my incentive or what I want to do, what I hope comes from this. And I shut that and a year later I do that scene or I'm at that event and someone comes up afterwards and goes, "You know what that was, man? That was" And I'm like, "Yeah, that's exactly what I wrote a year ago." Yeah. It's what I wanted to do. Pulled it off without saying one of those words. That's what you got from it? Yes. confidence, identity, testing it out and it can work. Confidence to go, I'm going to try and pull this off. Maybe get away with it, maybe it won't work. Pulling things off, translating without saying the word or without manipulation. feeling when I in something that we have and I have an innate ability for something that I believe I have the innate ability and I learn to the reason behind that instinct and how to how to where's the right time timing. Oh, and it'll work I think right here. Who's the audience I'm talking to? Oh yeah, I'm going to make a plan for that sale if it's all sales for that transaction or whatever. And bam, it hits and it lands like I wanted it to. Dogs damn it. Was that deja vu? It happened. That's how I saw it. That I get confidence from that. Um, I've still working on and and and you know now I think even more in this I'm not going to say second half whatever the 50s humility while still maintaining confidence. I had a really tough relationship with humility, the definition, until I heard um I think it was Jordan Peterson's definition. Humility is admitting we have more to learn and I was like, "Oh, whoa. I'm in. I can get on board with that. Let me sign up." Because before that, humility to be humbled, to be humiliated. My shoulders would sink. I would be small passive and wouldn't speak up or there's the opportunity and I miss it and I was like man I don't think that's what it means but I don't know how to get around it. It funny how we need the definition of words to change a little bit like that some and that could be just a that can be a 180. You know what I heard the other day? I heard a fantastic new definition of vulnerability. What was it? said, "Vulnerability is saying your truth in spite of the consequences, especially when they're scary." Oh, see, that sounds fun. Get on board with that. That sounds fun. That's a That That's a different kind of surrender. Yeah. Say what's true in spite of the consequences. In spite of the consequences. Especially when it's scary. I'll be damned. Especially when it's scary. Yeah. Especially when it's scary. Ah, I like that. It's got offense to it. Yeah. Yeah. Yeah. I feel like I'm on the front foot. Yeah. Mhm. I feel like it's something that's noble. Yeah. Right. And it's the same with this rework or perhaps the original work of humility. Yeah. Brilliant. I can I can step forward into this. Not stepping back away from it. And I think

specifically uh with men, I think uh it's a a perhaps a a very smart way to do a super secret squirrel technique, you know, Jedi mind trick to go, so this is not a step back. It's actually ically Brazilian jiu-jitsu this thing into you're going forward now. Um but yeah, I I I think and and and and dare I say women out there, did you hear that? Manipulate us to feel that way. Oh yeah, go for it. Manipulated all day into that and call us childish for wanting and needing that. Play it, man. We'll we'll take it. These are the these are the cheat codes. Let Let us lay them out in front of you. Yeah. You know, one of the best uh best bits of advice that I heard this sort of reframe that's similar to that. Um this guy was talking about he was in a relationship with a lady and he had to be clean shaven through the week and would leave his facial hair to grow over the weekend. By Sunday evening, you know, he's got enough stubble to really scratch. And his exartner would say, "I just hate on a Sunday where your face is scratching me in my mouth. I'm I'm so red and and and raw and it's so annoying. And uh needless to say, that relationship didn't work. And then he moved into another relationship and this new partner had the exact same preference, but said to him, "Honey, I find it so sexy when you're clean shaven. I think that's just the hottest thing in the world. Incentives. Incentives. Follow the incentives." Oh, just lay out that little breadcrumb in front of us. We will chase that carrot, man. It's it's it's we're lead pipe cent. It's so easy. Yeah. Yeah. Yeah. Yeah. Yeah. Yeah. Um without complacency, trust that time is on your side. What do you mean that? Yeah, man. Don't get ahead behind it. I can get in a rush and I haven't found Look and I know how to hustle and let's go. The clock's ticking. We're all behind. All hands on deck. We got to bust ass. No time for pause. There's no sleep, no nothing. Get the caffeine out. Let's go. Mhm. Sometimes we got to do that, but that is usually because an unforeseen circumstance has happened that there's a crisis we got to deal with or we've uh procrastinated and I put myself in that position where I got we got to cram. Mhm. But it's not those two circumstances. We got to watch oursel getting ahead of time and it's on your side. It's a little what I mean about the living longer and living more quality. Time's on our side and we're forced to think and feel especially today with how fast things move that more productivity, faster pace, more information, faster pace, it's better. We're we're ahead of we're ahead of of time a lot and but time's still moving at the same speed and they're not given more than 24 hours a day. Even though me, like a lot of people are looking for more. There just not there's not there not any more unless you just want to change your workday and some people do. me, I need my 9 and a half hours sleep. If I want to say I'm getting four hours sleep and get five and a half miles more of a workday to be more productive, I would. But not to making that trade-off. It's on our side. And when we're feeling like we're dancing with time, I know I'm usually getting as much or I'm getting more done at the same pace than if I'm It's the John Wooden, a great basketball coach for UCLA. Be quick, but don't be in a hurry. That was his note to the his basketball players like be quick but don't be in a hurry. You will miss things. Um you know it's it's it's it's it's the Lego set, man. And you sit there and you get in a rush. You don't read the directions. You get to the end and you've got 12 pieces left and you're like [__] Because you got in a hurry. You got ahead of time instead of just that feeling of I've checked out what I need to do and it's all adding up and this thing's built right and the foundation right and boom, there's the last piece. It fits. Voila. Was with time. time's on our side. It's not an enemy. The end, death is not the enemy. I do believe that part of, you know, not in a rush to get there and we can stave it. We want to stave it off sometimes and that it can be a screaming fight and partially denial can help us get there. I understand that. But still, it's on our side. It's going to happen. And since it's going to

happen and there's that's non-negotiable, might as well go Well, I'm not going to rush to try and make more of it than there is. I want to try and spend the time I got as well as I can produce, succeed, achieve, whatever those things are, but also at a pace that I'm me that I that I that I like I like the dance to. I I like the give and the take. I like the reverb. I like the the the the cause and effect of how things are happening at this pace. How are we orienting ourselves now since time is speeding up so much faster with AI? I want to ask you this with AI and I mean this this is an objective question with AI with all these podcasts with all these wealth of information that people can get at all times and no one's listening to music anymore. They're listening to everybody talk about this and reading up in this and they're finding out the answers and in 10 seconds that would have taken them 10 days to get before. Do people sound smarter to you? No, me neither. It'll sound dumber. I do think so. We're talking about sign. If everything's significant, nothing's significant at all. I do think that I I I talked to people that feel like they're hyperly punching their information. Absolutely [__] great. Just splashing out, but I'm going walk, dude. What What was the theme there? Did you have a bass guitar in your band? You need a bass guitar or at least somebody on percussion hold it down because I didn't hear the theme. I didn't hear the thread. It was digits. Where was the soul in that story? Which goes back to the quality with the quantity, the quantity of information. But can we have the soul in it to where ah I hear the rhyme. Ah, there's rhyme to that those digits. There's rhyme to those facts. Oh, I see how they add up. Oh, but what if you put them in this order? Ah, they add up to another thing. Or actually, they may add up to the same damn thing. Interesting. Now I've got a rhyme. Now there's a song. That happens when time's on your side and you're looking at it. And I still offer I open that up without complacency. Like start now. That doesn't mean time's on my side. Yeah, dude. Inchah. When it happens, it'll happen. No. Like, wake up. Clock's ticking. It's on your side now. Just move with it. Dance with it. Put some soul with the the facts. Matthew McConnA. Ladies and gentlemen, dude, you're great. You're so fantastic. Super fun talking to you. Do it for hours. Did we just do that for an hour or so? Uh, two in a bit. Did we really? Yeah. Again, it flies. It flies when you're having fun. Uh, new book, Points of Prayers. That's it. Some belief, not just belief in God, but think it's in short supply. And I think more of us need it. And if we don't have more of it, doubt's going to win. If doubt wins, we're all going to lose. And uh, we got stuff out there to believe in. I think people are looking for it. I know I am. And uh uh I think it's a something we need. I know something I need. And then I'm enjoying talking about it. I'm kind of saying this is sort of therapeutic, spiritual therapy for me cuz I'm getting to talk about it. I'm getting to talk with smart people about it. I'm getting questioned about it. I'm getting to repeat some of it. So it's even becoming mantric for me. Um and then I'm going to go put a lot of this to music when I hit the road. Got some great musicians coming out to join me on stage and they're playing scores behind some of my reads. It's going to be fun. Unreal. Yeah. thousand episodes. Thank you for joining me. It's a really special one. You're welcome. My pleasure. So, you're a Astrian connoisseur. Yeah. So, the originals, this is the first time that I know of that that they partnered. I think it was somebody based out of San Francisco and they said, "Hey, let's modernize it up just a hair." So, these were new. This was a new design. Um just a little waiter. This is the one original one I had. I called it the canoe. And that's the one that I managed on the road for about 3 years. When I think it was early 2000s, okay, it was me and my dog just traveling around. And if you and I are meeting a director or someone to work to meet, I'd be like, "What? Next Tuesday? Let me see. Man, I'm heading Albuquerque. I'm kind of moving this

direction, too. flying to Albuquerque airport. I'll pick you up at 9:00 in the morning. And then how about if I'm driving that direction, I'll drop you off in Lincoln, Nebraska. How about, you know, 6:00 that night, you get the 6:00 out of Lincoln. We'd have our meeting on the road while I was pulling the Airstream. And every one of those meetings was a great meeting. It was like, yeah. And everybody was like, some people stayed the night and all my meetings. That's when we had a Blackberry, not not the phones you have now, but I was all over North America in this. And I took this out, built my own table in Louisiana with a carpenter. I got given a paddle. The reason it's called a canoe is I had this I stayed with the Indian Squamish Nation Indian Reservation in Vancouver working on a film too for the money. And on that reservation there was a paparazzi that had moved in and he was like, you know, hiding behind trees on in the in the trailer park. And it's the Squamish Nation in your reservation is their private property. The chief's name, no [___] was Mike Hunt. Chief Mike Hunt went to and his brothers went to this guy and said, "You are not welcome here." He's like, "It's free contract. Stay away." Goes, "No, no, no. If you're disturbing someone in our tribe or making them any way uncomfortable, you're out." They kicked him out. The guy got the boot for just taking pictures. And I would they would catch I had ribe eyes, right? And they would catch their co- salmon in shopping carts down the river, set up the rocks where it would funnel the salmon into the shopping cart. They'd come up with the fresh salmon and I would trade them cooked ribe eyes for their salmon. It was our barter. And he gave me the paddle when I left. He said, "In our nation, as we travel the rivers, the ore is the the compass, the rudder for our canoe, and as you travel the rivers, highway rivers of North America, may this keep you in your powerful." Yeah, that's sick. Uh, well, you might not have noticed, but there's uh balloons because this is episode 1,000 today. Oh, all right. You are episode 1,000 on this show. Come on. Yeah. All right. Yeah, look at that. I know. But let's get going. Let's get started. Love it. Yeah, man. Thank you very much for tuning in. Usually I have something to sell you uh typically another episode uh at the end of episodes. Uh but that is 1,000 episodes of Modern Wisdom, the end of the first millennium. And uh getting to do it again with Matthew here on this video wall thing is uh really cool and beautiful and it's very meaningful to me. And doing a thousand episodes of anything, doing a thousand of anything at all is a pretty big ask. Um if it wasn't for the fact that they were all numbered and I'd recorded them, I would have imagined that it was closer to 300 or 400. So I've just compressed down time over the last 7 and a half years. Uh, but I want to say thank you very much for uh following me, for supporting the show. Uh, obviously this has been a labor of love. So, as much as I whine and complain um about how tired I am, uh I wouldn't change it for anything else. I don't want to do anything at 2:23 p.m. on a Thursday in the middle of Texas, then sit down and have this conversation. So, thank you for joining me and uh here's to another thousand. All right. See you next time.

The Hidden Art Of Reinventing Yourself - Matthew McConaughey (4K)

what does don't half ass mean to you ah if you're going to do it do it say what you can do do what you say if you can't do it don't say you can do it don't over leverage yourself don't over leverage the decision and then jump in and kind of dip a toe I think I'll try it out no think if you're going to try it out beforehand but when it's time to go dive finish it find out come out the other side don't leave it and go if I just would uhuh that keeps me up at night I think it keeps a lot of us up at night when you half ass something you just don't know whether you failed or succeeded got what you want or didn't get what you want finding out and looking in the mirror and going I didn't have HD I went all the way I found out and that ain't for me or I found out and you damn right that is for me that's a great place to get to but the limbo of not knowing if you half ass something the limbo of going I hedge my b that what could have happened you don't know were you surprised when your dad said that to you yeah when you were going to take a pivot in life trajectory I it wouldn't have been in the top 100 things I thought he would have said I was fully stabilizing in that moment as I said I called Tuesday night 7 o'clock he'll have had a beer he's already had dinner not Monday because that's the first day of the work week he'll be a little more stressed catch him at Tuesday when I unload this that I don't want to go to law school I want to go to film school and I really thought he was going to go you want to do what again the family I grew up in the idea of me thinking at the idea of going into film it's like very Saturday idea a hobby idea not a job and when I shared it with him the pause that he took you know another beat of sweat started on my back of my neck before he goes well don't have ass it now I will say this though I do know now and I didn't know it then I've realized it in the last 10 years the way that I asked him is part of the reason he gave me that answer I really wasn't asking him I called him I said dad what do you got monkey man said I don't want to go to law school anymore I I want to go to film school I didn't go I I don't I don't not feeling I'm not sure about I I think I want to I mean I think I may want to go to if IID have stuttered into that I think he would have again heard me half assing what I wanted and gone in the process of being told to not half ass it you didn't half ass it the way I asked the asked and he heard my own conviction and I think what he had in that moment was what I think every parent wants to hope to have with their kids is that you know we raise our kids to go in a structured form follow this and you can get most to what you want in life but what and that can work but what do we really want our kids to do we want them to follow that and then bust out of it one day and not even ask our permission and that's when we're going That's my boy that's my girl that's my child we wanted to break out and I think what he heard then was I was breaking out without really asking his permission and I was clear I spoke up I didn't stutter my voice was out of my throat a little bit and I think that was part of why in that moment he gave me the answer don't have F do you think that sentiment carried forward

