**TBP 154 Edited v2\_Transcription**

[Daniel Hill] (0:05 - 1:22)

Welcome to the Blueprint Podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I used to build a 10 million pound portfolio and retire with financial independence at the age of 35. You can listen to these podcasts in any order, and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable.

Let's get into the next blueprint. Okay, ladies and gentlemen, we are here and we are back with the well-renowned, very, very popular format of the Six Rounds Podcast. What we're going to do today is with a very special guest of mine.

We have Akash Vigela, who's the founder of RNT, a very, very longstanding friend of mine. And we're going to go six rounds back to back on this podcast episode. So what we've got is Akash has three topics.

He has three rounds that he's going to hit me with, and I've got three topics that he doesn't know about that I'm going to hit him with. And we're going to go back to back, 10 minutes around, neither of us know what each other's topics are, and we'll see where the next 60 minutes takes us. So round one, Akash.

[Akash Vaghela] (1:24 - 1:24)

Psychedelics.

[Daniel Hill] (1:24 - 1:34)

Oh my God. We're going that way. It's got to be done.

So psychedelics. What are psychedelics?

[Akash Vaghela] (1:35 - 1:42)

It's a good question. I guess it's a way to access higher streams of consciousness and see what's possible out there.

[Daniel Hill] (1:42 - 1:46)

And they've become like, you think about over time, they've become a lot more popular in recent years.

[Akash Vaghela] (1:47 - 1:47)

Yeah.

[Daniel Hill] (1:47 - 1:50)

Public figures are talking about them.

[Akash Vaghela] (1:50 - 2:18)

That's why we're talking about them. Exactly. So obviously it's a two-way street.

subject. But at some point, it can't be a two-way subject, because I think most of them, except for probably the more chemically synthesized ones, like LSD, are natural, right? Like magic mushrooms, for example.

But I think there's a lot of benefits to them. And I think the research is showing that there's, there's also benefits to them. So be curious to know, have you tried it?

[Daniel Hill] (2:18 - 2:52)

Well, there's a whole, there's a whole cultural movement on psychedelics, isn't there? Or rather, there's a whole cultural argument and now a sort of movement to try and overthrow regulation, legislation. And there was a theory, I don't know which documentary it was on, whether you watched it.

And they said that the reason they banned psychedelics in the 60s, 70s, whenever it was, was because people were starting to get this new wave of creative thinking, visionary energy, and they wanted to actually close it down and stop it.

[Akash Vaghela] (2:52 - 3:27)

I mean, if you think about what it helps you do, is it helps you squash the ego, right? It destroys your sense of self. So you access the extra layer of consciousness and creativity you wouldn't normally have.

So you can imagine if you act on that creativity afterwards, what you can create and what you can come up with. Steve Jobs famously said that if it wasn't for his LSD trips back in the 60s or 70s, or whenever it was, he didn't say the iPhone or the Apple products and how beautiful they are would have come about. I don't know if it was the iPhone or whichever product it was, but he said it was a big part of his success because it made him see art and beauty and creativity in a different way.

[Daniel Hill] (3:27 - 4:35)

Yeah. And Elon Musk, like, obviously he's one of the best innovators, creative guys of our sort of era. And he talks about the fact that psychedelics should be, I mean, he doesn't publicly and openly discuss the use of them, or at least personally, but he does advocate the use of them for various things, whether that's advancing creativity, which can be anything from your basic entry-level stuff like, well, the absolute basic, like drinking water, being clean, removing brain fog, up to flotation tanks, and then into the realms of psychedelics, things like that. And in medical field now, the NHS, you can sign up to the NHS to take part in a trial and they'll use it on you to test with it or to work on certain things, specifically around neuropathways, where your brain is malleable and it gets carved in a way it shouldn't, or people who have PTSD and their nervous system actually rewires itself, they're using it there now for, you know, scientific studies and medicine to help people.

[Akash Vaghela] (4:35 - 5:05)

There's a lot of successful research, especially in America around anxiety, depression, PTSD, and they're seeing a lot of success from different types of psychedelics and its use when it's done in a controlled way. I think a lot of the taboo comes from like the odd, you know, when it's not done in a controlled state or it's not done in a, you know, you and your mates are pissing about with Glastonbury, then it's a different story, but I think if you use it in a, in a controlled way and in an intentional way, then you can gain a lot of benefit.

[Daniel Hill] (5:06 - 5:15)

Yeah, I definitely agree with that. I mean, like today, what's your like exposure experience been with that field or that study or that sort of experience of that? Yeah.

[Akash Vaghela] (5:15 - 6:35)

So I've done, um, I've done mushrooms, uh, LSD and yeah, those, yeah, I've done mushrooms and LSD. And then I've done that. The sort of magic mushrooms you do in Amsterdam, which you get a little bit of trip, you see the clouds going weird.

And then obviously like the, the hero ceremony, which is probably like until ayahuasca, but not really the same, um, where you're, you're taking like nine, 10 grams and you're basically sent out of space, sent out of space and you're back six to eight hours later, uh, back on earth. Um, and my experience with it has been that they've all been different strengths. So like the, the micro stuff where you're either micro dosing or you take in a pack of magic mushrooms and seeing the clouds move that, that sort of stuff is very, like you're just feeling very elevated.

Your consciousness just becomes a bit, a bit more elevated, you feel more creative, feel more in tune with nature, et cetera. And then obviously the, the, the deeper you go, the more you just collapse that sense of self and that. And I think you just enter these realms of universes, which makes you question or makes you think about, you know, what's, what the mind is capable of.

Uh, because if this can be done through psychedelics, it can probably be done through the mind in its own way. So just goes to show how, how far there is to stretch the mind. If we wanted to.

[Daniel Hill] (6:36 - 7:21)

What do you think? What do you think is happening there? Cause like, it doesn't matter who you, who you listen to talk about psychedelics.

The one consistent message is that it's one of the things you can't explain, you know, you can only really ever experience it. You can't explain it because it's, and especially when you go to the ultimate extreme, like a DMT experience, like really up into the clouds, you can't explain with words what the feeling experience sense is. Why, what do you think is actually, when there is that disconnect between the ability to articulate what it is and what it is, is because it's such a different experience.

Why do you think, what do you think is actually happening when you take psilocybin, magic mushrooms, LSD?

[Akash Vaghela] (7:22 - 8:21)

My experience, I don't know the research on all of this. So I'll speak from just anecdotal experience is I think it's you, you, you're detaching from the body and you're entering like this weird energetic state. And the reason why in every, you know, when we don't, when I've done the, the hero doses, the biggest struggle I have is, is I try and keep control.

So I'm there trying to like stay in the body, but my, my mind and my experiences is going into another realm and I'm moving through these like times and spaces and there is no, well, there is no physical experience. It's all happening. Again, I'm trying to describe it and he can't describe it.

Right. That's why you see when you see, like when you hear a psychedelics, you always see these weird sort of shapes and colors. Right.

And that's pretty much what it is. Um, and my struggle when I'm doing it is always, I'm trying to control the experience and I'm trying to stay in the body and trying to control the body. And I guess that's like, that is one of the sort of benefits of doing it because you realize that.

[Daniel Hill] (8:22 - 9:25)

But it's not when you go into any field of spirituality, connection, um, soul, or even like we were talking earlier about clairvoyance, I've had so many readings over the last 20 years and all of them are consistently good. Um, whereas other people that I have them with who are maybe a bit more skeptical, get a lot less value. There might be a couple of things that sound good, but they go in there with things to trick the reader or like they go in there with a skeptical mindset.

And I think with anything along the whole spectrum is what you're saying about there is when you can completely go into it, open, committed, and you can let go, you know, that is how you get the best. Mike Tyson talks about when he does, uh, the toad, which is, um, like ultimate level of, of DMT. It's just like the first time he did it, he took it and then he was trying to hold on.

