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**Life Is Not FAIR Mathew
McConaughey Let's Become
Successful**

My hero that's who I chase when I was 15 Years old I had a very important person My life come to me and say who's your Hero and I said I don't know I gotta Think about that give me a couple of Weeks I come back two weeks later this Person comes up says who's your hero I Said I thought about it you know who it Is I said it's me in ten years so I Turned 25 10 years later that same Person comes Mingo so you're a hero and I was like not even close No no no she said why I said because my Heroes meet at 35 so you see every day Every week every month in every year of My life my heroes always ten years away I'm never gonna be my hero I'm not gonna Attain that I know I'm not and that's Just fine with me because that keeps me With somebody to keep on chasing i'm Gonna talk to you about some things i've Learned in my journey most from Experience some of them I heard and Passing many of them I'm still Practicing but all of them I do believe Are true life is not easy it is not Don't try to make it that way Life's not fair it never was it is it Now and it won't ever be do not fall Into the trap the entitlement trap of Feeling like you're a victim you are not Get over it and get on it and yes most Things are more rewarding when you break A sweat to get them happiness is an Emotional response to an outcome if I Win I will be happy if I don't I won't And I say if happiness is what you're After then you're gonna be let down Frequently and you're gonna be unhappy Much of your time joy though Joy's a Different thing it's something else Joey Is not a choice it's not a response to Some result it's a constant joy is the Feeling that we have from doing what we Are fashioned to do no matter the Outcome Now personally as an actor I started Enjoying my work and literally being More happy to find success for yourself But check this out I'm in south of New Orleans a few years ago I went to a Voodoo shop and they had this this Wooden partition against the wall of These columns and in these columns while These

vials of these magic potions right And the headings above each potion Defining what they would give you were Things like fertility health family Legal health energy forgiveness money Guess which column was empty money let's Admit it Money's keen today is what make the work Makes the world go round it is success The more we have the more successful we Are right now I would argue that our Cultural values have even been Financialized financialized humility is Not in vogue anymore it's too passive to Get rich quick on the internet Rich's 15 Minutes of fame world that we live in And we see it every day but we all want To succeed right so the question that we Gotta ask ourselves is what success is To us what success is to you is it more Money maybe it's a healthy family maybe It's a happy marriage maybe it's to help Others to be famous to be spiritually Sound to leave the world a little bit Better place than you found it continue To ask yourself that question now your Answer may change over time and that's Fine but do yourself this favor Whatever your answer is don't choose Anything that will jeopardize yourself Prioritize who you are who you want to Be and don't spend time with anything That antagonizes your character don't Drink the kool-aid and it tastes sweet But you will get cavities tomorrow All right life is not a popularity Contest be brave take the hill but first Answer that question what's my hill so First we have to define success for Ourselves and then we have to put in the Work to maintain it take that daily Tally tend our guard keep the things That are important to us in good shape Where you are not is as important as Where you are defining ourselves by what We are not is the first step that leads Us to really knowing who we are you know That group of friends that you hang out With that really might not bring out the Best in you You know they gossip too much or they're Kind of shady they really aren't gonna Be there for you in a pinch how about That bar that we keep going to that we Always seem to have the worst hangover From or that computer screen

right the Computer screen that keeps giving us an Excuse not to get out of the house and Engage with the world and get some real Human interaction how about that food That would keep eating this stuff the Taste so good going down it makes us Feel like crap the next week we feel Lethargic and we keep putting on weight Well those people those places those Things stop giving them your time and Energy just don't go there I mean put Them down and when you do this when you Do put them down when you quit go in There you quit giving them your time you Inadvertently find yourself spending More time and in more places that are Healthy for you that bring you more joy Why because you just eliminated the Who's the where's the what's in the Winds that were keeping you from your Identity it's just be too many options I Promise you the too many options will Make a tyrant of us all I some get rid Of the excess the wasted time decrease Your options if you do this you will Have accidentally almost innocent put in Front of you what is important to you I process elimination knowing who we are Is hard it's hard give yourself a break Eliminate who you are not first and You're gonna find yourself where you Need to be don't leave crumbs and the Beauty of delayed gratification so what Are crumbs or the crumbs I'm talking About are the choices that we make that Make us have to look over our shoulder In the future You didn't pay that guy back the money That you owed him in tonight you just Saw him three rows behind you You slept around on your spouse and you Just found out that tomorrow she and the Lady you're having an affair with are Gonna be at the same PTA meeting Again you drank too much last night You're too hungover to drive your son to His 8 a.m. Saturday morning baseball Practice these are the crumbs they come In the form of regret guilt and remorse You leave crumbs today they will cause You more stress Tomorrow and they disallow you from Creating a customized future in which You do not have to look over your Shoulder so slip the script instead of