into how you got the role for daison confused that I'm going to continue to lean in I'm on the front foot I'm 10 toes down yes now how much that direct sentiment from that night when he told me don't have facet had to do with that I mean yeah it did have something to do look when he said don't have facet he was and I talk about this in the book he wasn't only giving me permission he was giving me a responsibility he was going I knew I knew I was I had his word with me in my future decisions I was making them for more than myself I had I wanted to fail less because I didn't want to embarrass him and that was extra motivation Extra Strength extra courage extra sobriety extra like well let's find out go for it man go for it it carried on into other stories of other jobs time to kill the Joe schoem marer going I want the lead that's me going I want to find out and and and dad told me not to half asset back there a few years ago you know so if I don't go for it if I embarrass myself I'm embarrassing him so that was also some incentive and some some weight behind those moves that I've made some of them are you a brave person in that way do you think um I don't know people say that I I don't think I take enough risk I'm told that people that whose opinion I admire think that that's my greatest asset that I take the risk I'll take and The Bravery I'll take with and you still have a hunger for all I think I'm a still a chicken [__] I mean not overall but I think there's many things that I'm I'm I'm not fully asking I think there's many things that I'm still could take further that there's still many things that um more risk I I could take and more bravery I could have yeah did you tell that story the dayon confused story of of leaning in of taking that risk yeah so I mean the initial one started when I went to on a Thursday night went to my favorite bar at the top of the Hiatt because I knew the bartender he was in film school with me he'd give me free vodkin tonic so I went there I get there that night he brings me my girlfriend VOD and tonic tells me hey there's a guy at the end of the bar producing a movie let me introduce you to him I'll walk over introduce him to him four hours later that man Don Phillips legendary casting director who was actually a producer On Da to confuse we get kicked out of that bar I've had as many vodan tonics as he had since I sat down so I'm not leaving easily either and I'm standing up for my new friend who we hadn't done anything to get kicked out of bar we really hadn't we were just kind of Standing On Top of the tables imitating some golf shots we had played on similar courses in the past so we get not so uh not so politely escorted out and he's in a cab we're in a cab he's riding with me to my apartment going to drop me off before he heads back to his hotel he pulls out a joint or I pulled out a joint start smoking he goes hey you ever done any acting and I said man I was in you know Trisha Yearwood video for a second kind of more of a modeling job I was in a Middle Light commercial for about that long I go I don't know if to call it AC well you might come to this address tomorrow morning 9:30 you might be right for this part this character called wooderson in this movie Days confused I think you might be right for the part this is 3 something in the morning so 9:30 came really quickly and I was on time probably 5 minutes early and we were already pretty tuned at this time now mind you I get there there I walk in they go Matthew I go yes they go don left the script for you I open it up it's signed by him hey here's the part wooderson I got three scenes in there three lines they're all marked check them out I think he might be right for it good luck let me know we'll call you in for an audition I go away I go look at this these three lines one of them was what I like to call these days a Launchpad line line which is a line that sometimes they'll have in a script where if that character means that line and that character is not playing that line as an attitude or a wink or a joke if that character means that line it can you could write a book on it you could write a book based on that reality and that line in D's confused from the

character wooderson was a line when he's leaning against the wall outside the pool hall high school girls walk by he checks one of them's backsides they go by and his buddy says you got to cut that out man you're going to end up in jail and werson says no man that's what I love about those high school girls man I get older they say the same age that line I went who is that I there's a book on somebody if that's not trying to be cute if that guy's not trying to say something Coy and clever if he believes I've got life figured out man this is my North Star so that line informed who the character was I go I read for it I remember the first time I got called back because they said the sound was bad and now looking back I don't know if the sound was bad or the fact that I just need to come back was excuse to come back and read for Richard linkl the director who I did read for and I got the part now the role was also based on as I wrote about in the book who I thought my brother was when I was 11 my 17-year-old brother was already my hero he was cooler than James Dean and we had one day where his car was broke down and my mom when I was supposed to pick him up from school and he wasn't where he was supposed to be we're looking for him I'm looking at the back of our station wagon and there I see this silhouette of this guy leaning against a brick wall left boot heel against the brick wall leaning back lazy Sig in the right hand smoking and it was my brother and in that silhouette he was 13 feet tall coolest dude in the world and just as I went to go wait there's P I remembered always going to get big trouble for smoking so I won't say it's in my mom goes who I go nothing but that image in my 11-year-old eyes where that was wooderson so we get to the set one night and I just go in for what's supposed to be a makeup wardrobe test meaning put on makeup put on Wardrobe when the director link ladder can leave the set and gets a minute he comes checks you out eyeballs gives you a few notes and you say goodbye I'll see you when I come back for work well on this night I come out of the trailer link letter shows up has a look as he's walking up his hands go out he's just going yeah yeah wooderson like Peach pants is that a nude t-sh I like that what's that over there that tattoo that's a black panther tattoo yeah yeah look at the hair the comb over I like it I like it I said cool about to say goodbye I think and he goes say man he goes uh you think you know wooderson's been with the typical hot chicks in school the cheerleaders and stuff I'm like yeah he goes you think wooderson would be interested in the redheaded intellectual and I'm like yeah man woodon loves all types of chicks he goes well listen the actress Marissa rabi is over here in her car she's got her nerd friends in the back it's the last day of school you think maybe going to pull up and try and pick her up and I'm like yeah and he goes okay you want to do it now I said give me 30 minutes I took a walk now I'm about to be in my first scene there's nothing written I've not done this before but I'm going over scenarios where are we last day of school I got some ch in my pocket I'm working for the city sure redhe when we're going to go out I'd probably speak a little Spanish next thing I know I'm in the car getting a lav OFA mic put on me I'm getting a little anxious but I'm going who is my man who is wooderson what do I love what do I love what I love as this mic's getting put on me I'm like I love my car said bam I'm in my 70 chevel right now there's one thing I got going for me I said I I love rock and roll man I said [__] man I got Ted News at strangle hold rocking in the at track there's two I said I love getting high I said well man Slater's riding shotgun he's always got a doobie rolled up there's three and that's when I heard action and as I looked up dropped it into drive thought of the three things I had while I was going to get the fourth and I said to myself and I love picking up chicks in Drive pull out three affirmations of the three things I did have on the way to get the fourth all right all right all right pull in have the scene try and pick her up ditch

the Geeks in the back going to be you know first in the making whatever it was kind of spoke little Spang English blah blah blah and all of a sudden it was over and a lot of people laughing and Rick comes up goes oh that's great that's great great we'll try one more time do this that did the scene to maybe two times three times I don't remember and finish it I get out people are laughing I just had fun I think Cochran in the in the seats in the Roy Cochran the actor who played Slaters and the shotgun see he's giggling I like he's like that was good man that was good and I'm like cool and all of a sudden I'm about to leave and Rick invites me back the next night got put in some other scene anyway he invited me back every night for three weeks and I worked three weeks now what I found out two years ago was Rick also asked me that night on the sidewalk hey you'd think he'd be interested the redhead intellectual girl is because Rick had a he had just noticed that night that they had a story hole they didn't know what they were going to go I think pick up the Aeros Smith tickets in and who and who else had a car pford had a car and I was the only one who had a car and had a little a guy who had a job and he was trying to start to fill a story hole he didn't tell me this till like a year ago and that's why he invited me into that first scene at the top notch barbecue where I said those three words which were the first words I said on screen which were the three affirmations for the three things my guy did have and I think they came from not intentionally but leading up to that role I was listening to a lot of uh uh uh doors and there's a live track of of Morrison at some doors concert I don't know where I think it's in Europe somewhere where he barks out all right all right all right all right very aggressively not wooderson style but like four or five all right all right all right all right and somehow that pop it had no plans but that popped in my head in that moment as being let me take that version just give three of them for the three things I've got for myself but in a more back cool way all right all right all right and pulled up how did it feel to have that positive reinforcement so quickly out of nowhere both privately and then publicly after well I mean it felt fun in the moment it felt good and then it became public right there with the crew and the cast now publicly became a year and a half later I mean look privately on that I remember going that was so much fun I think I think I I think I was good at it people tell me I'm good at I'm getting invited back and then the other thing was I'm getting scale I'm getting 330 bucks a day and I'm working a job at Catfish Station weight tables and the most I've made there in one night is \$73 and now I'm getting \$ 340 or whatever it was for doing this I was honestly I remember going is this [___] legal is this real what am I getting away with here man yes I'll come back for the pay and because I'm and because it's so much fun um and then I think you probably known the story five days in my dad moved on uh Rick and I were just talking about this the other day because his his father just moved on a few days ago um we were talking about yesterday um I went home came back to work still had going through morning with my dad but had that had that sobriety that comes when you lose a loved one to death you you talk about sobering up and courage of the world even more than my dad tell me don't have f it him passing gave me some real courage man I mean of uh looking at the world straight at straight in the eye and not being intimidated by mortal [___] anymore um and so it really helped me stay and focus on the role had a great time um probably a little quieter than I was in the first five days more to myself a little bit Rick and I that's where Rick and I kind of became more friends than just director actor at that time CU he was he was the person I was talking to about how it was feeling how to deal with my dad's death I finish that I go back to University of Texas graduate film school on the way out already packed up at the U-Haul get the Texas Chainsaw Maser job for like five weeks

which was super fun um another under the table cash for play that part unloaded the U-Haul and drove out to Hollywood um and a year after that I would say when time to kill is when all of a sudden I noticed oh wow I'm I'm famous life I've cast a new check that I didn't know about where I save the world become a mirror there was no more an anonymity um that's that was a whole new drug I think one of the themes of your worldview that I've become familiar with is alchemizing bad times into good ones um a reminder that things that seem bad can end up being good and in retrospect I think it's uh obvious and almost romantic to think about that Alchemy in that way but in the moment yeah it's basically impossible yeah how can people or how do you have more of that perspective during a hard time yeah um well look couple things first off you know I'm I probably start off intellectualizing something that I know I probably should believe in but don't believe in it and convince myself even to an extent to trick myself that you know to sit here and go well you just tell yourself this two Shall Pass okay great well what the hell's that mean even if it's true in the moment you're like what are you [___] talking about man I'm in the debit section I'm in I'm I'm I'm in a warning section I'm I'm it this this sucks um I I think that how much I'm conscious of it or not my undeniable optimism and faith that this isn't all it is and if it is oh so what that that that's okay well then really so what you know what I mean what's the big deal to it minimizes I don't I I seem to have a tendency not to make a bigger deal out of things that other people make a bigger deal dramas I don't like to create false drama when it comes in theard I am affected I I I I get the blues I get sad I get mad I'm a [___] to be around I can't get to sleep I got demons in my own head trying to work trying to work the riddle out why did this happen that's the other thing that's tough for me is I think that any bad thing that happens to me my initial reaction is what' you do wrong to to lead to this like in a relationship camil and I get an argument my mind immediately goes what did you do in the last two weeks to let this get to a point where you just had to raise your voice or she had to raise your voice her voice at you evident usually there's some PS and q's that were not handled to get to that point so I like it when things are running like this the challenge when things are running great is we all tend to think aha this is it I found it bottle it if I if if I realize this I can maintain this forever and the truth is [___] no we can't but we can minimize it there are habits that I notice of things I take care of in my life healthwise Faith wise father wise husband wise that I'm know that if I'm doing that consistently there's less valleys there's less stress there's less warning signs there's less problematic oh [___] how'd we get in this so there there's consistently behaviors that I know can I can act upon that have worked in the past we'll get back to talking to Matthew in one minute but first I need to tell you about Maui Nei not all meet is created equally and that is why I partnered with Maui Nei you might be thinking why have you only got one Maui Nei stick the reason for that is that all of the rest of them were eaten if that doesn't give you credibility of just how nice these are I don't know what will Maui Nei delivered the healthiest red meat on the planet directly to your door it has the highest protein per calorie ratio on the market up to 53% more than grass-fed beef and it is the only stress-free 100% wild harvested red meat available these sticks are a complete lifechanger I take them with me when I travel on the road or I need just convenient quality protein throughout the day I absolutely love them and so does Tim Ferris and Andrew hubman and Peter tier because they're the best right now you can get 20% off your first order by going to the link in the description below or heading to Mau venison docomo wisdom using the code modern wisdom a checkout that's M AI nuui venison tocom wisdom and modern wisdom a checkout I'm fascinated by people who take responsibility for things that

aren't their responsibility we often get told pieces of advice in the modern world it might not be your fault but it is your responsibility and one of the ways to unburden yourself is to assume that everything is but there is a cohort of people it's an arrogant no it's an arrogant notion yeah look at how I if only yeah I could have stepped in yeah you make yourself but also the first side I'm the reason that I stepped in [___] which is also an asset even if someone go you why you give yourself so much credit for screwing that up yeah beautiful yeah I mean look I think part of this for me comes from we didn't get in trouble in my family for the bad deed we got in trouble for get caught so times where I can screw up and get away with it I feel better than times that maybe I didn't screw up as back but but got busted because I got caught because I got busted because I got myself in the pickle because things didn't go how I wanted it to go or how I believed it could go is there something that you tried to remember about the upside of a crisis during a crisis or do we just need to ride that out so I think that perspective question yeah right zooming out would be so beautiful and in retrospect if only you could give yourself the gift of distance of time yeah yeah and yet you know something hard is going to come again and you're going to be swept away by the wave I mean for me I it's it's an obvious dance to the both because you can't jump to the objective right away and go inshah oh fatal have it this two Shall Pass I'm all I'm F no because then you don't deal with the the crisis um I do have a good I do have a pretty quick threshold for being able to laugh like honestly start giggling when I'm in the [___] because I found that I'm able to handle the [___] better if I just start quicker I start going are you kidding me and I will and I also my I'll get objective and remind myself things like you going to die MC hey which gives me that ah so what this is not as big of a deal as I thought I also quickly somehow comes in my head not right now but one day this is GNA be a great [___] story I quickly go to that I I'll I'll get I'll project forward into those places that ease me a little bit at least maybe look at it with a good eye you're almost imagining being that future you laughing back at this present you yeah and I that goes back to the the faith and belief that uh you know again I'm nervous for I'm going to go speak or something I got a thing in my wat you're GNA die one day M and I'm like ah that relaxes me if I'm going in you know uh complacent I got another note I'm telling myself what you're about to say and do will out live you so so you better [___] do it well you know to get me more on edge this balance is so fascinating you know being able to thread that needle being able to find the golden mean as Aristotle talked about uh but yeah I've heard you say that uh you should make a sense of humor your default emotion yeah link later and I came up with that in a conversation about 12 years ago Richard link I and we just talking about how mad and angry and upset and offended people get if they don't know how to react if they don't have an opinion on something I mean we're like yeah man what if it would it be wouldn't the world be a better place be easier to get along with everybody if the default emotion if you're not sure how to respond was it okay now most people people think they go well that's insensitive but that's it's not insensitive you usually think that means you're not giv the crisis credit if you can laugh at it and I wholeheartedly disagree oh that there's some sort of uh tribute in semity yeah that that that that you're not core enough about it man whatever that you know what I mean it's like oh you're not taking it seriously you're actually putting me down and and and just because you're saying you're not you don't feel victimized and you laugh in the situation you're telling me F of me being a victim no no no no I'm I'm trying to deal because especially we talk about the if it's inevitable too that's I laugh a lot quicker when I know I'm in an inevitable pickle I have no other resource to get out of it that I know of so I'm going to start giggling a little