He was like, no, no, no, no. And then the guy's like, you've got to go for the ride, dude. And as soon as he let go, he just went into this place of like, I mean, it's crazy to think what is actually, you know, if they can't explain it, what is actually happening up there?

[Akash Vaghela] (9:26 - 9:46)

I've heard in spiritual circles, they talk about psychedelics is, is like a hack to cut through and cut through the noise. So if you go down the spiritual path and actually find your, you know, walk the mountain and get to the top of the mountain in, in an intentional way, I wonder if that's, you know, the bliss that people experience and describe.

[Daniel Hill] (9:48 - 11:12)

Yeah. And it'd be interesting to see if you were, because we, again, we're talking this morning about how entrepreneurship is not perhaps facilitated or encouraged in this country unless when it's really needed. And it's the same with that, with vision and creative, like the guy who created, um, Alcoholics Anonymous 12 step program that was created while he was on acid trip.

It takes you to this place where it's like, you just think on a complete different, different level. And it's what you're now seeing is a very, very slow progress towards, you know, it's quite commonplace. Now, like last night we had a can of CBD drink, which is basically marijuana.

It comes from hemp or cannabis, wherever it comes from, but it's the THC's removed, the CBD's utilized for, uh, some people use it for arthritis, anxiety, or use it for chilling out and for sleep. And you're now starting to see this and like now, uh, psilocybin or magic mushrooms being used in clinical trials. If they did sort of open it up a bit, again, it's like, you don't want people walking around the street getting run over cause they've taken a dose, but if you could go into a clinic and have a, uh, you know, a significant dose of psilocybin, you know, five to 10 grams of psilocybin and go under the results of that, whether it's personally solving a trauma or professionally, even like the flotation tank, I can spend two hours in a flotation tank and it will take me somewhere that I can't access when WhatsApp's going off, social media's going off, things like that.

[Akash Vaghela] (11:12 - 11:16)

I think that's, that's probably a lot of the value in, in the whole experience.

[Daniel Hill] (11:16 - 11:27)

People who are considering psychedelics, psilocybin, something like that, like closing sentiments, what would your either feedback, not necessarily advice be, but feedback, thoughts, sentiment be towards their approach with it?

[Akash Vaghela] (11:27 - 11:40)

I think do it in a controlled environment, have someone, you know, who's, who's gone through the experience and have it facilitated. Yeah. Then don't just take it, uh, with your mates in the park or something.

I don't think you're going to get much out of that.

[Daniel Hill] (11:40 - 12:41)

Agreed. Nicely done. Good round.

Uh, round two, I'll talk about drive, so drive, being driven, uh, and specifically the two elements of it, which is sometimes confused, so motivation and discipline. I think you're one of the most driven people and I often talk to you, say to you about this window of opportunity. You've got this drive that I find very impressive, admirable.

And I remember when I used to have that, you've got this drive, but also with discipline and motivation over the last few years, been a few times when I've said to you, do you not have to motivate yourself? You know, do you never have to sit there and have to feel like you've got to get the work done? And you've just always in the main said, no, I just, I just get it done.

And then also discipline, you know, by your very nature, by your very profession, you're, you're consistently disciplined, what you eat, when you sleep, et cetera, et cetera. So I just want to talk about it and get a bit of insight into how your life and brain works with regards to what does drive mean to you? You know, how does that feel?

And then specifically around motivation and discipline.

[Akash Vaghela] (12:43 - 13:15)

Yeah. I know we've discussed this quite a lot and something you, when you say to me, you had this window opportunity and, um, admire the drive that I have, I often wonder what happens when you don't have it, like, is it, is it, is it something I'm, I'm living through right now and it's just going to disappear, but I can't even imagine that being the case. I just feel like the very nature of the way I live and the way I think, I can't imagine being it being slower.

[Daniel Hill] (13:16 - 13:20)

Where does it come from? Where does your drive come from?

[Akash Vaghela] (13:23 - 14:06)

I think it's probably an element of just, I want to prove to myself that I can do, I can do something. And I think when I, the hardest thing I find is figuring out what that thing is. And I've always found it easy to find in physical realms.

So for example, like I never would have thought six months ago, I would step in the ring and do a Muay Thai fight. I mean, never done anything like it, never done a kick before, anything like it. But once I set my mind to it, then it was just the outcome, you always say to me, the outcome's inevitable.

So I think it's just, once I figure out what I want, and that's often the hard bit for me, and then it just lands and then it feels very natural and it feels just instinctual and my gut just says, yeah, just go for it.

[Daniel Hill] (14:07 - 14:26)

And how'd you get that? Like a lot of people, when we talk about success and failure, very predictable, a lot of people have these things they want to achieve, but they never lock in when, you know what I mean? We say once if the decision's made, the outcome is inevitable.

When you're looking at like doing a Muay Thai fight, what, what is it that you go through that mental process and what is it that locks you in and says, right now I'm on?

[Akash Vaghela] (14:26 - 15:22)

I think I just can't accept failure as an option. I think I really struggle with that whole concept that I just can't accept it. I can't, and that doesn't mean I don't like experience failures or don't experience mistakes because I do, but I think in the bigger picture, I can't, and I've got to find a way to crack it.

I've got to find a way to get around it and to make it happen. And I think the reason, I think where you get that conviction that you can get it done is with the small things. So I think it builds over time that you just develop a confidence in yourself to get it done.

And that confidence comes from just saying no and saying yes to the right, right things and just developing. Yeah. Once you, once you do something small and you do it consistently enough, you have the confidence to do something a little bit bigger and a little bit bigger and a little bit bigger.

And then once I decide, all right, I want to do that for me, if I, if it's, if it's true to myself and it feels right inside, then it's like this, it's going to happen. There's no way it's not going to happen.

[Daniel Hill] (15:23 - 15:54)

And do you find, so that's interesting because I'd say one of the things that I can anchor to is when I'm in something and I've got the momentum going, I love it. But to the fact, my biggest, my biggest problem is trying not to do too much that it makes me ill or burn out. But I definitely, because I don't have that endless energy and drive that you have, the guys running the studio have that real sort of, I actually feel like you've now created a story about this, that you've, you've not got it.

[Akash Vaghela] (15:55 - 15:58)

I've always thought, I just think you haven't found the thing to apply it to yet.

[Daniel Hill] (15:59 - 16:34)

I hope that's the case. Cause I do, I feel like it's admirable. I look at you guys' energy and the guys that I work with on the incubators or boards that I sit on, I think you guys have got this, it's this burning desire, this like life or death.

And I think when you have succeeded enough times and it becomes the law of diminishing returns. I remember when I won like my second entrepreneur of the year award and I was like, it became this, and I got this outstanding alumni award in 2019 when I did my cup. And I remember my family coming up and feeling like it was a formality that I was sort of wheeling them out for another award.

Cause you get to a point when that's just your thing. Do you know what I mean?

[Akash Vaghela] (16:34 - 17:04)

At the same time, I think we're both similar in that we don't really care about those little milestones. Right? I think we just, we just love playing.

We just love doing it. We love, we love doing business. We love going out and doing things that we didn't think we could do.

And I think you're just probably at a point where you just haven't found the thing yet. And I genuinely believe that because let's face it, you're not 87. And you know, the average age of a founder is what?

42. So you've, I still think you've got your big thing to come.

[Daniel Hill] (17:04 - 17:45)

And can this thing be like when, when I suppose one of the reasons I'm asking about motivation and drive and discipline is like when I'm in it, I love it. So it's like now I'm talking about campaign. I'm in campaign season now and I can already see it.