Creating outcomes that take from us Let's create more outcomes that pay us Back fill us up keep your fire lit turn You on for the most amount of time in Your future these are the choices i'm Talking about and this is the beauty of Delayed gratification Aarti yourself up do yourself a favor Make the choices the purchases today They Hey you back tomorrow residuals my Business we call it mailbox money I do My job well today and that movie keeps Rerunning on TV five years from now i'm Getting checks in the mailbox it's a Heck of a deal so whether it's prepping The coffeemaker the night before so all You got to do is press the button in the Morning or getting ready for the job Interview early so you don't have to Cram the night before or choose not to Hook up with that married woman because You know you're gonna feel horrible About it tomorrow and your husband Carries a gun or paying your debts on Time so that when you do see that guy Three rows back tonight you don't have To hunker down your seat hoping that he Don't see you get some ROI you know what That is return on investment your Investment you customize your future Don't leave crumbs make voluntary Obligations My mom and dad since we were young they Teach us things as children teachers Mentors the government laws they all Give us guidelines in which to navigate Is life rules to abide by in the name of The countability I'm not talking about Those obligations I'm talking about the Ones that we make with ourselves with Our God with our own consciousness i'm Talking about the you versus you Obligations we have to have Now again these are not societal laws Expectations that we acknowledge and Endow for anyone other than ourselves These are faith-based obligations that We make on our own these are not the Lowered insurance rates for a good Driving record you will not be fine to Put in jail if you do not gratify these Obligations I speak of no one else Covers these but you they are your Secrets with yourself your own private Counsel personal protocols and while Nobody throws you a party when you abide By

them no one's going to arrest you When you break them either except Yourself Or some cops you've got to disturbing The peace call at 2:30 in the morning Because you were playing bongos your Birthday suit yeah that was me an honest Man's pillow is his peace of mind and When you lay down on that pillow at Night no matter who's in your bed we all Sleep alone these are your personal Jiminy crickets and there are not enough Cops in the entire world to police them It's on you it's on you A roof is a man-made thing this may cut A little close to the bone Since the geography but I think we all Were there and we will all remember Where we were but in January the 3rd 1993 he was the NFL playoffs and your Houston Oilers for playing the Buffalo Bills the Oilers were up 28 to 3 at Halftime 35 to 3 early in the third Frank Reich and the bills come back to Win 41 to 38 and overtime for one of the Greatest comebacks in NFL history they Have the bills want but they didn't Really beat the others the others lost That game they beat themselves down Huh why glad to beat themselves how Because at halftime they put a ceiling a Roof a limit on their belief in Themselves Aka prevent defense or maybe they Started thinking about the next opponent In the playoffs at halftime I mean they Were up and they came out and played on Their heels lost the mental edge the Entire second half and voila they lost In a mere two quarters defensive Coordinator Jim Eddie went from being Called the defensive coordinator of the Year and the man first in line to be a High head coach next year to a man Without a job in NFL you ever choke Nobody's ever choked I have you know Talking about fumbling at the goal line Suck your foot in your mouth once you Got to the microphone had a brain freeze On the exam that you were totally Prepared for forgot the punchline to a Joke in front of 4,000 graduating Students at the University of Houston Commencement or maybe you've had that Feeling of oh my god life just cannot Get any better than this moment ask Yourself do I deserve this now what