quicker so I keep my eyes open and figure my way maybe it because sometimes the hard work and the endurance and the elbow grease the work harder we were talking about that hustle is not the way out sometimes it's I need to back up laugh have a sip of my favorite whatever and dance my way through the raindrops out of this son [__] maybe it's not banging your head on the wall maybe it's backing up and seeing Oh I got a key in my pocket that unlocks the door I'm trying I've been bloodying my skull on over banging a't banging into I do wonder why I I like being serious I'm serious about the things I do I'm serious about this podcast as you might be able to tell by the fact we've renovated in taiban uh but there is something that you can take that too far the seriousness can become a kind of rigidity uh as opposed to being dynamically persistent you know taking things too seriously not swaying in the breeze right presuming that you like the things you do and you want to keep doing them the less robust and flexible you are the more likely you are to break in those ways and I think that humor is a lovely bit of ballast that helps to balance that out I I would frame it this way be very serious about sense humor be very serious about comedy I'm extremely serious about comedy and I I I I you know do I take myself seriously yes but also take Serious seriously the [__] I don't do I want to know everything yet but I also take seriously the [__] I that that I don't know and go be serious about that you don't know that be serious about that this is freaking funny or at least it's going to be so I try to take the comedy seriously so I think we can take sense of humor seriously and we don't have to create a new category of going oh I need to be light-hearted or care more careless and carefree we can just care more maybe about the validity a good sense of humor yeah you know instead of it being a a relief H just let me let me let go of the pressure here let me it's not it's almost like it's not it's not another bucket it's in the same bucket of commitment and persistence endurance and talking about that balance between good times and bad times the lessons that we take from each heard a quote recently that said every man knows reflection and introspection when he's at his lowest bad times you can't do anything other than wallow in retrospective assessment yeah uh but one of my favorite things I've learned from you is when things are going well given that that's presumably what you want to have more of may be worth deconstructing that yes I I I I I I wish I could more and I I I think more of us could all deconstruct our assets there's a there's a we happiness you can't guarantee it but there is a science to satisfaction there you can look at habits that engineered less pain in your life maybe more pleasure but at least less pain and that's that's a win um I uh uh I try to deconstruct look I don't do I write it did I used to write as much look at anybody who's ever kept a diary when what's the old sort of nostalgic idea of a diary you go there when you're in pain and you share thoughts that you don't want to share with anyone else of those reflection and I did Ed to for some reason I don't know why but would force myself to write every day no matter how happy I happy I was and I didn't a lot of times want to go write when I was happy because I was like no I don't need to write it I don't need to become conscious of it I'm having too much fun it's getting in the way come on I'm doing it it's living it's happening but and in writing greenlet when I went back that's a lot of the consistencies that I found that I wrote when things were going well that I was taking some for some reason taking time to go can I B can I try and bottle some science here to why things are going well and I did find consistent icies who I was hanging out with at night what I was drinking what bar I was at what food I was drinking um how exercise uh preparation for work for school um and I found things I was like you were really happy in this segment of your life let's go back and look at what you were doing oh man I I had this I had augmenting those Scrolls I was on them every day I

had some discipline where I was checking in with myself oh you were going to church on Sundays you were you were giving you you were you you were saying thank you God before you went to bed each night you were appreciate more you were pointing out you beautiful things and not taking them for granted and so I found a list of things I'm like and when I get off track I try to remind myself ah you've been slacking on some of those and I could pull it off I've evolved I got different ways I get away with some now but you know uh I've definitely found consistencies and I think we all have them if we just notate them along the way that they're not by accident cuz we sure as hell deconstruct the reasons when we're in the funk and we don't believe they're by accident we can take ourselves to Behind The Woodshed and show ourselves exactly why we're guilty for every reason and condemn ourselves for every damn reason we got to that spot yeah well let's if we're going to do that I just say let's let's let's cheers let's have a cheers on the way for all the things that are work for when we have [__] going right also knowing that it's not forever that it will we will have a mountain to climb here shortly isn't it interesting so much of content that people like to consume books podcast autobiographies Memoirs is deconstructing the success of others so we'll happily dissect success in other people right and yet only dissect failure in ourselves this OD symmetry all of the glory on those people well done and I must find out how to do it more even if it doesn't fit me even if there're a different Constitution different background different time for me I'll focus on the negatives right there's a really interesting uh stat around the likelihood of you ensuring that your dog completes a course of antibiotics is about 95% the likelihood that you ensure that you'll complete a course of antibiotics it's about 50% so we're prepared to look after an animal twice as well as ourselves I I I was I wrote a note the other day man what does that say on the back of your phone the sticker oh choose to shine very cool my daughter gave me that yeah I wrote the other day and mostly what I do is I use this Notes app right and I I wrote the other day um uh where is it it was on that note I was like what what's what's my best F I need to give myself right now is listen to my own damn advice yeah and it followed that up with uh um where is it um yeah trying to live with less gravity and more backbone is a salty task what's that mean to you trying to live lighter with less gravity live lighter not take certain things so seriously but still have the principled backbone because as I'm getting old we get older and the and and and the Black and Whites turn to Gray and then then there's a great word compromise we all say which is such a mature thing to do and then all of a sudden we let things slide and every when we start going well change will happen hey change is inevitable let change happen and I'm not ready I that's part of getting old I think not just getting older same with cynicism it's a disease of getting too old and I'm not ready to I don't want to be ready to give up certain things I'm going no man the beauty of ignorance those things that we believed in I've gotten away with so many things because of my ignorance I'm I'm I'm I'd be dead 14 times in this life if I wouldn't have been ignorant of the situation I was in um and so yeah I you know not not knowing or knowing what we know it's a uh anyway yeah it's it's more backbone to hold on and be principal to what I stand for what I stand against when it becomes easier and easier to just go with the flow and I'm not ready to go let's just go with the flow I just want to I wantan to I don't want to pick the wrong battles I'm trying trying to be Discerning and not picking the wrong fights because I like picking fights and going after challenges but I'm going to play I'm kind like man I it's tough duty to win the fair fights and there's a lot of unfair fights out there and why do I want to spend my time if I got 25 hour picking unfair fights when I'm going bused my ass to win the fair ones well also picking fights with

yourself you know you hinted just there at the difficulty of a a negative inner voice you know you take things seriously you care about what you're doing you want to achieve things in this world which means that you need to have high standards you need to posit an ideal but as soon as you deposit an ideal you then begin to compare yourself to that ideal and often you find yourself lacking because it's a [___] ideal yep I think it's why a lot of relationships don't work we make her Wonder Woman and she makes us Superman and neither one of us can live up to it and that we've got that bulb that honeymoon bulb turned up to 100 watts and the honeymoon's over we're trying to deal with some real just some real Bas stuff let's leave it 20 watts we're just lit but we're not just feverishly you know superum and I think a lot lot of us just report that on someone else and they can't live up to and it ends up not being fair to them and then they do the same to us and we both walk away going and I under I underwhelmed do you know the idea of the Michelangelo effect have you heard of this awesome so the Michelangelo effect describes a situation in a relationship friendship or intimate partnership where each partner sees the best in the other and tries to help bring that out so the sum of the parts is greater than it is individually the reason I love it is why it's called the Michelangelo effect so the block of marble that David was carved from had been attempted by a number of other uh sculptors previously huge monstrous thing if you've ever seen David in person ginormous people can't and when you're looking up as well with that angle on the plinth it's even bigger previous sculptures had attempted and failed but Michelangelo saw inside of the marble what was David he just needed to get away all of the things that wer I love that idea I think in life you want to be finding people that believe in you more than you believe in you that hold you to higher standards I think that's the definition of a good friend I think that's definition of a good of a good partner definition of a good husband wife um you know that they remind us of the best of ourselves they shine that light and remind us because we do I know I do it gets I put put the blinds on it and I don't see it a lot of times and I'll be reminded I this is this has always been a thing for me um and I don't know how this correlates but I've never been as good in my dreams as I am in real life I never win the day get the girl Ace the test I can perform in my dreams I never have never have as well as I will in in real life think I'm the same and I'll get and I'll be I guess what I'm saying is I'll be I'll pull something off I'm like did everyone see that and my friends are like no [___] that's that's you bro what's the biggie you know what I mean it's kind of what I like about living in Austin Texas they're not really impressed with [___] that I pull off they were thought was cool I want an oscar but they were like well no [___] you know and I was kind like oh all right yeah yeah thank you man that's you know and that's what that's what friends will do in a way loved ones will do that and be like yeah there you are again comes back to that it's so much easier to be supportive and gentle of other people yeah than of ourselves you know you will happily bestow this sort of gentle reassuring pat on the shoulder when some somebody succeeds or falls short when they tried their best right yet given the fact that you tried your best you give yourself a kick in the dick on the way out of the door and a harsh word to follow you yep what do you think about when you do succeed and a lot of people go NOP that's nothing I I I prescribed to I I think we should take some time to be able to look in the mirror own that thing that we pulled off and go good job that's what you wanted that's what you got at the same time be able to as we do more often look in the mirror when we fail and go bogey you not pull that off you know what I mean but I I mean it's it's kind of I'm biging the ownership idea the fail or the or the gain ownership being really important um and I don't I'm a fan of the of the ego I wish people that someone said this to me

before look oh this this this acquaintance said this and it came off the cup I didn't think about it she was like tell me Matthew you're so full of yourself and I with that thinking I was like well who else am I supposed to be full of that's a good line and I stopped after I was like that's exactly what I meant I went wrote that down I wish more people were more full of themselves not in the arrogant way but I'm talking about a healthy ego to understand and I understand ego's difference between I and me me is the objective but to know the eye I wish more people I wish we were more full of ourselves I wish more people in the world were more full of themselves I think part of the challenges in life is a lot of us are running around half-assing ourselves half fulling ourselves not full of ourselves not studying oursel enough not holding oursel to task enough not patting our own self on the back we do get what we want enough not cracking our own whip on our backside when we do get out of line even though we knew better I wish we were more full of ourselves that way the guy that was sat there yesterday Dwayne I asked him something not too dissimilar about self-esteem he took a little while he said I like me I'd buy me a beer I just thought that's so [__] great yeah I'd buy me a beer I'd buy me a beer hey he he's he's shaking hands with himself you know and shet man I got plenty of times where I sure I'm the last guy I want to have a beer with I'm happy to say I've got some times where I'm like I appreciate drinking alone you know what I mean I mean it yeah it'd be nice would that be not more more than nice is a better word than nice but if go go try to be today someone you want to have a beer with it's pretty good easy way pretty good bumper sticker you know what I mean could have been in the book yeah talk to me about the non-deserving complex yeah it feels similar yeah so it definitely and I think it's called in their term imposter syndrome or something like that when I got famous off of Time to Kill I had more people saying I love you and I'd only said that like four times in my life to four different people and I was like wow this is they mean it you know the C the the the the the red carpet and caviar I started to get that feel why me why me there's other people that deserve this more than me and that's back when I had a I was using the word deserve which I'm not the biggest fan of now um I prefer er um but I didn't feel like I deserved it in the big scheme of things uh it was a I think it's a we have to what's what's dangerous about it I think it it's core it's a it's a it's a coping mechanism but it's a false humility yep yep I understand it's like it's almost arrogant think that you're you did all that even you know it's almost like guilt is an arrog thing like who makes you the judge and jury of you on that who you know it's it's like saying being very arrogant to go oh no no no not me I I shouldn't have that um it does help you you deal when the stimulus of the world's brand new and coming on you it helps you back up because you can't you don't want to take any more arrows because you're feeling it all as arrows um I sure felt that when I first got famous um talk about all the options and yeses brand new yeses for me in the world I pushed against it and I even had clumsy times where I got ugly just to counter it like I said I WR a book tripping myself running downhill I tripped myself because I felt like man things are going too well I need a bloody nose bam I give myself one now I feel more okay now I'm where I'm supposed to be does part of that come with the fact that I grew up in a middle class Blue Collar family and you vality text out 12,000 people from a dad who was like you get out there and you earn you break a sweat probably I don't know um I I wouldn't so much stuff was coming at me and I didn't feel like I would I'd broken a sweat to get it I was having fun what I did and I was couldn't give myself enough credit for maybe he's going you're good at what you're doing and I was like and and and I was looking for the proverbial sweat I was looking for the where's the exhaustion of a full working day where I

actually I drew blood man I did it I made it through dude the Puritan work ethic runs strong I used to struggle I I ran nightclubs for a long time and there was a period where I didn't miss a single Saturday which was our big event uh for 204 Saturdays in a row and I would go on holiday the holidays I was having you know I'm 20 22 to 26 something like that so Prime young guy territory and uh I would go on holiday from a Sunday morning until a Thursday evening and then make sure that I was back in the northeast of the UK why why did you make sure you got back on the Saturday night because I couldn't bear to have success without having bled for it okay because if it there was so many Hoops I had to jump through in order for things to for me to get a patent on the back had to go well because if it went badly I was less but not only did it have to go well I had to suffer in service of it going well yeah because if it went well but came easily that was also somehow lesser like for me I felt like a sin almost yes not a disease more of a sin I was like I didn't pay a penit there man I didn't I had given enough tithe I didn't like I said break the proverbial sweat draw the blood to earn that thing and yet I'm getting all this didn't wasn't able to look in the eye didn't feel it needed things to feel I also needed at that time anonymity which I lost yeah and I think everyone needs an anonymous soul and I had lost mine and I didn't know what was up down left or right I hand I got through stuff if I look back at my interviews the first two years I got famous I bet you they're so damn boring because I was my two rules were be a gentleman and don't lie two pretty boring rules if that's only what you're going in in for and you're creative and you got a colorful life but I was just repeat it stay down the line it wasn't until later on that I was like oh man I trust myself enough I believe myself enough to to share how I feel about things yeah privacy is one of the Privileges that people are born with that they don't realize until they've lost it right and uh this has been a little bit of a trajectory that I'm starting to dip my toe into over the last few years as well of loss of privacy loss of privacy Lo increased scrutiny sense of eyeballs and even you know it's a Micro Niche degenerate version of of proper Fame but still this sort of sense of vigilance being watched in some way or another and uh yeah it's one of those odd inverted privileges most people think about privilege is something that is bestowed upon you after you have done x y and Zed but this is one of those things that as you tend to go on the trajectory most people want to go on yeah it's something that gets derated something that you lose sure and you people have you skip the salutations of hi how you doing what's your name people have bio on you they have an idea an opinion for you before you ask for it sometimes it's hyperbole to the awesome too overly a exaggerated awesome sometimes it's well below and you walk outside you don't even have to talk to the world you know you feel eyes you see how people move towards you or move away from you or what you catch it all in your periphery and you start going they I know what I know what I know what they think and maybe that's false feels a lot better when it's maybe false but to the oh they even think I'm better than I'm than I they think I even think I did better than I did but still disconcerting either way either way it's off bounc because it's not on it's not on Parts why I headed out to Peru after I got famous took the 22-day backpack trip I and I remember writing down I said I need I need to go test my who I am my character on people who know me as a stranger and when I left the hugs and after 22 days the hugs and the tears of the Str no longer strangers after 22 days but the hugs and the tears were coming from people that only knew me as a guy named Matthew and that's it who showed up and met me from there no biography on me had no idea was famous no idea was in the movies and 22 years later 22 days later their weeping tears of GL gladness and sadness saying goodbye to me that gave me trust M I was

like I got it I did this okay I got it I can still fix the tire I don't have to I don't have this whole thing isn't just AAA coming to fix the car you know what I mean okay it was a it was a that was a I needed that it gave me a lot of confidence to come back to Hollywood and look a lot of the what I was deeming excess look in the eye and go I get it I get it I know I I earned getting here I'm still I still I got I got the goods all of this I may not have earned that I didn't even ask for a lot of this but I know I got myself here okay in other news this episode is brought to you by Shopify