Once I start getting this next week going, I'll just be locked in the work and I'll love the work and it can be anything. Send me whatever social media posts, YouTube interviews, whatever. Send me all this stuff and I'll just do it because I love the work.

And I suppose when I'm in it, I love the process. But what it is, is not, it's just the process that I'm enjoying. Whereas I feel like that's, I feel like I'm forcing that.

I feel like I'm stuck. I have to start.

[Akash Vaghela] (17:46 - 18:28)

I think you have a bigger, when I say the thing, I think you have a bigger thing in terms of like the impact that you can have because I think you're one of the smartest people I know and you're very wise. And I think you've just not applied it in the, in the sense by application. I mean the, the funnel or the, whatever the thing is, it's just hasn't landed for you yet.

I think that'll arrive when it arrives, which is why it's cool seeing you do this and you, you know, doing the blue print podcasts and exploring a different sort of area because I think it'll help steer you to wherever that ends up becoming, whether it's in education or whether it's in schools or something like that, which I know you've dabbled in.

[Daniel Hill] (18:28 - 18:56)

Yeah. And I genuinely appreciate the sentiment. Thank you.

And when you think about sort of the discipline, I would say like when I'm, when I'm on, I'm on, I'm a notorious pendulum swinger. If I'm in, I'm in. If it's on, hell yes or hell no.

Whereas I'd say you're, you're very steady. And I find like one of the reasons my drive might be all in, I'm all in for 12 weeks and then I'll see like I'm out, I'm tapping out, I'm burnt out, I'm done. Come see me again in a month.

Whereas I feel like you're constantly a lot more steady and a lot more consistent.

[Akash Vaghela] (18:57 - 19:22)

Yeah. That's interesting. I think it's because, I think it's because I just don't do much in life.

And I just don't do many. One thing you've been telling me about is just like this overwhelm you've got, right? And I just don't have that overwhelm in my life where I've got loads of different projects.

I think if I had loads of different things, I think I find it very difficult to stay consistently on because I'm just always being pulled in one direction.

[Daniel Hill] (19:22 - 19:27)

Do you not struggle to get the hit? You know, like we do in Muay Thai, it's like you signed up straight away for a fight.

[Akash Vaghela] (19:27 - 19:28)

Yeah, yeah.

[Daniel Hill] (19:28 - 19:50)

It wasn't like, I'll just do training for a couple of years, do a couple of belts and I'll go for a fight. It was like 20 weeks to the ring. Do you not find that, I think at the minute I have too many things on, so I definitely need to like reign that in.

And I feel like part of that is me chasing enough. It's got to be enough. My tolerance is quite high, so it's got to be enough to give me a hit.

Do you find that you need that constant spike or do you feel like you're quite...

[Akash Vaghela] (19:51 - 20:19)

I don't feel like I need that. I feel like I get the joy from just creating my perfect days on a regular basis. Like I've said to you, my perfect day is just clear Canada, doing some deep work, training hard, spend time with my wife and now my daughter.

And as long as it's not too crazy, that feels like a really good day. Then it's alright, I'll stack as many of these as possible. I don't need a hit, hit, hit, like to satisfy me and keep me going.

[Daniel Hill] (20:20 - 20:31)

I think there's a lot of wisdom there. I think that's probably one of the things that I admire that I would, I like to look to get to, but there's so many reasons I mentally get in my own way with that.

[Akash Vaghela] (20:31 - 21:02)

If I can do that for the next 40, 50 years, I'll be really happy with that. With my work, I feel the most joy when I'm just creating really good work. And when I feel that less, when I need to motivate myself is when I have to do like all the stuff that neither of us probably enjoy.

Just anything that's not creative. Just the chores. But I think more and more as I've gotten older, I feel more excited about just doing really good work and just putting it out there.

I feel less obsessed with like, I need to build this size business, that size business. It doesn't really, I don't think it changed my life in any way.

[Daniel Hill] (21:03 - 21:06)

Yeah, I can, that's definitely where I'd like to focus on.

[Akash Vaghela] (21:06 - 21:35)

I think I found more peace accepting that maybe that's not for me. You know, the idea of, oh, I'm going to build a VC back business. I went down that page.

Should I do a VC back? Or should I stay as a small lifestyle business? Or, you know, which one should I pick?

And I spent a lot of time over the years, driving myself mad over those questions. And I, you know, then I'd go through a phase, oh, I need to be a VC style business. So let me do the easy things.

And then I'll be like, oh, no, I don't want that. I don't want that. And I think finding peace and like not wanting certain things has helped.

That's a constant refinement.

[Daniel Hill] (21:36 - 22:01)

But just closing ones, finish the round. Because that's definitely what I want to achieve. That's definitely where I think I'm sort of direction I'm heading.

Other people listening to this are going to be, one of their challenges is going to be feast and famine is that is discipline, whether it's weight loss, diet, consistency of life, just like quick 10 seconds or 20 seconds. What in your mindset when you think about discipline, like what is it that keeps you on the straight and narrow for so long consistently?

[Akash Vaghela] (22:02 - 22:19)

I think it's like, who do I want to be? I don't want to be someone who's out of shape. I don't want to be someone who doesn't care about the health.

I don't want to be someone who is known as lazy. I think that's what it is like in myself. I don't want to be that person.

I don't identify as someone who doesn't care about the health or is out of shape.

[Daniel Hill] (22:19 - 22:22)

Just holding yourself to your own standards, so raising your standards and holding yourself up.

[Akash Vaghela] (22:22 - 22:24)

Yeah, so I won't let myself get there.

[Daniel Hill] (22:24 - 22:28)

Nice. Interesting. Lots of value there for me on that one.

You're up.

[Akash Vaghela] (22:28 - 22:31)

Cool. Evolution.

[Daniel Hill] (22:32 - 22:41)

Oh, my God. Okay, so where do you want to say evolution? Basically, where are we?

Where do we come from? Where are we going? Where are we going to start?

[Akash Vaghela] (22:43 - 23:02)

Well, I think we've had a lot of quite interesting discussions recently around, you know, AI and robots. And we're having some good chats around it over dinner yesterday. I think it'd just be an interesting discussion of like, you know, where we've come from and where we're going.

And where are we in this sort of like, this, this, this space now? What's it going to be known as?

[Daniel Hill] (23:04 - 24:43)

So probably just quick firing off the various topics that we've explored and discussed, because I think they are interesting and they're worth noting. So where did we get to? And there's this concept of, so where are we?

We're now creating AI, which is without question has the potential to become the next most advanced, whether you want to call it civilization or not, the most advanced level of intelligence. And it's not a coincidence that simultaneous to developing the technology, you know, the ability to print whatever it is into silicon chips. We've also stored every bit of information over the last, you know, since 1995, we've stored every single piece of information we've ever known about anything ever on a single place, which is the internet.

And now all you've got to do is plug chat GBT into the internet. And all of a sudden you've got the smartest thing in the world. So it's like, we've got to that point.

So then it's like, right, everyone pretty much knows that. Where does it go? Nobody really knows.

Has it been here before? Is an interesting thing to explore. So it's like, is it possible that we, we were created by something that, that was like us creating artificial intelligence?

I said to you yesterday, it would seem if I said to you the dinosaurs, you know, maybe the dinosaurs created this new species that then became smarter than the dinosaurs, completely wiped the dinosaurs out and took over. And that seems bonkers. But it's like, if you compare the human brain, human dexterity, like our perception of what a human being is against the dinosaur, you think that we're a superior being.

Is it possible they created us? We then superseded them. And then that's us.

[Akash Vaghela] (24:44 - 24:51)

Yeah. One thing I'm interested about is like, when the AI gets really, really good, what is the need for humans?