Happens when we get that feeling tense Up we have this sort of outer body Experience where we are literally Through seeing ourselves in the third Person and we realize that the moment Just got bigger than us never felt that Way And it's because we have created a Fictitious ceiling a roof to our Expectations of ourselves limit where we Think it's all too good to be true but It's not and it's not our right to say Or believe it is We shouldn't create these restrictions On ourselves a blue ribbon a statue a Score a great idea the love of our life Our euphoric bliss who are we to think That we don't deserve or haven't earned These gifts when we get them it's not Alright but if we stay in process All right within ourselves in the joy of The doing We will never choke at the finish line Why because we aren't thinking of the Finish line cuz we're not looking at the Clock we're not watching ourselves on The jumbotron performing the very act That we're in the middle of no we're in Process the approach is the destination And we are never finished Bo Jackson What do you do used to run over the goal Line through the endzone and up the Tunnel the greatest snipers and marksmen In the world they don't aim at the Target they aim on the other side of the Target we do our best when our Destinations are beyond the measurement When our reach continually exceeds our Grasp and when we have immortal finish Lines and when we do this the race is Never over the journey has no port the Adventure never ends because we are Always on the way so do this do this and Let them let somebody else come up and Tap you on the shoulder and say hey you Scored let them run up and tap you on The show and say maybe you want Let them come tell you you can go home Now Let them say I love you too Let them say thank you Take the lid off the man-made roots that We put above ourselves and always play Like an underdog it would be the late And great University of Texas football Coach Darrell royal y'all remember him Won national champion in 69 he won a Couple of national

championships hello Darryl oh he was a friend of mine a good Friend of many people now a lot of People looked up to this man one of you Looked up to him was a musician named Larry now at this time in his life Larry Was in the prime of his country music Career he had number one hits and his Life was rolling and he had it picked up A bad habit of uh Snorting the white stuff somewhere along The line and at one particular party After a bathroom break Larry went Confidently up to his mentor there huh And he started telling him a story Coach Roy listen as he always had and When Larry finished his story and was About to walk away coach royal put his Gentle hand on his shoulder and he very Discreetly said hey Larry you uh got Something on your nose there buddy Larry immediately hurried to the Bathroom near where he saw some of the White powder that he hadn't cleaned of His nose he was ashamed he was Embarrassed as much because he felt so Disrespectful to coach royal and as much Because he'd obviously gotten too Comfortable with the drug to even hide It as well as he should Well the next day Larry went to coach's House He rang the doorbell coach answered and He said coach I need to talk to you Darrell said sure come on in Larry Confessed he purged his sins to coach he Told him how embarrassed he was and how He had lost his way in the midst of all This fame and fortune and towards the End of an hour Larry who was in tears he Asked coach he said coach what do you Think I should do My coach being a man of few words just Looked at him and calmly said Larry I Have never had any trouble turning the Page in the book of my life [Music] Larry got sober that day he's been sober For the last 40 years you ever get in a Rut you know I'm talking about you get The funk it's stuck on the Merry-go-round of a bad habit I have but We're gonna make mistakes you got to own Them then you got to make a mint and Then you got to move on guilt and regret Kills many a man before their time so Turn the page get off the ride you are The author of the book of your life

turn That page give your obstacles credit you Know those uh no fear t-shirts that were
Out I don't know you used to wear them Ten years ago no fear you may remember
Those are just me I saw him everywhere All right I don't get them and I never Did I
mean I try to scare myself at Least once a day I mean I get Butterflies every morning
before I go to Work I was nervous before I got here to Speak tonight I I think fear is a
good Thing now why because it increases our Need to overcome that fear all right say
Your obstacle is fear rejection all Right you want to ask her out or you Want to ask
him out but you fear that he Or she may say no all right you you you Want to ask your
boss for that promotion But you're scared he's gonna think You're overstepping your
bounds Well instead of denying those fears Declara Say the fear out loud admit it
Give them the credit they deserve don't Get all macho and act like they're no Big deal
and don't get paralyzed by Denying that they exist and therefore Abandoning your
need to overcome them I mean I'd even subscribe to the belief That we're all destined
to have to do The thing that we fear the most anyway At some point so give your
obstacles Credit and you will one find the courage To overcome them or you will to
see more Clearly that they're not really worth Prevailing over so be brave have
courage And when you do you get stronger you get More aware you get more
respectful of Yourself And that which you fear.