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impressed with what I did um someone who very quickly saw the best in me and was like I like that let's see some more of that you know and W and watered that side of me so we talked about earlier see some more of that let me set thing let me put some more F on that fire so you can even be more of that why not be all of that you know um then if you're going to get together I think this was a Susan sandon line when she was married to um what's his name Tim who was Susan sanon married to years ago an entire room of people shaking their heads great actor sha shink Redemption Tim Robbins no we are they had a line that said that that we have similar moral bottom line it's always stuck with me when you're going to partner with someone especially if you're going to have family I think make sure you got a similar moral bottom line because and look camil and I are going through New Challenges now because we have teenagers our moral bottom line and dos and don'ts and what's accepted and what we wouldn't accept have been pretty part and parcel up until now teens are getting like well I'm a little loose over here yeah let them go let them go get that scar let them go get their heartbroke whatever that is let them go try it out and fail or succeed let them go negotiate free play She's a little more and so we're her and I are working on that balance right now um and it's a New Balance having teenagers as they're getting their independence but having a similar moral bottom line um you know connected to Bringing out the best in the partners is having somebody you're a fan of and that they're fan you um you call each other on your [__] or you don't have to call it because a look says enough and you're yeah I know yeah that was me bogy you know or yeah I got away with that one again no more cut that out um and then what I'm learning now trying to learn is that seems we're essentially all all the the person that for me now I'm I think I'm essentially the same person I was I was 19 years ago I'm the same essentially the same person I was when I was eight 51 but our value systems reorder as we as we grow independently and as a couple your value system changes for every parent when they become a parent for what's important in their life so you read you you're moving things different places on the chart in the number one spot the two spot and three spot but to understand that it also happens with with with us as individuals and going that we do change and how do we even by being essentially the same person that we fell in love with we still need room to change along the way and go through things that may seem inconsistent with who the DNA of why we fell in love with that person or what what we love what who someone was but you know they're still essentially that but but give them room to change give them room to change also the the um the I think it's the Springsteen line you know you don't about sometimes you're running and the other one's walking and it's okay to be ahead but don't don't lose sight don't get so far ahead that you leave your mate lost back there going you know sometime you know somebody's real healthy the other one's on IR but we're still on the same team that takes Patience by the one who's help healthy and takes persistence by the one who's on IR but you got to got to wait up to hold that hand to go we're still doing this together even though maybe in this zone right now in my life I'm flying and you're walking there certain things that I find well she's flying and I'm walking you know and so navigating that how how we change as we grow up um and measuring that against who we initially fell for in the first place and see well they are still that of course they changed hell I've changed I want to say you know and a lot of times I know I we said I know I said it well you've changed I was like well Heaven yeah I've changed I'd hope so yeah you know and doing that with a partner um is part of the work I think of a of a relationship sort of talking about Transformations trajectories pivots changes Let's Escape Hollywood and go to South America

and see what's going on over there Let's Escape singlehood pivot into a marriage pivot into family from diad to Triad to so on yeah I'm fascinated by the aggressive pivot that you made between different movie categories Y and that requires I think a lot of courage and hope and self-belief and and faith in order to do to let go of something good yeah for the chance at something that you think could be great yeah I think that's something that a lot of people wish that they had a little bit more fuel for it was a big risk it was a big chance and it it was no guaranteed return ticket it was a one-way ticket possibly to I'm a head coach of high school football to this day oneway ticket to a dead end or to something new but the one way take it to a dead end in Hollywood was an actor for sure um look it's no coincidence that at that time to have the courage to make that decision I did have really cool things going on in my life I'd Fallen love with Camila she' just become pregnant with her first child that gave me some significance of like Ah that's what I've always wanted to be it's a father here we go if I stick with it this will give me a home base to feel secure in even though I'm stepping away from what has made me given me significance for so many years and decades in my life having her to sit there as much as I knew it was the right decision and it was a 3:00 a.m. decision in my own soul she's always been very good with me about going now say it out loud and we're going to do here's what we're going to do if we're doing this she's the one that said you could this could be dry for who knows how long you may not get work ever again but if we're going to do this I'll be here by your side and we're doing it together and we there's no going back there's no we're not going to get we're not going to get nerves at the goal line if we don't know where the goal line we're not going to get down the line and go oh I pull the parachute uh even if it's a\$1 14 million parachute even if it's \$1 14 million parachute even if it doesn't work out and you become a teacher or you go become a lawyer again whatever this so making that a choice that was inevitable that there was no pulling the parachute on sure as hell helped with the endurance of me being away for what was 20 months I learned a lot of endurance in that year in Australia though same way that gave me a lot very thick skin for enduring something so that 20 months was really hard and I've said it before that proverbial bottle on the Shelf was looking better and better earlier in the day as time went on I mean I mean how many how many more times could I work in the damn Garden man I'm like I'm not a gardener for life I like this but I gotta I gotta come on man um but she helped me stay steady I stayed steady my faith helped me stay steady I did have a real belief whether I was tricking myself or not that there's there's a bigger pot of gold for me on the other side of this if I just out endure it if I I'll out endure this soach and it became a little like the year in Australia I started I got a little started to gain pride and honor with the longer the pendants went on of being without what I wanted and I started to be like well I'm definitely ain't backing out now man I'm six months in turns into momentum all on a year later I'm like I'm a year in man this is getting good okay come on and out of the blue 20 months later I'd been gone long enough to become a new good idea where's MCC plus he said no to that \$14.5 million offer three months ago and I guarantee that tell some people in Hollywood what's this so much up to you don't say no to 1 145 million offer it was way the offer too big to get out and he said no now someone does that you get a little more attracted to him what this this this dude's on something he's got his his own program he's playing offense on something he's not just regressing and I think that also sent a bit of a signal as my hunch through Hollywood and then then the fact that it was just honestly 20 months almost two years later where's M we haven't seen him in a romcom we haven't seen him on the beach shirtless where is he he hadn't shown up in front of our faces any I don't even

know what he's doing does anyone know what he's doing do you fear or did you fear uh not being sufficiently prolific not being sufficiently sort of uh front of stage keeping your name out there what if somebody else takes that place of me what if I become a relevant what if people forget I didn't have any fear of anyone taking the place cuz my place at that time was romcom King and I was sure I was like I'm good I've done enough of those right now I don't need another one of those right now I don't want another one of those right now if someone steps in to take the place Bravo I always like say I took the Baton from Hugh Grant and then I had my time I was like who do you think he threw it to I don't know the romcoms are not not they're definitely not as healthy of a genre now as they were then we were rolling in the romcoms they were like can't misss man they their medium budget 30 35 mil so their studi is not blowing their W on the budget they come out they make good money Studios make good money all of them kind of worked even the ones that didn't work as well kind of worked yep huge potential audience everybody can go see it repeats on Valentine's Day come on you know um so I don't I don't know that did really hand it to I don't know anyone's really jumped in that lane or if that Lane's even got a h wanted sign anymore you know um did I feel the irrelevance sure I felt the unease of irrelevant I mean but then I got I became irrelevant I mean it got to the point where I knew I was irrelevant it got to the point where I remember my agent saying I said you heard anything goes Matthew I haven't heard your name in over two months I was like and you're my agent you only have five clients he goes yeah I haven't even heard your name I'm like that sounds pretty much like irrelevance to me bro okay all right but never like I was shaky but never was I gonna go okay I'll go back rip Co I'll do it never was i g to pull the parachute and you know would I if what if I didn't what if those calls never came would I regret that sitting here now I don't know maybe I wouldn't be sitting here now but I bet everything I got there's no way I'd regret it whatever I'd be doing in my life right now I would have said this opened up we start off the conversation with this the things you don't get have give us more put us more in places of where we where we are where we find our own satisfaction than the things that we do get in many ways I mean like I say it's you know life's mystery going forward the science looking back when you look back we we can all connect every single dot it's mathematical scientific how we got to this table right here we got plans for this afternoon but we're not sure what's going to happen but everything looking back it's it's it's it's all connected if we go back and look at it and there's a whole lot of I thought that was the end well it was the end but it was the beginning of this thing or I caught that red light and therefore made me 60 seconds later to get to that Cafe where I met that movie producer or that woman who became my wife or whatever that is they don't make sense at the time but well looking back it's all a sign trust really is everything when it comes to supplements a lot of Brands may say they're top quality but few can actually prove it which is why I partnered with momentus they make the highest quality supplements on the planet three of the products that I use to support my brain body and sleep are magnesium L3 and8 creatine and Omega-3s honestly I try to limit the number of supplements that I rely on but when I take these consistently they have a massive impact on my cognitive performance my strength and my sleep momentus are literally paralleled when it comes to rigorous third party testing what you read on the label is what's in the product and absolutely nothing else best of all they offer a 30-day money back guarantee so you can buy it and try it for 29 days if you don't like it they'll give you your money back and they Ship internationally right now you can get exclusive Early Access to their Black Friday sale until November 25th you can get 25% off this very stack plus a

free Five Night trial of their sleep packs by going to the link in the description below or heading to Liv mous.com wisdom and using the code modern wisdom a checkout that's l i v m o m n t us.com wisdom and modern wisdom a checkout is that quote about uh the ironic tragedy is that life has to be lived forward but only makes sense in Reverse Yeah ironic tragedy who who said that I mean what do you think about all the life's the ironic tragedy life is pain and it just is nothing but pain but so we if just if we can endure it like I I my mom I I I I can't help she's worn me down with her endurance of her prescription on life how old do she know 92 and she is the ab she's absolute proof of the value of denial if you really commit to it absolutely committed denialist committed denialist and it's not an intellectual trick there's no oh I'll I'll intellectually deny it so then I'll talk myself in so now I can not faking it until I make it yeah yeah yeah fat complete no it didn't happen no Mom it did no it didn't not say it didn't it didn't and she's not you don't catch her in between the lines or off by herself realizing like oh well it did no it's done non-negotiable done her favorite word is yet Mom how you think you're living so long well I can't imagine not being here geez oh man that's pretty good I really can't I honestly cannot imagine not being here so she she's beating two types of cancers on aspirin and we're like that doesn't make any sense and we have to tie her up in holler to the doctor the dermatologist if you get something on our leg because go going to a doctor in her mind recognition is recognition of possible sickness so you go there remove a cancer take some cancer medicine do you have cancer no I don't and you wink and she does not wink she I don't I I don't what anyway if you're gonna if you not if you're not following sup you don't believe it next question that's how she is and she's ban she's not playing a trick she just does it it's a full-on commitment to denial and it's and it's awesome she would not prescribe to life is painful and you have to get through it she thinks it's now mind you she's very anti- because she she's someone who like I I think I touched on on the book she had a horrible motherhood mother and in Parental growth she did not know how to be a mother how'd she become a great mother by saying I'm doing the opposite of what that [__] did There's value to that of going well I this sucked I don't know how to do this but if I just do the opposite dude I love this idea so I grew up in a very workingclass Town Northeast of the UK famous only for having the highest teen pregnancy rating in England and then it lost that so it didn't even have that anymore and uh I think there's that idea of food deserts in America where it's areas in which it's difficult to get good food and I think that uh Stockton on te's in the 90s was a role model desert at least for me so I wasn't around many people like the person that I wanted to be like and at the time I think I was desperately looking like a thirsty man parched for water for somebody that would be that but in retrospect again ironic there were a lot of people around me that were people I didn't want to be and I was able to plant flag Poes in the ground that helped me to avoid the catastrophes and the tragedies that would have awaited me had I have done that I don't want his relationship with his family I don't want the way that he drinks in order to be able to deal with his emotions I don't want the way that he speaks negatively about all situations I don't like the way that yeah I think much of life is avoiding pitfalls not necessarily Expediting successes the pitfalls can take you out of the game completely in one form or another and yeah I I I don't like dwelling on the negatives in that way but also that's another version of alchemy that we were saying before hey here's something that you think is useless or toxic or not yeah not valuable and you've managed to turn it into something that benefited you it's the same reason why teaching people lessons that you've gone through from tragedies traumas whatever in your life it's kind of like pointing at the thing that was bad and saying you

didn't get me I'm going to make sure that you're not going to get them either yeah and even looking at the things that are bad and going oh thank you appreciate that I mean the the push off you have established leverage rather than the create to you know you're going to lean into something you also need something to push off the push off is what you're leaning into is that mystery going forward right that ironic Str that you have something to push off the well I don't know what I do want but I do know I don't want that you have leverage yes you know to it's it's there so I don't know I mean we can get into a big discussion on on on victimhood here as well but I you know I I wrote about in green lights about how you know we always say well who are you you I want you to figure out who you are and we ask I tried to I try not to ask my kids that now well I want you to know who you are now part of that who's helped me is Bob Dylan's line like I don't know what all this talks about who we are man we are all just what we create ourselves to be and that gives me a little oh that's relaxing but the it's so much easier to figure out who you're not and if you start eliminating the who I'm not by sheer mathematics you end up moving toward who more of what feeds you and who you are and it's a hell of a lot easier thing to go how can I get rid of some [___] in my life than it is to go well how do I go to my true self do I want to press the accelerator more quickly or do I want to take my foot off the [___] break right yeah yeah and sit there and and because I'm I'm I'm banging my head here and I'm gonna eliminate some of that stuff I want to get some of those things out of the way that didn't had another hangover I drank the same amount when I didn't don't usually have a hangover oh maybe it was the conversations I was having maybe it was you know maybe it was the people I was hanging out with those just clocking some of those things and elimin them is a much easier place to start you know and maybe maybe more is it maybe more valuable I mean I don't know I always like to think that the the UFC champ or the the boxing heavyweight champ that believes they are the greatest is more empowering than the one who's out for Revenge but man the one out for Revenge wins a lot of the times the one who's pushing against yep now I'm going get back at you rage nothing gets more [___] done than that emotion of Rage we like to say no freedom and light is the one that carries man I don't know that may be too evolved for us to really grab a hold of rage and anger and revenge are Mighty powerful emotions man yeah yeah they get a lot of [___] done yep especially in the beginning especially for a short period of time I think when you it's a potent fuel that's toxic in the long term and I think that it's the sort of thing that you use to overcome the activ a energy especially the beginning of a thing right I need something to kick me out the chip on my shoulder from the kids that didn't believe me in school the fact that I felt like I was mistreated or victimized or or or in some form there was something some limitation plac on me it's a pretty good fuel that'll get you a long way yeah but you do not want to be using that two three four decades down the line well and you'll you'll what do you call your self implode because you can't recognize your allies from your enemies and you start taking it out on your allies we see it in relationships you start taking it out on your mate start taking it out on your wife your husband your lover and like I'm an I'm I'm I'm an ally man we're on the same team but you're you're back to that non-deserving no I've gotta I gotta bleed no I gotta I gotta I gotta I gotta win I gotta get angry now you hey well also you've the lesson that you've taken is enemies are more functional motivating sources than allies right therefore if I can make enemies out of allies I will just find Lily Pad Lily Pad Lily Pad I'll just keep jump jump jump jumping yeah but that like I think what you're saying is that that that that trajectory starts to go it's not but what have you got left you've got an entire world filled with enemies or at