[Daniel Hill] (24:52 - 25:38)

Well, Elon Musk says, you know, it's that Einstein comparable. One is the Einstein comparable, which says based on the current ability of artificial intelligence, the processing power of the supercomputers is as advanced as Einstein compared to the bandwidth and data processing ability of an ant. So you put them two on a spectrum, that's where we are already.

And Elon Musk says the way that it would become is like AI would become the new superhuman and humans would become the house cat. So it's like how much interest and you think the AI is going to work 24 hours a day. It's not going to be lazy.

It's not going to have hangovers. It's not going to walk around, you know, needing to be fed and watered and soil itself. It's like, yeah.

[Akash Vaghela] (25:38 - 26:08)

I mean, now having a baby myself, I can't believe we've got this far with the way humans, humans like design. Yeah. We're talking on the way here about, uh, I think, I think when I was on safari, zebras can literally come out of the mother's womb and they're running straight away.

A baby that takes, it takes a year to just start crawling and then, or walking or whatever it is. And they take 18 years just to become a fully fledged adult. And I wonder just how we've got this far with that, with that process.

[Daniel Hill] (26:09 - 26:47)

Yes. That level of slow development. It's like we, we try to make horses and carts more efficient, more faster.

And then somebody came up with the engine and it's like we said on this morning, it said, how long does it take the human evolution curve or development curve? Become it's peak effectiveness. It's got to be decades, maybe 20 years.

How long is it then at peak performance? Maybe 10 years, 20 years at best. And then it starts to deteriorate.

Whereas a computer can, you plug it in, you turn it on and it's got access to everything. The chips don't need to warm up. They don't need to develop.

They need to be built in a factory. But if you've seen transcendence, it's like, yeah, that's what stuff gets.

[Akash Vaghela] (26:47 - 27:01)

And it's the trial and error. How much trial and error has gone into evolution. That's very interesting.

How much trial and error was it to realise that babies need to be fed every three hours with this and that and all the mistakes that went along the way to drive it.

[Daniel Hill] (27:02 - 27:43)

Yeah. And you think, where's it going to go? I mean, we'd like to think it's not going to completely supersede us.

And it's the new way that the world works. But then it's like, you can, then you can go down the spirituality side. And it's like, uh, when we talk about not necessarily artificial intelligence, but just life and this whole thing of like regeneration and, and, um, reincarnation, reincarnation saying, you know, when you die, that's it.

Like that's literally it. You literally die. One day you wake up and then you die.

Yeah. And you're like, all right, well, that's that. And that's the end of that whole human experience.

If you believe in like the soul or reincarnation and stuff like that, you believe that we're human design, you know, you're reborn.

[Akash Vaghela] (27:44 - 27:49)

Well, if artificial intelligence takes over and then the humans aren't needed and humans go extinct, what do you think happens to the souls?

[Daniel Hill] (27:50 - 27:53)

Well, I mean, that's just another mind blower on it.

[Akash Vaghela] (27:54 - 27:57)

Where are they going to? Maybe they go into the robots.

[Daniel Hill] (27:59 - 28:42)

Yeah. I mean, I could literally, I tend not to, I tend not to nowadays, but I could, but I mean, then you think, well, maybe we've just got a level of consciousness that we are, we are the old version of AI. You think if you were to create AI nowadays with what humans have created, you would use things like alloys, platinum, silicon.

You'd use these material. Whereas back in the day, if you were to use what was best then and it became, you know, it could then create itself and it could grow and it could repair itself. It would be bones and it would be flesh and it would be, you know, neurological nerve system.

It would be a brain that was just super computer that nobody understands how it works. It's all very, it all looks very version V1 and V2, doesn't that?

[Akash Vaghela] (28:44 - 28:46)

Yeah. Bit of a mind blower that one.

[Daniel Hill] (28:46 - 29:05)

But then if you go to the ultimate, like blow your head again, I tend not to go down this hole much anymore. Cause it's like, at the end of the day, you might as well live your life. Don't my, my, my year off this year was stop looking, start living.

Stop wondering what the meaning of life is. Cause you get to the end and you've not figured it out and you haven't lived either.

[Akash Vaghela] (29:05 - 29:07)

So it's like, do you think much about death?

[Daniel Hill] (29:09 - 30:47)

Do I think, I think about, I do think I do have periods in my life when I go through it. Um, I went through, I've been paranoid about death for like various reasons. Most recently I've had personal and family experiences with death and it's definitely made it very, um, brought it very close to home, but not in like a tragic traumatizing way, more in like a just factual way.

It's like, Oh, right. We do all die. Cause I've, I've been fortunate.

I've never had a close, I've had friends, but I've never had somebody come of age. And then as a older parent, someone really close to me die until recently. And then it's like, it's your first experience of like, wow, this death thing does actually happen.

And it happens to everyone. And one day that's going to be, you know, that's, we're going to have our last day. And the thing actually, and I think about that on a daily basis at the minute, but that's quite a seasonal.

Um, but then with the soul side of things, I think about reincarnation. I do believe we live this life. I believe I'm an old soul.

I genuinely believe it. I've been here lots of times and I'll die and I'll be none the wiser. And I'll be reborn into another body or a body will be born.

I'll go into it and then I'll wake up the same way I did in this body. I'll have no idea what my previous life was. People are like, what's it like when you die?

Well, you tell me you were dead for 42 billion years before you, before you were born as Akash. You were a professional at death. This is the, this is a strange thing for you.

It's the first time you've been alive, but it really haven't. I mean, or you can believe in evolution and, um, the atheist view of just science. And then it's like, Oh, actually you are dead forever then.

And then that can become quite a scary thing.

[Akash Vaghela] (30:47 - 30:52)

Do you think, do you think time moves quickly? It's all relative on that. So for you, do you think time moves quickly?

[Daniel Hill] (30:53 - 31:27)

Uh, well I woke up last year and realized I was 36 and I was like, where's the last 10 years gone? I actually sat there for about 20 minutes. I was like, I have no idea where the last 10 years has gone.

But then also I've always thought of myself as young. And now I think having lost a parent and become more, I've done 20 years in business this year, get into some sort of position of like financial independence. I feel like I've, I feel like I've feel like I'm starting to grow up.

People say you don't feel like an adult until you have a kid or you lose a parent. And I'd say, I've not had a kid yet, but I would say I'm starting to experience, experience that. What about you?

[Akash Vaghela] (31:27 - 31:39)

Yeah, I'd say I'd agree with that sentiment around having a kid. I do feel that there's an extra sense of responsibility that I didn't have before, but I don't feel like I've suddenly grown up. I think I was already a bit ahead of my time.

[Daniel Hill] (31:39 - 31:41)

Yeah. I feel like I've always been an old soul.

[Akash Vaghela] (31:41 - 31:59)

Yeah. Like when I was 21, as a personal trainer, I used to have like 40, 45, 50 year old exec clients. And they'd always say to me at 21 going on 40.

And I never really understood it, but I kind of get it now. I think I was just always, I wasn't into what I know what 21 year old should be into.

[Daniel Hill] (32:00 - 32:07)

And I think that's the old soul. We've been in so many times. We don't, we don't need any more jet skis and paragliding.

You know, we were here to get stuff done.

[Akash Vaghela] (32:07 - 32:11)

What's interesting is you said you're 37. And you feel like where's the 20 years?

[Daniel Hill] (32:11 - 32:13)

I think I'm 36. Am I 37? I might be 36.

[Akash Vaghela] (32:13 - 32:23)

Where's the 20 years gone? But the idea is like, if you think you might go to 80, 85, 90, you've still got another lifetime of what you've already experienced to go. Yeah.

I think that's exciting.

[Daniel Hill] (32:23 - 32:38)

And I think that is probably where I do want to start a family. That's part of it. It's part of the next chapter.