least no allies right and yeah you know as someone who used a chip on his shoulder for a good while to get some activation energy I'm much prefer the version that I am now me and a friend have uh three versions of ourselves that we think about so we have uh dopamine Chris we have serotonin Chris we have cortisol Chris okay and uh dopamine Chris is lean in he's thinking about plays on the show and and how magnificent big it's going to be and awards and cool money and stuff like that and cortisol Chris is seeing threats and anxiety he's looking out for that that ambient vigilance that I was saying before he's on edge then serotonin Chris is taking a micro of magic mushrooms he's playing pickleball with his friends or he's lying under a tree looking up at the sky I want to spend as much time in serotonin Chris as possible you do yes I want to spend as much time in serotonin Chris as possible and I find myself serotonin Chris magic mushrooms in a hammock hanging with his buddies exactly yeah I want to spend as much time in that as possible uh but that wouldn't have got me out that wouldn't have been the escape Velocity that I needed to be able to leave whatever atmosphere was in I needed to use these other I needed to to run away from a life that I didn't want and run toward one that I did needed to escape something that I feared and I also needed to go toward something but the the real Bliss is when you go orthogonal to both of those which is let me ask you this so when you're serotone and Chris magic mushrooms with your buddies in the hammock how long can you lay in that hammock before you get to the Impostors the thing hey I got to I got to go accomplish for me it's it's it's going to accomplish something to have some sort of purpose I've got to I'm still working on getting better on vacations I'm much my wife knows that I'm much easier to get along with on vacation if I get a couple hours to write in the morning and get a workout in dude I wish I could go two weeks with going hey man whatever but I get I get antsy I get edgy I'm not present because I need a little need a little time to go break a sweat mentally physically and then I can be then man the rest of the day I'm great I love this topic I've been thinking about it so much recently uh type A people with type B problems type B people with type A problems okay so the insecure overachiever needs to learn how to line a hammock yeah and the lazy person who's on the verge of bankruptcy needs David gogin shouting in their face right yeah now the interesting thing is because of culture and because of the way that people are perceived a person who is overworked but outwardly very successful will always seem to be in a more preferable position than someone who's on the verge of bankruptcy and needs to get off Xbox right so we we gift more sympathy because it seems charitable right seems supportive to the person who you just need to work harder think about what you have contributed to the world which are movies in every movie the training montage of the down Underdog is them working hard and and and learning to get up on time and be disciplined and so on and so forth I don't know of any movies where a guy learns to log out of slack at 600 p.m. and lie on a beach holiday right how how like opulent and transactional and dop am energetic are you that you need to be taught how to chill out you not know there's people out there that would kill to be in the position that you are that's that's that's the dialogue right there that's interesting how about a how about a movie about the um a lwh hand mov movie for the type A that needs to learn how to chill get off slack and go hang in a hammock and pulls that off and don't and don't ask permission to tell it don't ask for don't ask for boohoo for the for the character just because no one no one's showing that I mean look what do we do today what are the things going you probably know better than I do there's a lot of it's like people gotten much more in meditation successful people got much more to meditation uh you brought one up earlier psychic cilin is

psychocybin is now sort of an Avant guard sort of hair hey man this is a way to work cold plunge SAA sound healing yeah now how many of those are we going to look at in 10 years and go that was a fad how many of those are we going to go that was a really cool Discovery Well here's the vicious thing about those modalities that a lot of people I call it productivity Purgatory which is the things that you do for fun you own only do in order to be able to service more productivity when you get back to it right so why do you do your breath work not because it makes me feel good and I like to do breath work but because I watched an Andrew hubman podcast episode that said that it allows me to work 15% harder the next day you go no no no like your recovery modalities should be in service of themselves it do you think this is a if we're going to call it a sin or disease I'm going to do that for stereotyp typical word you think this is a sin or disease of the West because for instance I'm in I'm in I'm in in Italy and we're with this wonderful couple older couple and they're both like 80 and they were just had their [__] together man and the lady was in great shape I get good great shape she was oh I I swimming around this um Island each day and uh and then they swam there and and and my question was how far do you swim and she was like what I swim until I don't want to swim anymore I was like it's a very Western idea how far how much time she was like I swim until I don't want to swim anymore you wanted to quantify it quantifying like you traed on straa right you've got a spreadsheet for this do you have do you have your or ring on she was like what she was confused at my question and I was like ah the beautiful stereotypical difference in a European thought and a western thought but it's similar to that it is very I mean we were playing a friend's birthday earlier this year in Miami and there was a pickle ball court but we were playing I like good British blos we were playing um sort of foot tennis instead and I realized that we were playing to win and I didn't want to play to win that wasn't the energy I want I was in dopamine Chris and I wanted to be in serotonin Chris so I said why don't we change the rules of the game and work both teams separately but together to try and make the most beautiful game that we can I want us to everyone to be doing trick shots you want to set up the other side to do trick shots some of the guys were good football freestylers stuff like that and the first resp resp from my friend that came up with the serotonin dopamine C disol thing George his first response was yeah and we can count them and no no let's keep the mathematics out of this and that's your lady swimming around how long how far how many times yeah yeah what yeah I'm taking this thought to my I'm going to play tennis for two hours when when I leave here and the girl I'm going to hit with as much as I can I'll see if I could do it I I doubt I can do it for two hours but I'll see how long I can do it I'm going try and set her up for great shots and see see see how the rallies go yeah but even then within that well was that shot better than the last one was that more beautiful I you know it's this infinite [__] regress of performance metrics and all the rest of it speaking of which in other news this episode is brought to you by skims if you've ever wondered how mcon makes everything look so effortless here's a tip start with been comfortable with skims new box of briefs that's exactly what you get no awkward adjustments no bunching just a perfect fit that moves with you every step of the day as you may have guessed from the fact that I wear shorts all the time I'm a massive fan of being as comfortable as possible which is why skims are the perfect choice to wear every day so if you're still holding on to that old pair of briefs from five Christmases ago that frankly need to go in the bin do yourself a favor and upgrade to skims right now you can shop skims menswar by going to the link in the description below or heading to skims.com that's skim MS fastball in six weeks time

it's the 10th anniversary of interstellar I think it's being re-released in theaters in 70 mil IMAX in IMAX yeah okay how did that movie change you it's my favorite movie of all time so thank you for I have a lot of people tell me that that that's your favorite movie of all time and that's another that a lot of people go had to go watch four times there's a lot to take in there to say again classic Nolan um yeah um how did it change me and you're not talking about like the success of the movie like the sub material everything else I working with Christopher learning about I mean you know Kip Thorn [__] the consultant physicist on that show so much stuff yeah also you know it was in that in that sense it was similar to when I did a movie called Contact and I got to sit with Carl Sean for three and a half hours and he went through and I remember walking away from that going oh my gosh as a Believer God's backyard's a whole lot bigger than I thought it was which is a very humbling and empowering thought um I mean look the main thing was I think on the on the human side of the real me personally I was like oh you don't leave your kids to go do what your dream is and then when I change dream what your dream is to to go do what you're meant to do what you were born to do that you have an ability to do like nobody else I'm just like oh well maybe you do leave your kid that that argument and that leaving which is that countdown that's I remember that's where I was so that's the scene I'm remembering is the price you pay the cost the consequence of chasing down and I had my initial thought was O Cooper's being selfish in the wrong way you know don't and then it's a good argument though I don't think you can easily say that um there's a major consequence with that but look at what and I look I I deal with it now I got three Gibbs doing my favorite my favorite job what I think I was I feel find extreme and endless purpose in imp parenting but I'm dabbling in different versions of leadership that have to do with the betterment maybe I hope of more people and but it would be coming a consequence of being there and being present like I want to be for my three children and my wife as our family I haven't found anything that I believe is worth that at the sacrifice of this yet and my argument with myself there is the best exports we can have if we do it well as our children no better export you can put out no better extension of yourself no better way to uh uh um uh you know affect create Legacy the world um than doing than hope hopefully having some healthy children that can go be independent enough and of you know you and you Tau them when they see they see the world in the right way and can chase down things that they love and they hopefully love the right things so contributing to anything in place of that is a net negative well that' be my argument at at the sacrifice of fewer that I feel like oh that's that's millage I've really got to I've got it that's I'm I'm helping give them the pallet to paint on and I'm I'm handing the the the the right colors to them and letting them fall from the right Heights of the wrong the right trees you know to where they get bruised but hopefully don't break a neck you know what I mean um so but I don't but it's a but it's a good argument one that I understand on the other side is and I have friends that go have sacrificed that I have friends that have been very successful even in the career of being an actor in Hollywood and a successful actor in Hollywood you know just brings me back to when we first had kids before Camila pulled the the goalie to get pregnant she goes one condition you go we go and my first reaction was hey hey hey I'm Lone Wolf artist here man I go off my Airstream with my dog I'm a solo you know coyote here man and while I'm saying that I heard my mother's voice go you better nod your head and say she's giving you a gift say yes ma'am and I did yes ma'am and that we've done that I a 16y old or 14-year-old and 11y old no doubt that has a major contribution to how to whatever strong strength our family is I think our family is very strong and the security that my

kids have and the courage that they have that because we've never been away from each other that long they picked up came with there's another side I understand you go got opportunities that can do great things I can share art or leadership in the world that hey I'm going to be away and maybe that's even there's argument that that could be better for your children later on or maybe better for their children mhm well this is that you know we were talking about that infinite regress of being mean to yourself or emotions about emotions and stuff uh thinking about the decision that Koopa needs to make and also the decision that you need to make it's you can always continue to kid yourself a little bit more is it more virtuous to stay at home yeah with your children to raise your children despite the fact that the likelihood of them surviving into the future and their kids surviving into the future is lessened by that okay but then if you go and do the thing you leave them you're making that sacrif but are you doing it because you want to save the world or you doing it because it's your dream or the fact that you can get something virtuous out of something that's also your dream is that [__] purit and work ethic we were talking about before which is I the only way that this can be a virtuous decision is if I suffer yeah more I it's only suffering not just that it's good for the future but also that I don't want to do it because if I don't want to do it then I know that it's really really true cuz it's a high price that I pay because go pull it off and this is the as far as I can see the curse of the deep thinker amen amen amen uh a curse and gift because because it does do one thing that we hadn't brought up at a very base level and I think this goes along with stress anxiety at the very base it mean in something that we can't take for granted cuz not everyone has it it means you give a damn yes and let's not throw let's not throw that out like oh of course you no because not everybody does it means you give a damn about more about more than just yourself and that is a high that's a high-end value and not an old fashion nostalgic thing to go oh that's so 1950s [__] that's a real thing some people can't care or some people struggle to care about things entire people that go through their lives it's odd especially in the UK um loving things being too Keen right Americans kind of have permanent firstline Cocaine Energy very excitable and I like it I like excitable people I like enthusiasm however the UK doesn't necessarily have that quite so much and I always think how much more I would how much I wish I could gift that back to the UK about how much that positive reinforcement we was saying it before that first scene that you do and the guy next to you goes hey that was pretty good yeah yeah the right encouraging word the right time where would that push people to and okay if that's what you want for you in the world you have the opportunity to be that for other people and maybe it's going to start to come back around and maybe we can begin to change culture a little bit by doing this when will that English or or does it does it have someone though that is constantly like ah Bullocks that goes and succeeds that the English culture goes [__] Bravo is it ever R so interesting stat around the UK globally so far in 2024 the UK has the second highest number of millionaire exits on Earth what's a millionaire exit a millionaire that has left the country and is now living in a different a different Nation China first 15,000 UK second 9 and a half thousand but the UK is 3% of the population of China so proat we have got by far the most millionaires leaving by far we do not have a good culture around supporting success around uh people doing different things another great example of this uh the UK has got three universities in the two or three universities in the top 10 in the world as does America so it'll be Oxford Cambridge maybe Kings or Durham in the UK and there'll be Yale Princeton Harvard something else in the US and a couple of others and we have 20% the number of startup Founders despite the fact that we have the same number of University

graduates going from Top Flight universities why culture but speaking of that what did you learn you did the gentleman with guy yeah you spent a good bit of time presumably and meshing yourself into British culture what did you learn while you were there well so there is still a royal dance to play the part and do and that I found that interesting and quite entertaining I remember you know that everything has there's a costume and a and a timing and who goes here when and here's how you sit there and this is how we do this and I found it very interesting and pump and Circumstance yeah it was all there and and and I never and I and I indulged in and and and and played that part and enjoyed B of Whimsy now when I went out and they saw that I was actually very good shot at pheasants I got a few hey I got a few Out Boys bring the American over here hey we like you now right good with guns um and then I remember this one though where the the the the I think the term is where the Posh went overboard but nobody seemed to notice it but me and we were at this dinner and it was one of those dinners where 24 people on this side 24 people on that side m is down there and mis's down here Ms has a 24 foot by 18 foot oil painting of herself over her chair and Mis has an 24 foot by 18t over his chair and it was just ABS it's just all just [__] great everyone had their own waiter they s ding on time and this is just absolutely great well after the dinner the youngsters the sons and the daughters had come over with their friends and they were all also POs to smoke a cigarette yes and I remember this one get flick in the ash there's an ash tree right there the table boom on the carpet I was like dude and without even saying it's like no man it's it's more Posh it's it's a it's a it's a I'm posturing it's it's it's cooler to go I'm I can drop my ash on on your \$550,000 Persian rug than it is to put it in the ashtray and I was like why that one I I think y'all went overbo I think you went out of bounds on that one but the fact that that was it was a was games but but they were doing it inconsistent isn't it fascinating the Americans are basically blind to class you've had to use the word Posh almost in speech marks there right it's like a word that yeah yeah yeah there is not a single School child that doesn't use the word Posh in primary school once a day in England everybody and it means class it means this person is well too for a well-to-do background and there's you know I remember uh there was a guy uh that I played Cricket with uh cricket is still a working-class sport in the UK it's not necessarily upper class it's very workingclass Town it was a kid who got uh a Class Mercedes used uh for his 17th birthday which is when you can drive in the UK I was like Wow Danny's from a posh family I never really knew that much but I knew he had money he always had nice kit he always had new new boots at the start of each season but I was like wow he got a MC in retrospect it's maybe a seven Grand car 10 grand car something like that for me I'm like oh mer yeah yeah yeah yeah yeah is there something though going on with the as as the royal family and the king and the queen losing power and that's becoming is is these these millionaire exits is this still a bit of a how dare you become that wealthy in the private sector you're not a Royal or no I I certainly don't think with regards to that but there is definitely uh skepticism around the monarchy at the moment um and I'm really not sure where I stand and that one of my friends is a very compelling argument that we should do away with it doesn't like the word your highness higher than what uh but also what was it that you were just saying like what have we got if we don't hold on to the culture and the things that people know us for and I like the pump and Circumstance when I graduated uh from Newcastle University there's this 10minute procession of different mace bearers literally wielding medieval weapons dothing their caps to different people in different sequences in order to show who and where and why and it's like this is [__] cool D whatever it is it's still cuz America we're whether we