I do sometimes sit there and think I've done this for 20 years. I can't do this for another 20 years. Because it is, it's a lot of the same, but doing new stuff, isn't it?

Which is fun and exciting, but it's like, there is a degree of.

[Akash Vaghela] (32:38 - 32:39)

Your calendar will look very different then.

[Daniel Hill] (32:40 - 33:09)

Yeah. Yeah, exactly. And just experience a new part of life.

You know, we go through these chapters in our lives. So yeah, that's a very good topic. Nice round.

Round four. What do we disagree on? So you're one of my closest friends.

We've worked together for a long time. We've been through a lot of stuff personally and professionally. And we're very aligned.

Like it's very rare we have a conversation. We love to debate. But what do we actually fundamentally disagree on?

[Akash Vaghela] (33:10 - 33:48)

I think the one that sticks to mind is, you were very against Channy coming into the business. That was one thing we actually disagreed on. You're probably one of the few people, like whenever I ask for advice, you're usually like bang on the money.

There's very few things I'll disagree with and think, I was going to do something different. And that was one of the only ones which you kept saying, don't do it. And I was like, I don't think I agree with him.

But then when I decided, I couldn't, I find it really hard to tell you. He's going to be like, oh, that was a bad decision. And I was like, luckily it worked out well.

But that's one thing I can think of that I disagreed with you. And it worked out. It worked out okay.

[Daniel Hill] (33:49 - 33:53)

And just for context, I sent you a voice note for the sixth birthday the other day.

[Akash Vaghela] (33:53 - 33:54)

That's probably why it's on mine.

[Daniel Hill] (33:54 - 34:42)

And on reflection, my sentiment was, when we first started working together, I said to you, there's no silver bullet. There's no white night. It's like, I will always offer you my opinion, which is my responsibility.

Yours is to challenge me when you think I'm wrong. And then you have to make the best decision. And I said, and again, coming back on it, I said, hats off.

Without a doubt, that's one of the best decisions you've made in the business. And it was completely different to what I thought. And I think for those listening who are considering it, it probably is an illustration of my wisdom, which sort of suggests that the odds are against you.

But you have a very unique and impressive relationship with your partner, your wife, the mother, your daughter. And now, I don't know whether you'd say business partners, but like...

[Akash Vaghela] (34:42 - 34:42)

That's what we call each other.

[Daniel Hill] (34:43 - 34:54)

You do call each other business partners. Yeah, you have a very unique experience where you're able to balance all of those. And hats off to you.

It was absolutely the right decision. The business wouldn't be where it is today if it wasn't for you making that decision.

[Akash Vaghela] (34:54 - 35:23)

Yeah, I think for those who are wondering, should you ever go in business with your partner? I think it's the same as like going into a business with... I have another normal business partner, but 10 times as harder.

Because in terms of like the qualification necessary, you know, your values got to be aligned, your missions got to be aligned, you got to be able to speak about the hard things, and you got to be able to also play different hats. So husband, wife, father, mother, business partners, and struggling all that in one.

[Daniel Hill] (35:24 - 35:33)

And it's very... Again, yeah, it's like the odds were stacked against you. But I would say absolutely.

If we had our time again, I would say you've made absolutely the right decision.

[Akash Vaghela] (35:33 - 35:53)

So that's the only one I can think of top of mind. The other one is probably what we spoke about earlier, where, you know, you told me you've lost that edge and energy. I still feel like you've got it.

Maybe you're showing a scar. Maybe you've got scars I've not seen. But I personally think you still...

I still think you're young. I'm like, you've got another 30 years, 60 years.

[Daniel Hill] (35:53 - 35:58)

I wouldn't say it's... Yeah, I would say it's... So yeah, I think we do disagree on that.

And I think it's what...

[Akash Vaghela] (35:58 - 35:59)

We talk about it often, don't we?

[Daniel Hill] (35:59 - 36:21)

The value here is exploring it, because, you know, either we're both right, we're both wrong, or, you know, the answer is somewhere in the middle. And I think it's maybe the... From my side, it's the fact that I used to have this killer instinct that nothing else mattered, and I needed to get to the top of the mountain.

And that was my drive. And then having done that, I now no longer have that drive.

[Akash Vaghela] (36:21 - 36:29)

Agreed, I should... So I'm going to challenge you, because you say you haven't got that killer instinct, and you don't have that burning desire. But what do you spend most of your days doing?

[Daniel Hill] (36:30 - 36:48)

Not... I don't have... I wouldn't say it was pleasant.

I wouldn't say my killer instinct. I would say it was just not... It was not...

It was an obligation. There was no way I couldn't do it. And it was all driven by parents' expectations, fear of failure, like I wanted to do all that stuff.

But now I've achieved it.

[Akash Vaghela] (36:48 - 37:39)

So I think what this is actually is a shift from operating from scarcity, where it's like... There's like... Yeah, it's just like pain, anger, fear, all these things.

And then operating from abundance. And it's like push and pull theory. Push theory is you're running away from the tiger.

Pull theory is you're putting yourself to a new reality. And I think maybe you're just not used to now being away from the push and now into the pull. And you just haven't explored what business life looks like, where you don't have to run away from things just to feel like you've got that killer instinct.

Because that's not sustainable. That's like to get you out of the mess or whatever you think is the mess. The next layer is probably the next layer which you haven't embraced yet.

Or accepted. I don't know if that's one.

[Daniel Hill] (37:40 - 38:27)

I think you're right. I do think you're right. I think...

Yeah, I do genuinely think you're right. As I'm progressing through it, there's certain things that I'm learning. In the last month, it's finally become apparent to me I'm doing too much stuff.

I'm involved in too many businesses, too many investments, too many deals. And then I've just become... I was speaking to somebody on Friday.

And I said, I feel like I'm just not... I don't have time to do a good job. You know you said earlier, you just want to do a good job.

When I sat down recently, I've done some really good work. I'm so proud of it. I'm really happy.

One of my life coaches says, you feel that sense of sensation it's going to be when it's done. But when you don't have enough time in the day, chasing deals and activity and opportunity replaces that satisfaction. It's that lack of urge control.

[Akash Vaghela] (38:28 - 39:34)

I think it might be it. I think the acceptance of things, by the way, is really interesting to explore because maybe you're in that state now where you don't have these expectations or these fears that you were once operating from and you thought that was your killer instinct. And it probably was to an element to get you where you were.

But now it's like, you don't have that fueling you. You've got another fuel, but you're just not tapping into it, you know, accepting that I can do it without these negative emotions that you think it has to be stars on your eyes, your hair falling out, hallucinations. You think it has to be that to do it.

Like I've not had a blackout experience or the scalp, where my scalp used to peel off. I'm not any of that or cross these ears or whatever the things that my skin used to do when I was burnt out. I haven't had that for ages now.

And I think, I wonder why that's been a big shift because for the first few years of business, that's what I was getting. Every few months I'd get that and I was wearing it as a badge of honor. I was loving it.

The more it happened, the more I'd lean into it and think, this is what it's all about. This is the pain. But then I've kind of moved away from that.

And now I'm like, if I get that, I'm like, something's really wrong if that's happening.

[Daniel Hill] (39:35 - 39:51)

You know, we put it back to, so a lot of this connects to the drive question, good drive topic earlier. I'm talking about the Moetai fight. And you're saying, you know, you were driven by, you didn't want to be a failure.

You know, failure is not an option. Is that being driven by a place of pain? Or is that a pull of, you want to have the satisfaction of having done a fight?

[Akash Vaghela] (39:52 - 40:45)

Yeah. So the fight, for example, there was two reasons for it. One was like, one was like, I want to, you know, when I was a teenager, I did boxing for a bit.

So I got mugged as a teenager, did some boxing, thinking that would help me build my confidence up. And then I did sparring. I did my first sparring session when I was like 16.

And I got quite badly hit. Quite often. And then I went back, and I went back to the gym.

And I completely forgot about that whole thing until I started Moetai. And I was like, ah, I need to prove to myself that I can, I can step in the ring, hold my own and not like, sort of back away. So that was one fuel that only really came to me right at the end.

I was like, oh yeah, I remember that happened. Most of it was just more like, can I actually do this? It was more from a state of, can I actually be a fighter?

Can I move my body in a way that is, can withstand the rigors of a fight camp.

[Daniel Hill] (40:46 - 40:59)

And when we pull that into it, it's basically the superior man, right? It's being a superior man. And when I'm locked into that superior man, I'm like, I know that I'm in my element.

I can like take myself to levels that nobody else will.

[Speaker 3] (40:59 - 40:59)

Yeah.

[Daniel Hill] (40:59 - 41:21)

But that is also the scary part. Cause it's like, when you become so obsessed in that space, it's like, I'll watch other people who are doing stuff. And you just think, you know, David Goggins is a good example.

And he's going out and doing three ultra marathons in a week. And you're like, is, does it get to a point where you actually, it's not self fulfilling. It's actually self sabotage.

[Akash Vaghela] (41:21 - 41:55)

Well, he talks about it as he uses this, he says like performance without purpose. I think it's really interesting. And he says he's working on himself in that.

He says he's just working on a project of himself and trying to peel the onion and find out more and more about who he is. And he thinks his whole purpose is just to figure that, figure that shit out. I think that's really interesting because I think when you exhaust the body, you can really tap into the mind.

You can really tap into like what you're capable of and what you've like actualized or realized in your life. I think it's very, for me personally, that's my way of like finding that piece.

[Daniel Hill] (41:55 - 42:03)

It does get, you know, if it does get to a place of like self harm though, where you do get to a point of like, if you're doing it in a negative way where you're like, you're doing it because you want to burn calories.

[Akash Vaghela] (42:03 - 42:05)

You're doing it because you want to stay shredded.

[Daniel Hill] (42:05 - 42:09)

And if you know, if you're not do a weight cut, like I'm saying, I'll go down to 63.

[Speaker 3] (42:09 - 42:09)

Yeah.

[Daniel Hill] (42:09 - 42:21)

I shot a 58 last time. It's like when I get to 63 and I'm like beach lean, am I going to stop at 63? Or am I then going to be like, okay, let's just take another couple of kilos off.

Well, we're down here anyway. Let's go, let's go bone dry.

[Akash Vaghela] (42:21 - 42:31)

I think it's self harm if you try and stay there. It's self harm if you try and do things that's not healthy to your body. There's no harm in doing.

Well, even when you're in the hole. Climbing the mountain. Well, you're seeing what you're capable of, right?

[Daniel Hill] (42:32 - 42:34)

Yeah. Yeah.

[Akash Vaghela] (42:34 - 42:37)

That's where all the growth is. There's no growth in getting out of 63. Anyone can do that.

[Daniel Hill] (42:38 - 42:39)

Yeah, yeah. Exactly.

[Akash Vaghela] (42:39 - 42:43)

Anyone can do that. You're not going to, where you found all your growth was 63 to 58.

[Daniel Hill] (42:44 - 43:09)

Yeah, it was like doing three peaks challenge last week. The target is, can you do it in 24 hours? And that's the challenge.

We're all of a sudden, like before we even started, we were like, we should probably be able to nail this in 22. We did it in 21, 57. And you're like, what's the, why does it actually matter?

It doesn't matter. In a world where nothing matters, like nothing does matter. We're all going to be dead.

You know, in a blink of an eye, we're going to be dead and nothing matters. But in a world where nothing matters, you choose what matters. And in that scenario, that matters.

[Akash Vaghela] (43:09 - 43:17)

It's also a confidence thing. Knowing you can go from 63 to 58, you can then transfer that into anything. A hundred percent.

That, I think that's where the biggest growth is.

[Daniel Hill] (43:17 - 46:00)

Yeah. It's the trust space. Like if you confidence is like a word, a French word for like trust.

I think it's like confidant, which means trust. It's like you've trusted yourself enough times to do something and delivered. It just builds your confidence.

And yeah, it takes you where you need to be. Good one. Just jumping in quickly with three very exciting opportunities for you.

So the first is after the success of last year's private VIP WhatsApp groups, through the months of June and July, 2023, we have reopened these for a limited period. Each group is capped to a maximum of 20 people. And it gives you the opportunity to network with other high performing entrepreneurs around the UK.

You'll get VIP discounts to some of our online and physical trainings over the summer. And every Wednesday at midday, all private VIP WhatsApp group members will actually be invited to attend a private mentoring call with me personally, where I'll share unique bonus training, blueprints, resources on how you can become a seven figure entrepreneur with a six figure income. But also I can support you direct on there with some private one-to-one Q&A mentoring sessions.

If you want to make the most of this and join one of the VIP WhatsApp groups, please message VIP access to the mobile number that is in your show notes now. Second, we're going to do a one-off online training called Deals, Deals, Deals. So we had lots of attention over the deals that we've been doing.

And to share the strategy and structure that you need to create your own seven figure equity and six figure income, I'm going to do a one-off online training on Friday the 30th of June from 9.30 in the morning until midday. But this one is going to be for experienced investors only. So you do need to have a minimum of one year's experience in property.

And on the Deals, Deals, Deals online training, I'm going to take you through the blueprint that we use start to finish. Click the link in the show notes, Friday the 30th of June, 9.30 AM till midday. Click in the show notes now.

And then finally, we have our annual three-day blueprint. So the webpage is now live. And if you've enjoyed listening to our podcast over the recent months or years, and you've enjoyed what you get for free, just imagine how good our paid training is.

If you want to learn the entire property entrepreneur blueprint that I created to build all of my businesses and portfolios, start to finish in a five-star resort with some of the UK's leading property entrepreneurs, visit www.donttalktotenants.co.uk. The link is also in the show notes to see which one of the two dates we're putting on this year is going to be best for you. Right, back to the podcast.

[Akash Vaghela] (46:03 - 46:07)

Here's a bit of a right-wing one, or left-wing, I don't know what the direction is, but sex.

[Daniel Hill] (46:08 - 48:07)

Interesting. When you said like, what's an example of topics, I nearly said sex earlier. Oh, did you?

Yeah, yeah. Right, sex. So obviously, very broad topic.

I would say places to start off is like most recently from a personal experience is like having looked at my relationship, other people around me's relationship, especially people who've had kids and started young families, and watched how, obviously, when you start going down the rabbit hole, you look at stuff, but it's like how significantly, how significant sex is, active sex is within a relationship.

What do you think about it? I think it's like a biological thing. I was chatting to someone at the gym about it, and there's an Instagram reel or whatever, I've not seen it, but it says about like, he comes home and his missus is like banging the pans around, she's in a mood, she's like, oh, move your stuff, blah, blah, blah.

And he's like, not having this, picks her up, chucks her over the shoulder, takes her upstairs, they have sex, and they come downstairs, she's like, oh, darling, I'm going to, what do you want for your dinner? I'm going to make your favorite tea. And it's like, as a man and a woman, I think you have to have this biological connection, physical connection.

And I've had it in my relationship in the past where this stress and energy seems to come out of nowhere, and it's building up and building up. And then you might get a week in, and then you have sex. And both of you are like, oh my God, that's what the problem was.

We haven't had sex for a week, and it just sort of like releases the stress. And I think it's, and looking at, again, looking at people who've had kids, I think one of the challenges, and maybe you've tuned into this or you haven't with a lot of people you know, but it becomes consistent sex through a relationship, obviously with the same person. Consistent sex relationship can become a challenge.