know or not we're hungry for ritual yes and we don't have near as much it's not established right there trees that are older than your country yeah we're just just puppies I hope that you don't get watered down to where yeah because y'all have amazing ritual laugh giggle at it or not do it and appreciate it and go this is a different place and it's been around it's been around a while um yeah Posh it's class okay yeah yeah little bit well to do okay you mentioned there about um some of the prices that people need to pay in order to be who they are yeah I'm fascinated by this question I'm fascinated by the cost of Entry price of doing business to be a person that other people admire because I think that it helps to humanize others success and it helps to mitigate jealousy and envy uh because you you see what someone has had to go through in order to be in a position you think you want to be they go oh you you get to see this much by the way there's this monster hiding behind what do you wish more people knew about the price of success in life well success has taken on different definitions over time it used to have to do and some people listen and this will be like ah come on M just have to do with some Integrity um that actually I think was a word that was in the definition in 1901 or 11 um and now you know money Fame that's your definition of success so it seems to be that and always has been to some extent Whoever has more is the most successful more access more money you're the winner um the last for a lot that is I'm not saying it's a it's it's a race to the red light but I am saying the fourth quarter of that being your goal the it has the residuals decline on quality of life I've met many more very rich men who've chased that dollar to be successful and to be relevant for having the most money that the last 15 20 even younger years were bewildered lost had no relationships didn't have purpose chasing the dollar they they just did it they were good at it and made it happen but they didn't feel what they were doing they couldn't even necessarily say what they were really good at just good dealmakers or made the right calls in certain mathematics um that's but that's definition um it's also why wasn't surprised when Trump first got elected had Fame had money we sell that every day in the west as this is how you make it is what you do that's America yeah um so I was not surprised because that's where we're getting fed um what a success um I I just let me let me prephrase it with this we all want to be relevant but I think we all forget to ask ourself relevant for what before we chase our relevance or chase success I think there's a difference between success and profit mean profit does pay you back can you do things and I'm I love money I'm all for it but there I I see a lot of one-way tickets that are you can get successful win have more money but not be making a profit in your life not you how many times we sacrifice quality for quantity the two don't have to be separate now you may have to make some sacrifices of quantity to have more quality but I think we should give quality more credit than we do well are we not ultimately having more quantity in the hopes of more quality you're sacrificing but that that that's not a quid pro quo it doesn't it doesn't equal out to that we believe it it will and hey it can access I mean I got a lot of things now for money I've made that I'm like damn right man I'm glad I have that that makes my life not even more convenient I actually like that more um I like what I can do with my family more with that I like what I can do as a husband and wife I like what I can do solo even more with that enjoy it um and it again it feeds me um but would I be any less would I be any less happy if I had a 30 a 40 a 50th of what I have right now no I know that there's no I know way I'd be any I happy no way I'd be less happy do I want to give all that away and say well make me poor sometimes I'm like yeah you need to be more poor other times like no no no no no don't be getting the impostor syndrome on this one you're using it for you're using it pretty good you

could use it even better but don't be don't get mad at it you know what I mean um I think we just need to ask ourself that question relevant For What and also in the pursuit of quantity which is what the world rewards um ask ourself read to watch out just drinking the Kool-Aid and go what is the quality what do I want and again that's a hard question of what I value the most what I really value the most and it's a hard question to answer but if we can answer that make sure you're you're it'll make you it makes us answer the quality question of what we want more of and not just the quantity question because a lot of us I've done it too been blind as could be chasing the quantity to see let me see if I can get the biggest number that's dop of me Matthew dopamine Matthew and I'm pretty damn good at it if I want to put on my business out and go that's all I'm going to be right here found out I'm pretty good at it but I don't want to stay in that dopamine Matthew on that on that um because I don't get the reward I get the reward of the the acquisition but the acquisition does not equally pay back the dopamine of the getting it's the Conquering that's the that's the hit you know um redefine everyone can have their own definition of success and ask yourself can I have quality with the quantity and can I have profit with my success and profit goes into leans into relationships I think profit ends up to be a spiritual question too um and how how we treat ourselves and others I think it's a longer game this Chase for just success if that's money and quantity is a is a short-sighted game if that's all if that's all you're after now I understand some people out there who can't pay their rent who are sick and trying to make it to the next day or listen would listen this and go easy for you to say and I say you are correct I'm speaking from where from my position because you asked me because you got some people that are going I'm not this is a h this hyperbolic conversation you're having I'm trying to make it to the next day man type B person with a type A problem thinks what a champagne issue that is yeah it's but it's it's it's it's a real one and and uh I'm apologizing for it but I understand the difference but I would just I would say that if more people that are type A and maybe things are working out just check your quality as as you're chasing your quantity and make sure that whatever you're succeeding at is giving you actual profit and actually paying you back Matthew mcon ladies and gentlemen dude I really appreciate you I I love the way that you think I love your insights about life congratulations on the new book congratulations on the tequila and uh thank you thank you for coming today I really really enjoyed this I did too Chris very much glad to be here man met up top in a barn somewhere in Austin where I was looking down to didn't even know where I was going show at a barn I was like oh this is where we are yes it is seems unbrand for you I like it heck yeah dude until next time until thank you very much for tuning in look uh we went to a lot of effort to get Mr mcon here and convert an old Bond that's uh from the 1800s in Texas so I really hope you enjoyed it I'll see you next time

Matthew McConaughey on Life's Lessons

She went and sat down next to two friends and I started to wave like trying to get her attention. And as I'm waving, I hear my mom in my 12-year-old ear going, "Get your ass up." Boy, this is not the kind of woman you wave across the damn room. Boy, I'm really excited to talk to you. I'm excited to talk to you. This is so beautiful, this collection of poems that you've done. And you you you've had such an interesting life and um such an interesting career, and I admire you a lot. So, I'm really happy to have you on the podcast today. I'm excited to be on it, too. And you know what? You've been uh it's been exciting to watch you from from a distance, too. Just how you affirmative choices forward an identity for yourself when the rest of the world's going, "Wait, no, just stay. Why wouldn't you stay in your lane?" You know, awesome. You see, that's true. And you know, a lot of what you um what you wrote really resonates with me around that around um this kind of like abject strength around individuality and you know leaning into your yourself and your and your own identity and um I I find that I find that really inspiring. Well, cool. take me back to the beginning because you you started to write this book or these poems I believe in 1989. So at a young age and before your before you were discovered um before Hollywood discovered you. Yeah. Will you tell me a little bit about kind of, you know, I because I imagine this idea of masculinity in Texas um in the in the 80s like I can't imagine it sort of neatly folding into such a poetic heart, you know, Friday Friday nights around the keg at the at the tailgate. So, can you tell me a little bit about your your upbringing and and what it was like to hold this this world of of poetry and and spirituality in your soul? Sure. I mean, you know, spiritually and religiously, we were a raised Methodist and it was go to church, the ritual of church every Sunday and grace before dinners. And Methodist is not very fire and brimstone. It's very much gratitude and be thankful for what you had and compound that. Um, and you know, growing up, like probably most kids, didn't listen that much in church, but it was the ritual that on Sunday, you're you're at the highest number two. And I don't care what you did Saturday night, we're up Sunday morning as a family going there in fellowship, which I thought was a wonderful practice and got a lot of ethics from it, etc. Um I was very much an extrovert but part of the reason I mean I was always I was writing even at 16 but I would say part of the reason that that I that I continued to write more confidently in things like poems and prayers was part of the same reason I ended up ended up in Hollywood and saying I wanted to be in the storytelling business in front of the camera. Those were not, you know, poetry and and uh and art and storytelling were not uh um on the front line of expectations of my family growing up, which you know, I remember when I c I called my dad to say, "I don't want to go to law school. I want to go to film school." I thought he was going to go [__] That's that's a hobby. You can do that on Saturdays, but that's not a real job. In in hindsight, he didn't. He actually said, "Don't halfass it." I also had a friend that I made there, Rob Bendler, a Jewish friend of mine. who was not in the popular groups, right? And I was I was student council. I was an athlete, a Renaissance guy who was buddies with with all kinds of different walks of life in school. At the same time, I was an extrovert and I was a partyier. And Friday night, it was like, "Hey man, get the kid, go get the tailgate, you know, chase the girls. Let's have a great time." My buddy Rob was not that. So what when we became friends in art class, he introduced me to, hey, you want to come to my

place on Saturday night and we'll watch a movie. I was like, watch a movie on Saturday night? So he would come with me on Friday. I'd bring him out and then on Saturday we go to his place and talk about life and watch a movie and talk about art and stuff. So he was actually the one who gave me the confidence to even say I want to go to film school or what if I could I audition for that part. So part and partial that was around the same time that I became more confident to write poems or prayers or love songs and things like that. I then took a year off as an exchange student shooting in Australia which was a wild and lonely lost looking and wobbly year. And um when I was my only friend I had I wrote to myself. I was losing my mind. But I you know I was writing 14page letters to myself with way too many adjectives and adverbs and I was returning letters to myself of 15 pages to to to outdo my my original letter to myself. So I was it was a Socratic dialogue and it was a way to cope. It was a way to deal. It was a way to get it out on a page trying to figure out the existential why questions. What the hell's going on? Is there meaning in this life? Am I stuck here? No, you're not. Trust that if you go through this, there's a there's a golden pot on the other side. Trust that, Matthew. It gave me resilience and strength. And so, I continued to write. So, where did that come from, do you think? Because most teenagers, they can default to, you know, woe is me. I'm I'm lonely. I'm in a foreign country. And where do you think that comes from? This this idea that pain is can be a teacher. And good question. Look, we were raised to be very resilient. I mean, get up and dust yourself off. You You quit quit asking me for a new pair of shoes. I'm going to introduce you to the kid with no feet. Oh [__] Okay. You know, it was it was baseline gratitude. you know, don't come in here to breakfast until you're ready to see the rose in the vase instead of the dust in the table. Get your ass back in bed. It was very baseline gratitude from my mother, especially. Now, the challenge, and I think one of the one of the problems with with that kind of resilience is you become a repeat offender of the same problem. You step in the same pile of [__] around the same turn because you never stop to go, "Well, hang on a second. Let me have a look here. Why am I feeling this way? Let me let me let me let me get objective about why do I keep tripping on the same damn pothole every time around the the bend. And if you just get up and dust yourself off and keep going, you never stop to look. Right. So, I would say I've been a repeat offender. At the same time, I've got great resilience. I also honestly believed that the trials and the tribulation that I was in when I was lost in that year, I started to gain a little bit of almost uh confidence and sort of reverence for the fact that oh, the longer this goes, the greater the reward on the other side. I'll endure this. And I started to get kind of my ego got even full of like okay um to an extent where I know when I came back in the reverse culture shock of coming back to America if people and friends wanted to talk about just hey the weather or partying I would almost like what kind of conversation is that? I was I was too serious almost. I was I had been in the trenches, you know, for and it was like I I skipped and I had to had to find my sense of humor again to actually come back and enjoy small talk for for quite a bit of time when I came back. I think it came from how I was raised. I think it also came from whatever inherent faith I had that I think resistance and a little discomfort and sweat equity was always kind of bred into me to be like ah that's how you earn it. the experience. That's how you'll remember it. That's how it'll be part of your lineage. You know, I didn't in school. I made good grades, but you know, I don't remember how the Liberty Bell cracked, but I passed that test. Life's experiences where I got burned or hurt or wonder. That's what I remember. And my parents were pretty, I guess, uh, courageous on the height of the limbs they would let us walk out on to fall from and go there. Now you

understand. they would not be the ones that would go, "No, no, no, come down, come down." They're like, "No, no, no, go ahead." You know, so I guess it was part of my how I learned how what I understood about learning lessons. And I will say this, Gwenneith, it it like I said, it overcompensated later for me in life when I became successful in Hollywood. I didn't wasn't how to deal with it was whoa. when it was easy street, when it was champagne and caviar and red carpets and I love yous, I like felt like I needed to like trip myself and like, you know, like fall down and screw the thing up, you know, when it was easy. Obviously later on, I learned and still learning that no, when it's easy, enjoy the downhill because the uphill will be coming anyway. You don't have to treat yourself running downhill. Do you think that you when everything was really easy in Hollywood, do you think that that was, you know, do you think you you changed? Do you think you know you had a period of you know when thing when it was easy street like things? Yeah. Yeah. I I I I let myself off the hook for things. Yeah. I I rode I still engaged. I didn't work any less hard. I wasn't any less committed. But it's that it's that double-edged sword with gratitude we were talking about. You got, you know, yes, be thankful, but you got to be more than just happy to be here. You know what I mean? And I think, you know, when I first got successful in Hollywood, I was like had a little bit of whatever it's called, the imposter. So, why me? Yeah. Oh my gosh, this amount I I just made 485 schedule F. They're paying me \$48,500 to go play baseball for 11 weeks. Is that legal? You know what I mean? You know what I mean? Is what I deserve this? Do you know what I mean? Yeah. So, I it got to a a point where I called it on myself. I said, "Look, you got to be less impressed and more involved." McConna and that came to me after my father died. It was something. How old were you when he died? 21. I'm sorry. 21. And the gift from that was I lost my crutch. I lost the the person in my life that was above law, that was above religion, that would have my back if it was really came down to it. I knew someone had my back. and that person was gone. So it was like, "Okay, Matthew, you better man up. You better quit acting like one and be one and quit talking about what you think you ought to do and start doing it." Now, that was a process for and still is, but that, you know, that that took a while, but become less impressed and more involved. So with my work and with success, as much as I was thankful and going like what I mean, what else do you want? This is more than you ever imagined. As you know, you got to get hopefully past that. look it in the eye and go, "Well, I don't know. Just because I have just because I can, do I want to?" And you got to get kind of It's more mature. You got to be more mature and start discerning. Well, okay, I may have a lot. I may have more than on most people, but is it what I want? Then you start saying no to things that are a great paycheck, but not they're success, but they're not profit. You know what I mean? you start kind of things when you go like I'm just feel like I'm going in circles here. It's it's a great circle. it's a high it's a high class problem that I'm having but um I don't I don't feel like I'm growing and so that led to you know me taking a couple of years off which is an interesting parallel that we have as well because I really hit a wall and took a bunch of years off and my the the birth of my first child really precipitated that and I think maybe because I'm a woman it was sort of the first time I felt like I had permission to stop and slow down stop, you know, running so fast towards a goal. But it seems like you kind of looked at the sum of your career and had some deep philosophical questions around the kind of art you were making. Is that am I projecting or No, no, you're not. You're projecting, but you're right on 100%. And I don't think it's coincidentally that it was at the time when Camila was pregnant with our first child. Right. Interesting. And there's a real revelation, you know, of having a first child that all of a