Throw in there a 40-hour working week, and then a kid, and it's like all of a sudden it becomes, it can easily get shelved. And the longer you leave it, the worse it gets, I find.

[Akash Vaghela] (48:07 - 48:10)

Yeah. I think polarization in a relationship is really important.

[Daniel Hill] (48:11 - 48:11)

Otherwise- Masculine and feminine.

[Akash Vaghela] (48:12 - 48:25)

Yeah. And just having those polar opposites, because otherwise you lose that energy and that edge that you have. Again, it's another thing from David Deed, he talks about if it's blunt, if you're both in the middle, you're both neutral, you're basically just friends.

[Daniel Hill] (48:26 - 48:27)

Yeah, like housemates.

[Akash Vaghela] (48:27 - 48:42)

And you need to have that masculine and feminine pull. And it doesn't matter, obviously it doesn't matter if feminine could be in a man, masculine body in a man, etc. But you need to have that polarization in order to drive the energy that a relationship can create.

[Daniel Hill] (48:43 - 48:44)

Yeah, I'd agree.

[Akash Vaghela] (48:45 - 48:49)

Do you think a lot about sex?

[Daniel Hill] (48:51 - 49:57)

Less so. When I was younger, I would say I was your traditional hormonal male. And it was like, it was the top of the agenda forever.

Someone said to me once, why did you want to be successful? And I actually said as half a joke because I wanted to get laid. And I actually was walking through the supermarket the other day and I was thinking, do you know what?

I think that might have actually been a real key contributor. Because like, I'm not your traditional good looking guy. I was like, what gets you to the top of the pile?

Being publicly successful. And I remember, I just, even from literally from like 12 or 13, whatever was cool or whatever, I did it. And it was effective.

It was never something, having a, being able to attract women was not something, a challenge that I had. But then also, as soon as you can get it, it wasn't a focus either. I very quickly, I've had limited partners.

I normally stay with people for years rather than months. I'm not interested in the like one night stand or that sort of game. But I do think about it.

I think about it more practically, which might not be the right thing to do.

[Akash Vaghela] (49:57 - 49:58)

What do you mean?

[Daniel Hill] (49:58 - 50:37)

So for example, dopamine levels. So like I'm constantly, when if we're going into the period, like now I'll be really focused on dopamine. So fasting in the morning, not having anything to like, doing anything to spike my dopamine levels.

And I find like sex or masturbation is like something that can just deplete your dopamine straight away. So if I'm not actively having sex, I can feel it physically build up this, like not necessarily stress, but drive, you know, like a hunter mentality. And I feel like practically I sort of tune into that.

So I'd be a bit strategic about when I would choose to have sex and when I wouldn't. It would definitely wouldn't be at five o'clock in the morning on a work day.

[Akash Vaghela] (50:38 - 50:41)

So you're basically going, I don't want to be timed here, but when am I going to have sex?

[Daniel Hill] (50:42 - 51:49)

Well, yeah, no, not so much. But there's that. And then also the keeping the relationship, a balance of keeping the relationship fresh and exciting and intimate.

And also not neglecting it, but not, not, not having, like I said at the beginning, I think not having active sex in your relationship. And there is a whole new wave of content coming out now. I think Jay Shetty is talking about it.

There's loads of people talking about how, you know, most people are not having sex. Like most people are not having an active sex life with their partner. And I think it's more than a, I think it's a lot more than just satisfaction.

I think there's a connection piece, an intimacy piece for a man and a woman, the masculine and feminine sort of ownership. And, you know, that, that sort of piece, I think there's a biological piece for men and women, probably in my experience, more so women where they have, they need to feel that either the connection or even biologically, it releases some sort of chemical where they just feel safe, satisfied, loved, connected. And if they don't have it, it has the adverse effect.

What about you? What springs to mind when you think about sex?

[Akash Vaghela] (51:50 - 52:53)

Um, so I think it's interesting, you said right, when the work week's involved and life is involved, you think less about sex. And I'm probably the same. As soon as we go on holiday, my sex drive goes through the roof.

And I often wonder when I'm doing it, when that happens, I'm like, what's been going on? Cause that, that, this is new. And it's just, I think, I think, um, work and just working and doing things can blunt your sex drive if you're not careful.

And when you are like hell bent on one thing, you can easily just forget about sex. And I have to sometimes, if I'm like pushing hard with work and pushing hard with training, your sex drive can actually just take a massive hit. So you have to be careful about that.

And I think if, if that does happen for me, I usually use it as a sign of I'm probably overdoing it. Um, because hormones probably aren't, aren't in, aren't in the right place. So, but at the same time, if, if I, if I don't have sex for a period, then I do feel that buildup.

And then there's that, there's that urge to like, I mean, sometimes you've got to do it.

[Daniel Hill] (52:53 - 53:02)

Sometimes it's like this, this is like Joe Rogan talks about it like comically. And it's like, you don't have a choice. It is the top of your part, top of your physical, mental.

[Akash Vaghela] (53:03 - 53:05)

It's just in your head all the time. Right.

[Daniel Hill] (53:05 - 53:38)

It's just neat. And it needs to be done. It's like, it's a stress.

It's like, yeah. And I mean, it's stress as a, so it's a positive stress or in that case, you've literally got your body, either physically or mentally or whatever's got to release. But, um, also stress on your libido.

Like, like you say, you're on holiday, you're on holiday for, it could be three hours. You get down, touch down on the beach, you're in your swim shorts. You're like, wow.

You're like, hello, what's going on there? And you're like running back to the hotel room and you're doing it three times in a day. And you're like, we haven't done that for a long time.

It's very, very real, very real thing.

[Akash Vaghela] (53:38 - 53:47)

Yeah. Do you think, do you think people are, do you think relationship, do you think, do you talk about it a lot in your relationship or do you sort of, is it something you have conversation in your own head?

[Daniel Hill] (53:49 - 53:50)

About frequency of sex?

[Akash Vaghela] (53:50 - 53:51)

Yeah, just, yeah, just sex overall.

[Daniel Hill] (53:53 - 54:46)

So I would say Sav is like, when we talk about masculine and feminine, Sav and I are both quite balanced. So like, she's got very masculine traits, but also very feminine traits. And I would say, I'm not like your traditional alpha male.

I can be quite masculine and quite feminine. And that can also balance in the bedroom. Like sometimes she could be, want to be the more, not masculine, but I mean, like she would be the one that brings it up in conversation and wants to talk about it.

Where previously early on in our relationship, I might be quite shy about it, quite prude about, not prude about it, but it was like something that happens in the bedroom, in that enclosure and the things that go on in there, perhaps don't then get talked around the dinner table. Like that was quite a, for me, maybe in my upbringing or whatever, it was just the way that I sort of split it. But over recent, I would say recent couple of years, it's definitely become more, we can talk about it during the day.

We might have a little bit of a flirt, and you know, it's like, yeah, it's.

[Akash Vaghela] (54:46 - 54:51)

What would you say, you say you're masculine and feminine balance, but what do you say your feminine traits are?

[Daniel Hill] (54:53 - 55:05)

Probably like, I'm not like an alpha male who's like completely dominate a woman, be completely like a ravish. You know, it's not always a complete ravishing.

[Akash Vaghela] (55:05 - 55:18)

And also I've studied like- When I think of an alpha male in the way you thought about it, I think you're going to bring up Sigma, right? I think a little bit more like that.

[Daniel Hill] (55:20 - 56:25)

Yeah, I'm probably more like Sigma. I suppose in the bedroom, it's like when you read books, like what women want men to know and all these stuff about what everyone thinks sex is, which is basically what you see on porn. How hard can you do it?