sudden everything else becomes number two probably in the three hole and all of a sudden acting became like third thing that was giving me identity. You know, I was looking at my life and how vital it was. The ceiling of my joy was so high. The the the the basement of my anger and rage and pain was so low. It was wider. It was taller. It was deeper. Real life was dramatic, man. I got a child coming in. I've got the woman I love, the tears are wetter, everything. And then I was look doing the romcoms, which are a compressed frequency of emotions. They're supposed to be buoyant. They bounce from cloud to cloud. If you drop anchor in a romcom, you sink the ship. Whoa, don't go there. You know what I mean? So that frequency, I was like, "Ah, my life is so much more vital than my work." And I remember looking in the mirror going, "Well, congratulations, Mana. Glad it's not the other way around." But is there a way that I can get my work to challenge the vitality in my life? And then I was like, that would be in dramas. Like, was that hard to sort of, you know, because I do think, like you touched on it before, people like you in a box, right? And and everybody was so comfortable with you as like this hilarious, affable, you know, sexiest man alive guy. So were you were you concerned about trying to shift that how you were perceived? Yes. I took a big risk and I was trying to, you know, I was offering found dramas I wanted to do and was offering studios massive pay cuts and they're like going, "No, thank you. Just stay in your lane there, bud. You're we're doing good here with the romcoms, man. They cost 35. We're making 50. We You're making ch all this all this stuff. It was working." Um, and so because I couldn't do what I wanted to do, I said, "Well, look, I'm going to stop doing what I'm doing now. What did I have going for me? I'm in love. Camila's pregnant. Got this coming. So, that helped me stay a little grounded. Now, I didn't know how long this period of stepping out was going to take or when Hollywood and if Hollywood was going to call back. And after I remember calling my agent, Jim Tom. I said, "Jim, I don't want to do any more romcoms or action comedies." He goes, "Okay." And I go, "What do you mean, okay? You just said it like real quick." I said, "Dude, I'm bringing in a nice dime on the dollar to the agency. What are you going to say Monday morning to the bosses? I mean, I've been I've been paying this." And he goes, "No, no, no. I work for you, not them." I said, "Okay, we'll set up. I need I need you to be my be my guard here because I'm saying no and I need to get the signal out to Hollywood that I'm not doing any more of the romcom." That's all that came in. I said, "No." I said, "No." I said, "No." I said, "No." Um, I didn't remember calling after six months. And he goes, "Matthew, I haven't even heard your name in three months." So, I'm starting to think, did I just write myself a one-way ticket out of Hollywood here, babe? And I'll tell you this story. I don't know if you've heard it or not. I think it's worth telling again. And I think you'll know what I mean. I had this offer come in after about a year. It was an action comedy. Good script, big franchise thing. Came in with an \$8 million offer. I said, "No, thank you." Came back at a \$10 million offer. I said, "No, thank you." Came back at a \$12 million offer. I said, "No, thank you." came back at a \$14.5 million offer. I said, "Let me read that again." [Laughter] Hey. And he went, "It was it was the same words as that \$8 million offer script, but it was better, right? It was funnier. I could see myself. This could work. I might be able to." I ultimately said no, though. Wow. And I think that no had a reverberation in Hollywood of oh McConnA he's not bluffing. I don't know what he's doing but he's playing he's playing offense on something. Wow. You know uh back to what we were talking about earlier. I don't know if we were on camera or not about how I was talking about your affirming choices of identity. You that becomes attractive when it's not like someone's receding. No. Oh, what's he doing? Well, cut to 20 months total. And after saying no to that, I

think I became a new novel. Good idea. Well, what about him and Lincoln Lawyer? What about Killer Joe McConn? Yeah. Oh, well, we haven't seen him. We don't know where he's been for two years. He hasn't been in our living room in our theater in a romcom. We haven't seen him on the beach in People magazine in another shirtless shot looking like he's living a romcom, too. Where is he? And I think the anonymity that I got in the 20 years, all of a sudden I became like, huh, that'd be an interesting idea for a dramatic role. And then that's when they started coming and I just ferociously said yes and charged. Right. But I will say those 20 months, as much as I had Camila and newborn, it was it was wobbly. I mean, I thought of other vocations. I thought of high school teacher, uh, nature guide, going back to law school, and, you know, the days got long. I did suffer for some significance, but I think I wrote probably some of these some of these poems and prayers along that way in in that in that two years because I needed them. And did you find yourself sort of hearkening back to your days in Australia and what you learned from that unmed time? Interesting. I think so. I mean, I never as hard as the as hard as maintaining the decision was, there was it was non-negotiable. I was never going back. I remember over tears when when when I decided to make the decision of, oh, I'm stepping out. I'm not doing this. I remember the tears with Camila and her and I sitting there and praying and and and just and just letting it out till 3 in the morning. And then once once the decision was made, there's not we're never was never going back. There was it was not because we knew we even talked about this. If this goes on for a while, we don't know how long you're going to be in the desert here. We you're going to be tempted to go back. We the decisions made. Wow. So we never went back. So because it was non-negotiable does not leaving a parachute not you know it does help us endure I think in these times when you go I don't have the option I'm not giving myself an option to go to go back it was like the very much like the Australian I'm not giving I had people were like you could go back you can fly home I said no I the guy's hand before I left and I said I'm going the full year yeah but you didn't know this was going to happen and you know it was going to be this hard I know like my word meant something and spiritually with the decision to step out of Hollywood with Camila it meant something and it was it was done. So there was never a question of going of going back and going okay I concede I tried it out I'm back what's the wrong you know did you ever like were you a student of the stoics or anything like I'm just trying to not directly no I've been I've been asked that before and and some things are just organic and come out of your own DNA and wisdom and life experience but there's a calling back to a lot of the the stoic philosophies outlook Emerson, Solomon, Meister Ehart, there's always been a certain understanding of I felt even living in excess that that minimalism and and hunger and thirst and not and and keeping away from the full satiation mentally and spiritually is good because and I think that's part of where just keep living comes for me. Then we're always on the approach. Yeah. you know, and and I don't I don't succeed at it all the time. There's times I look around and go, I'm I'm I'm full all over. Well, do I does that mean I'm getting complacent or does that mean I need to get something out of my life? You know, that's that's taken up room in my day, in my life that I don't need. But on the approach, I've I love then life feels like a verb. Then relationships feel like a verb. M then the journey feels like it you know because if I feel like I get if I've landed almost with anything relational art career spiritually if I feel like I've landed ah if I ever feel the tadada well I'm going oh well you're being lazy because there ain't no tadada you know what I mean you think a little higher take the roof off fly a little closer to the sun it ain't the wax ain't near melting yet you may think it is you got a lot further to

go. One of the things I really loved reading about was how you hold marriage with such reverence and this idea of by your definition what it means to be a good husband. And part of this is this um agreement between the two of you. It seems that just as you say there is no finish line. There's no exhale. there's a deep acknowledgment of the road and all of the things that life brings. So, what strikes me so much is the is the innate wisdom that you bring to all of these aspects of your life. And I really believe that like a woman really helps like draw the energy for the man in the house and help set the course for the man. Y um and so I'm wondering like well first of all how did you two meet and did you is it was this like a deep resonance that you felt with her very quickly? I'll tell you the story. It's a good one. So at the time I was very healthily single. Okay. Um getting it out of your system. Yeah. in a healthy way. Uh I was taking care of myself. I But I I was feeling about six months before I was feeling the clock tick. I'm like, I want to find her. And you see when a man's doing that, it's like every red light. Who's next to me in the produce section? Who's getting over there? It's like you're, you know, we go to a party, I come to your place, you're going to be introducing people. I'm like, you know, you're on the you're hunt measuring. So the one here is that not very not not not very attractive thing to be when you're always looking you're kind of you see someone out of their space you know what I mean? Um and looking like to be find some completion for them. Um and I remember I had a had a had a wonderful wild dream. I was an 88-year-old bachelor in my wheelchair and into my property which was a horseshoe gravel driveway with St. Augustine yard. I remember this very clearly. The St. Augustine grass was overgrown and on purpose and cars were coming in in a procession and in each one a woman would get out and two kids would get out. When we get out and two kids would come out and all the kids gathered around me, 88 of them and 44 women and they were the mothers of all my children and I was not married. And it was a beautiful celebration and all the kids gathered and all the mothers were getting along and it was a celebration of my birthday and took a picture and I woke up and it was a it was a beautiful dream. It wasn't a nightmare. Okay. And I remember waking up and laying in bed going, "What does that mean?" And what I heard and understood was, "It's okay, Matthew. Don't don't press to try to find the one to marry. If you end up an 88 year bachelor, well, that's what you end up, but but don't quit pressing. It's okay for Leonardo DiCaprio." Yeah, he's doing fine, you know. But that that dream and the what the grace that I got from the dream gave me it took away that looking around the corner where is she at the produce section at the party at the red light and I and I was like okay I'm not racing it's time so I now settle into myself and as you know the right time for us and it's the right person sometimes we probably may have met the right person it wasn't the right time for us you know um sometimes it was the right time for us we never met the right person I was I was very settled in myself. I go out to a club with my friends on sunset. I'm sitting there mixing margaritas at the table. Music's going. I've had just enough tequila in me to see clearly, if you know what I mean. this shape with caramel shoulders with was hot enough in the club to have just a bit of almost dew on a little bit of morning dew on the shoulders with a turquoise strap was moving right to left across my ey line about 20 feet in front of me and her head was not even bobbing it was like floating and I remember looking going what is that and I stood up I didn't say who is that I said what is that and I got up and I'm honored she went and sat down next to two friends. And I started to wave, like trying to get her attention. And as I'm waving, I hear my mom and my 12-year-old ear going, "Get your ass up, boy. This is not the kind of woman you wave across the damn room, boy." So I go over, and she's there with two

friends, and it hits me. Boom. Invite them both, all three over, which I did, which was the gentlemanly thing to do, which meant she said, "No, y'all stay. I'll go alone." She comes over. I mix a margarita. The music's blaring. I spoke better Spanish that night and understood Portuguese better that night than I ever have in my life. And all of a sudden, my buddy comes up and goes, "Man, we got to go. It's 2:30." I said, "Okay. Would you like to come home?" We're all going back to Mount Virginia. She like, "Come home." She just says, "No, no, no, no, no, but nice to meet you." I said, "I'll walk you to your car." We go to her car. Where is it? It's been towed. No. Would you like a ride home with with us? Come have a drink and my driver will take you home when you're ready to go home. Okay. She knew. Did she know who you were? Yes. I imagine so. Yeah, she did. She did. She did. And she tells you this day she was like, "Uh-uh." Cuz she Yeah. Uhuh. And then for whatever reasons. Anyway, we go have we have a drink at my place. Time to go. I walk her out to my for my driver can take her. My driver left. No. Yes. And this is pre-Uber, right? Pre-Uber. Oh, this pre- Uber. So, now we're going to call call cab. Well, damn it. You know how it is in those Hollywood Hills sometimes, man. The reception's no good. So, she's stuck. Yay. Take the take the extra bedroom down at the end of the hallway upstairs. Great. She does. I got kicked out of that room twice trying to go down there later that night. I love it. And the next morning, I'm the last one to get up. It's 10:45 in the morning. I come down this spiral staircase and I can hear this chatter at the breakfast bar in the in the in the kitchen and it's this beautiful kind of chatter of old friends, people overlapping. There's innuendo. There's already laughs at jokes that were told an hour before, you know, and and and everyone's laughing talking over each other and it sounds like people that have known each other for years, decades. As I get to the bottom of the stairs, I look and I see that that kitchen table and there's those same tur those same shoulders with that turquoise dress. She's wearing the same dresses last night. This is another great plus to me. I'm like, "Oh, this this is this is not a little girl. This is not like, oh, I'm doing a walk of shame because I'm wearing the same thing last night." No, this is where I ended up. This is clothes I have. This is the dress I'm wearing. I'm wearing it now. She's holding court with my two buddies who are sitting there drinking orange juice with their shirts off hung over and they're laughing and going on like they've known each other for decades. I'm like, "Wow, beautiful." We get there, then I decide I'm going to I going to take her to the place where a car is impounded. It's an hour away. I put on this album of this reggae artist I I had uh produced called Mishka. We put it on, drove the hour. The album t is an hour long. We didn't say one word in between the songs. didn't have any of that uncomfortable silence where oh, I feel like I got to fill the gap. It was a wonderful silence just to be in the presence of each other listening to this music and listening to this album. We show up. We get her car. I asked for her number. She gives it to me. She comes in down for a kiss. I scoot over, caught up about a eighth of an inch of lip there. Felt good. I asked her out that night. She couldn't ask her. The next night she said she couldn't. I said, "Why?" She goes, "It's my dad's birthday." I'm like, "Guess family. She has dignity and family. Yes. So, okay. So, I kept asking her out and finally about a week later, she said yes. And that's the only woman that I've dated, slept with, and wanted to wake up next to for the last 19 years. Oh my goodness. So, that journey to that, would I have seen her? Would I have had the confidence to see because everything I saw on that walk when she moved across the room, I saw that dignity. M she wasn't for rent in in any relational way. I mean it this was when I was like oh okay she had history on her shoulders. Everything that I saw in that image and that impression in that haze 20t away the amount of

tequila I'd had everything turned out to be true when you when you when we zoomed into the closeup and as the relationship got more intimate those things turned out to be true. That is so beautiful. 19 years is you know it's it's a long time and in in Hollywood years it's like you know what is the love you never question axiom that you two have like anybody in any couples sometimes one's going faster than the other sometimes one feels like they're sacrificing more than the other and we grow So at the same time where we want and love and are there for that inherent person that I saw move across the room that night who she is and how and and what it is she fell in love with me about why we still want that and that's what we believe in. We grow. There are amendments. We mature. Sometimes we go a little backwards somewhere and sometimes we go a little forward somewhere. um we find new things, new interests, new hobbies, make new decisions. So, but as long as that core, it's the core, the very first thing I saw before I ever saw ever spoke to her. First thing I saw in my mind in the heart when she moved across the room is what I still love about her and what she still is. It's new. She, you know, there there's there's you have children, you have a family, you get older, you there's the new new challenges, but I don't think we've ever lost sight or ever not been able to show each other what we saw in each other that night. What I saw across the room, what we understood in each other in the language of love, when I understood Portuguese and better than I still do now, and I spoke the best Spanish I've ever spoken, you know what I mean? And that whatever that was, I knew right then that if I got fortunate enough to go spend more time with her that this was not a fling. I knew right then. I don't know if she did. I don't know. Maybe it took her longer to see who I was, to trust who I was. But that lights that light's never gone out in for for either one of us and how we see each other and who we expect to be for the other. Yeah. We have a it's an inherent trust there. And even in times where it's it's it's it's harder or we're missing and ships sailing past each other in the night, just trust that as you know, relationships take work. And so where do you sit there and just not make anything? It's not a big deal. Just let it slide. And when you go, no, we got we got to do some maintenance here, right? We got we got we got to check in because we're chassis is a little loose. You know, and if you don't check in, you can look up and it can be a mess. I know we have we have friends that you look around you go like boy they didn't they didn't do maintenance along the way and now look they look up and you go oh [__] what happened and and I we I think we do a pretty good job and thankful to her because she she instigates it mo most of the time of of of the the maintenance checkins you know for us um that we never get too far off even though we're trying try new things and you entrepreneurial relationship and I've got things and she's got things and we got three kids and that becomes another another thing where you can go and that's another thing to to to to watch what I'm still learning to watch is you get children and those are the dependents they need you know what I mean and you sometimes I can sometimes go well Camila will be fine but the kids need you know what I mean and that you gotta uh you got to watch and going not totally orienting around as first priority all the time. Yeah. Right. Yeah. Do you think that having this beautiful substantive marriage is like a a key pillar in your life in terms of your growth, your success, your introspection? Yes. Look, her there are ways I don't even understand that her coming to my life helped. But I look back and if I do the math, it's kind of obvious. you know, the math is there. Um, and if I don't see it, I got plenty of friends that damn she'll remind me of it. You know what I mean? a true sense of true confidence being stable or being again something beautiful happens I think in our in our life when we have when we find that kind of relationship or even especially

and also when we have children that like we saying if say I think I got better at my career better at my job when I found the woman I loved at Camila and we had children why well all of a sudden the career became in the three-hole of priorities now that doesn't mean I I respected it less Yes, it just meant it wasn't my full-on identity, right? And boy, when it's number one and we're young and that's our identity, you can need it too much and miss the magic. There's a there's a form of taking something too seriously where it can sort of uh um not allow us to to be our the most we can at it, you know. So, when it moved to the threehole, I like, oh, this is not who I am. It's part of who I am, but it's not my identity. I have things that I mean, I trust and I I I write about this in Greenlight. The one thing I ever knew that I wanted to be was a father, right? You know, when I was meeting my dad's friends and I giving them yes, sir. I remembered eight years old in the parking lot at Oak Forest Country Club, these two men I met, the sun was coming down my eyes and had shades and I remembered the common denominator of all the men I had met and shook their hands, they were fathers. I was like ah that's success that's when you've made it. That was the definition in in in my mind and I still hold on to that to a great extent. What kind of father are you? What kind of father am I? To give you a little these are not political terms but I would say conservative very liberal late meaning like let's learn our literacy and our math and our manners and and our respect. Build a foundation. Build the foundation and the expectations within the family. And we are a team. And I'm sorry. No, we're not we're not equals yet. No, we you know that that's it. We've got to maintain we got to earn these things. Uh part of it is going to be there for you. Part of it's going to be watch me. Part of it's going to be watch how your mother and I treat each other. And that's how you that's how you treat someone in your life that you that you hopefully can end up loving and caring about. Part of it will be what we talked about earlier. No, you are not invited right now. This is your mother and I's time and respect that. Go entertain yourself. You know what I mean? I am coming now with teenagers, which I think is going to be my honey as a as a dad. I think one I'm really enjoying it because I don't have to edit my good stories as much anymore when I No, it's true. You know what I mean? You come They're like, "You did?" You're like, "Yeah, I know what you're talking about." You're like, "Damn, okay." You know, I didn't know that there was this bridge between because my father, there's parenthood and then there's friendship. I think they think there's a time to hold off the friendship. I know too many parents, kids that go like my my my my parents too much my friend too early. I need a parent. Um and I didn't know there was this bridge that I'm finding now of being a big brother on the way to being a friend. There's things that they fundamentally understand that I don't have to teach them anymore. They don't need to see the example anymore. But I can be less judgmental as oh well let me tell you this is your dad. And I can be more just listen and put a hand on the bat and go damn it. I know it man that sucks. a breakup, a heartbreak, uh something they wanted didn't get, or how to get something they want, how to hustle for it. I got check this out. I It's It's a little more of a hand on the back arm around them going, "Me, too. I know what you're talking about." A little more of a big brother and it's a bridge between fatherhood and friendship that I didn't know was there. Do you have the book with you? Yeah, I do. Would you read me? You can pick to a random page. You can read the first one you wrote when you were 18. That one's funny. Yeah. Okay. I'll read this one. I'll read this is Let's read that one from uh from This is when I'm 18 again in Australia. Losing my mind. I'd become vegetarian. Didn't know how to be a vegetarian. Was eating a head of iceberg lettuce with ketchup on it. I was running six miles a day. I believe I'm going to be a monk. Again, I didn't think

anything was wrong with me. that these are disciplines I was putting in myself to achieve each day just to give me a sense of okay I accomplished something because I was and why was it so bad just just like so we were gonna I was going to be I was written that I was going to go stay with the family and live on the outskirts of Sydney well the outskirts of Sydney ended up being about three and a half hours away in a little town called Warner population 305 wow way out and I was a bit of the family's prized possession the the the toy the toy and and and they had gone back like I graduated high school. I was free. I mean I made my I made my grades. I got money in my back pocket. I've got a job. I got a car. I got a full handicap man. I got a girlfriend. Things are rolling. I got no curfew. Let's go. And I was like they wanted me in at like 10. And if there's a girl I wanted to go out with, they need to interview her. I didn't have a car. I didn't have friends. I didn't have golf clubs. I didn't have cash in my pocket. I had a curfew. So, and this family was just odd. There was a bit of I felt I was feeling a bit of covetousness. There was a bit of we'd like you to call us M and Pup. Whoa. Okay. Yeah. Okay. So, it's beautiful black comedy. Okay. So, I'm I'm at this point after eating at 5:00 p.m., finishing at 5:30, and then doing the dishes each night, I am trying to get back to my room to go take a bath every night just so I can have some solo time with me. And this solo time, I'm hopping in the bathtub. I'm reading Lord Byron. Okay. And you two's Rattle and Hum as well as a Maxi Priest album were my two friends in my Walkman earphones. And I would read Lord Byron, listen to YouTube's Rowin Hum, and work one out pretty much six nights a week. But again, nothing was wrong with me. I was cool. I was good. Okay. This was my nightly ritual. And I'm writing things. Then I'm writing things like this. Okay. Soil, what wretched extent has our life bowed to today? When will it end? When shall it begin? Our endless judgments that brandish the sin. Ignorant minds of the fortunate man, blind of the fate, shaping every land, drifting day by day upon selfish wings of his past, only seeking the wines of his narrowminded cast. Love provide us a chance to cure this social disease or excessive infections. Have we never to believe? As biased past rule unfortunate futures, living adversities of both heaven and hell, why the flame reaches higher is so hard to tell. No cell, no home, city, state, nor land, the untold doom bleeds throughout every hand. The shrouded wounds sweat the pain unknown of so many premiere as kings upon their throne. Self-destruction of the blind awaits in the range. The naive dwelling of the endless unchanged. The unaware return to the palace of the benited. I too shall reunite, primarily delighted. But one thing infallibly, I shall never remain the same. Whoa. Right. But that's incredible. I mean, it was I was talking about the Menases of of the world and and at the end I'm saying I'm going to go back doing it, too, but I'm going to be changed. And I was at four, I was a, you know, pretty self-s serious young dude and had a lot on my mind. And again, thinking my calling was to go become a monk. I was calling out what I call [___] in society. And I was outside of America for the first time looking back. And you know when you leave what you know you kind of look back and you kind of call [___] because you see it in a different way. That is incredible Matthew. My god. I think I had a thesaurus pretty handy though. I don't know what infallibly meant then and I don't know what it means now. But at the time that amount of syllables and that advert impressed me. But I was writing that. That's me at 18. That's that's on actually that was written. Check this out. This is what I was doing. Yeah. 189. That's New Year's Day Eve. Okay. From incredible. I I I can see how you think it's funny. It's actually like kind of mind-blowing and extremely profound for an 18-year-old boy. I know. You know, when we're trying to find our art and our voice, sometimes we take, you know, impressions of other artists. So, I get it. But it is

pretty extraordinary. And if we take that as kind of the jumping off point and then what you've created and what you've put into the world, not only as a husband and a father but an artist, your incredible performances, you know, your your writings, like there's such a such a strong sense of self, you know, like this kind of brave sense of self that I get off of you that that I find really inspiring. And so I would love to understand how you cultivate that and how you are brave enough to retreat to that. Like you have a there's a poem in the in the book again I referenced it where you you say there's a difference between a good man and a nice guy. Yeah. Right. A good man stands for certain ideals and when those beliefs are contested, a good man is not a nice guy. for for me who was raised to always be a good girl and you know go along and and and I was so late in finding my myself to a certain extent like when when did you understand that who you were was not only okay but a gift and how do you index into being a good man irrespective of what other people think? I I I I honestly think at the inception point, the hinge where it really kicked in. And again, I'm still working on it, but was that year in Australia and I tell you why. I just come from a life of catching green lights. Like I said, I graduated high school. Mom and dad are happy. I got no curfew. I got gas in my tank. I got a truck, man. I got 45 bucks in my back pocket. I'm dating best girl school and I went across town. Things are rolling, man. I mean, I'm set. Let's go. the brakes come on. When I go to Australia, I'm alone doing what I was telling you I was doing. You know, there were differences. There were oddities. There were things that that were coming on me that I didn't agree with, but I kept just chalking up to being a cultural difference. Ah, it's just a cultural difference. A cultural difference. And I remember the night about six months into the the trip or the year that I was over there, they did say that question, we'd like you to call Mum and Pup. And I remember immediately going, [___] cultural difference or not, that ain't happening. And I remember it even caught myself like going, whoa, you just [___] stood up. And I remember I said, well, thank you for thinking of me that way. But uh I have a mom and dad. And I love this part because I said this. I remember saying this. I go, I have a mom and dad and they're still alive like it needed the context, but no, I will call you by your first names and thank you very much. And it got quiet at the dinner table and I cleared off the dishes and before I went back to the bathroom to go do my nightly ritual, I said good night to everyone and called them all by their first names. And the next morning, guess what my alarm clock was? Whoa. Wow. I remember put my arm around her going, "I'm I I it's not personal. It's it's it's just but I was not wavering. That was the non-negotiable." Right. Right. My mom and dad this the rest of this stuff. Okay. Culture difference. This one. Sorry. Standing on it. And I had no one to check in with. I didn't have a friend. I didn't have a dad. I didn't have a brother. I didn't have my mom to check in like is this okay? Can I stand for this? It was clear. And I remember I'm for so I was forced to make a decision on my own and stand up for it because it was black or white to me. And I that was the launch pad of where I started taking my identity at the same time when I was on my own. So I just stood up for something but now who am I? So then I'm starting to go through I remember returning to college coming back and going to college and I remember you know going to movies and laughing at things in in the theater that no one else laughed at and then the stuff that everybody laughed at. I was like that's not [___] funny. and then feeling weird and going, "No, no, no. Double down on that, Mai." And I remember going to funerals and not crying, but crying when my friends or family would have a child. I would cry at birth, but not death. And I was like, "Oh, is that weird?" Like, "No, trust that, man. That's not there's not a right wrong with that. Double down on that if that's how you feel." And telling myself, "That's okay."

So, and I think it all started with that day. I went, "No, I'm not calling you mom and pop. I'm calling pop." And so, and writing things down and seeing, you know, noting things where I thought I was odd or weird or wasn't of the status quo and going and then going as you know as that you do that for a while you start to kind of get off to it like oh yeah my individuality feels cool I've got I when I put my shoes on I walk out the door I can get reservations for one I would do that I remember you know could come back on Monday what'd you do this week and I went and saw the so and so of the movie oh who'd you go with no me and like oh I'm sorry I No, I I I I did that on purpose. I preferred that, right? And it's something I'm trying to teach my kids now. It's like, hey, there's one person you got to be able to get along with, buddy, because it's the one person you can't get rid of. You Yeah. And you've got to shake hands with yourself. And if you're not get if you if you're uncomfortable when you're alone, it's a pretty good sign that you need to spend some more alone time with yourself until you can shake hands. I go, because our old minds could be tricks, and we got we we can got to shake some demons and get rid of them, but you you got to end up high-fiving and shaking your hands with yourself and going, "Dude, man, we're the only ones we can't get rid of, so let's try and get along in this gig." And I did that for a lot. Or I would take at times where life became big, I just when I got famous, bam, 20 soon as I got famous, I was like, I can't tell the difference between reality and [___] here. I got to get the hell out of here. Boom. 22-day trip, backpack alone to Peru. Why? just put myself in a place where nobody knew my name and where memory could catch up with me and I needed to say goodbye to people in my life to where the tears out of their eyes when I left were from the man they met and spent time with the last 22 days named Mateo who they don't know what he did not from Matthew who's famous and da da I needed that you know test my own metal see if I still had it and I did um but I needed that to separate reality from the height and stuff. So, I've I think I've done a decent job of of of going on solo trips to making a stand there. It started in Australia and then trusting things if they weren't harmful to me or other people, oddities about myself and going, "Cool, fine. Double down on that." I love it. It's It's amazing. Okay. Darn. We're out of time. So, this is going to be the rapid fire round that Yeah. Okay. Greatest teacher. Greatest teacher. The one who's most understood? Favorite character you've played? Mud. Favorite thing about Camila? Wet eyes. Favorite thing to do as a family? Cook together in the kitchen. Death row meal. Cheeseburger. Walk-on song. Ted dudes at Strangle Hold. place you feel most at peace in the desert. Something your wife and kids make fun of you for? They make fun of me. Well, they were just making fun of me last night. One thing you when I when I when I do get on my soap box trying to teach, Vito will be like, "Okay, going to give us another TED talk." So, so they'll hammer I I do have to play general sometimes or come in and go, "All right, guys. Hey, huddle up here. We wrote the We wrote the We wrote the rules on the fridge. We seem to go to the fridge. We don't seem to be reading them. And we just went over them yesterday. Do we need to do this every day? Okay. And I have to sometimes play the general and they kind of listen and then get a big kick out of it. That's hilarious. Okay. Last one. Which one of your poems or prayers would you want to introduce you at your eulogy? Oh, that's a good one. I'm going to go with the one that's uh on the back. Will you read it? The victor sees the light last. The final believer wears the crown. Don't pull the parachute too early. Fly until you touch down. Amazing. Thank you so much. This has been such a fantastic conversation. I've learned so much. Well, I I sure did enjoy it. Guna, thank you for the time. Thank you so so much. All right.