How rough can it be? How much level of degradation can there be? All these extremes now that exist.

I mean, I would say it's unhealthy in the main. My general attitude towards that stuff is I don't want that in my life. I don't find it has a positive benefit on my life, my mental health, my relationship.

Whereas in a relationship, sometimes there's a time to throw them over your shoulder and absolutely go for it. Equally, sometimes they want to fill their boots and it's like, I'm quite happy to let the balance play. I would say as well, the good thing is I've never really had to actively invest, apart from the conscious effort of doing it, never had to invest in the sex life of like, how do we keep it fresh?

How do we keep it new? How do we stop our eyes from wandering? And I feel that's been, that's down to like the relationship as well as the sex.

[Speaker 3] (56:25 - 56:26)

Yeah, agreed.

[Daniel Hill] (56:27 - 57:37)

Boom, good one. It's last but not least, it's round six. So round six, fatherhood.

So this has been tabled lots of times and I would say we've covered most of the time, like you and I spoke about it previously, but there'll be lots of people in my shoes listening to this who have not got a friend, a confidant, a family member who's so close to the line of living the fast paced entrepreneur lifestyle. I'm never going to have time to have a family. Do I want to have kids?

I'm too busy. I've got my own agenda to then pretty much out of nowhere, not out of nowhere, but pretty immediately falling pregnant, having a child. And you're in a very unique space where it's fresh enough for you to reflect on the first few months of being a father and having a baby or first year of having a baby on the way and being a father to a newborn and rapidly scale in a six year scale up company.

And I just wanted to get some insight from you on the mindset, the journey, the pros and cons.

[Akash Vaghela] (57:38 - 59:31)

Yeah, it's a good one. So I always wanted to be an active father. The reason why I stopped being a personal trainer on the gym floor was because I started seeing my colleagues around me having children.

And as a personal trainer, it's very unsociable hours. It's Monday to Saturday, 6am, 5am, you leave the house, you're back home at 10. And I started seeing my colleagues having children and they always turned up on Monday, bleary eyed.

And I said, how was the weekend? He's like, yeah, it was good, but I was sleeping most of it. So when you get a chance to see my kids, I don't really get a chance to see them in the week.

And I remember thinking to myself, that's gonna be on my reality at some point in the future if I don't make a change. So one of the reasons why I was always conscious about the way I set up my business and life was at some point being an active dad, somewhere along the lines that kind of got forgotten. And then it then it became the natural.

Well, how am I going to have time for this? Or I'm going to lose my flexibility, all this flexibility I've created for myself to have kids. I don't want to lose it.

I don't want to lose the ability to do whatever I want, whenever I want, have a slow morning, you know, just chill and have a coffee with my wife on the armchair, whatever it is. So then I got stuck in this cycle for about a year of, I don't think this is a thing for me. And then I was doing my photo shoot prep last year.

And as always, in the last few weeks, when you're in that space that we discussed earlier, like the extreme bit, that's when I was like, I think we should have kids. I think Chanyu was saying, you sure? Where did that come from?

I think a couple months ago, you're saying this isn't for you anymore. I said, no, I think it's, yeah, I think now's the time. Like I feel ready.

I said, how are you going to make it work? I don't know. But we'll figure it out.

And I don't think the idea, I think the idea sounded great, but I don't think it really settled. Anyway, then we decided to come off the pill, got pregnant pretty much straight away. And then the reality sunk in of like, shit, we've got seven months to go.

You know, once we find out.

[Daniel Hill] (59:32 - 59:49)

And then it was just to sort of, because I was fortunate enough to be there in that moment. Indirectly when you found out and people are sitting there thinking they're still on the fence. What's it going to be like when it actually happens?

How did you feel in that isolated two hours when you found out? How did you feel?

[Akash Vaghela] (59:49 - 1:01:47)

Yeah, it's great. Because, you know, you think of when you find out about pregnancy, you're jumping up and down, you're opening balloons and all those things. My first reaction when Chanyu, for a week, she'd been saying to me, I think I'm late on my period.

I was like, oh, cool. I just move on, move the conversation on. Honestly, I wasn't sinking in at all.

Then she sat me down. She's like, look, I think we need to take a pregnancy test. As I finally took it, my first reaction was fuck.

And I didn't know what to do. I was almost like speechless. And but not in like a, oh, this is amazing news.

It was all like, shit, what are we going to do? And then I said, I need to speak to someone. So I text you, I text you.

I was like, and you're like, well, first off, congratulations. And then you kind of like, you kind of leveled me out with it. I can't remember the exact words, but I think you said, I think this is a blessing in disguise.

Like, this is obviously amazing news. And then once it settled in, then I kind of felt the emotions that you feel and the excitement. But that took me about a month.

The first month, I was just like, almost not in denial, but I was scared. I was worried about this loss of freedom, worried about how I'm going to live my life of training and working. And then as you got closer to the deadline, it really forced me to, to think differently about how I'm working.

And I was like, I can't, there's certain things now I just need to delegate or I need to restructure. But again, it only kicked in the last six weeks. And that's when I was like, shit, I've got six weeks to go.

I've got to change these things. And then I think it only settled in about having a daughter when it actually happened. And when she actually came in, then I was like, oh wow, this is the feeling.

Because my biggest fear before Sia arrived was would I be able to connect with her? You know, would I feel the emotions toward her? Would I feel any love towards her?

Or would it be a very robotic, black and white relationship that I have with my daughter?

[Daniel Hill] (1:01:48 - 1:01:58)

And the reason for that, for those who are listening and wondering why you'd say that is, you and I are quite stoic, quite black and white, quite old soul. We don't, we're not hugely emotional people.

[Akash Vaghela] (1:01:58 - 1:02:06)

Yeah, not emotional, very level-headed. I don't really say I love you. In Chinese, You've told me twice now, so I'm holding both of them.

[Daniel Hill] (1:02:07 - 1:02:08)

I've got them saved as my wallpaper.

[Akash Vaghela] (1:02:09 - 1:03:28)

And Chany said to me, he's like, you know, I hope you say I love you to your daughter one day. And I was like, I hope so too. But I hope I don't just say it because I'm just saying it rather than actually feeling it.

But when she arrived, there was like this sense of like, oh wow, there is a feeling of love that you can't describe. Like I used to always feel, I wonder what that feels like. I wonder if there's an actual thing.

And my dad would say to me, oh, when she arrives, you'll know. And when she did arrive, I was like, oh, there is that feeling. And there is an emotion there that I feel towards her.

And then when it came to bringing into reality of working in business, somehow it's just sort of fallen into piece. And now I've just got this like blend of work and life. I didn't really take, I thought I was going to take a two week paternity leave.

I didn't really take it. I just sort of did a bit of work, did a bit of parenting, did a bit of work, did a bit of training, like did a bit of parenting. And it's just that I've sort of found a blend.

And I'm obviously still finding a routine. Like it's always evolving. Every few weeks it evolves.

But I've never had the like stress of, I've got a young kid. I don't feel stressed. I've got a young kid.

I don't feel that it's a burden. I feel like it's a chapter in my life. I'm really happy to experience.

[Daniel Hill] (1:03:29 - 1:03:34)

And having gone from that initial space where you weren't sure, then you found out you were pregnant. It was like, oh shit.

[Akash Vaghela] (1:03:34 - 1:04:26)

Now I feel like, I think everyone, like I was saying to you yesterday night, I was like, this is something you've definitely got experience. Like I think, I don't think it impacts you as an entrepreneur in any way. So far anyway, it's all life.

But my work in the last six weeks, I'm still really fresh. Like I'm six weeks in. But I think whilst I may not be able to do as much work because I don't like the quality of my work has gone through the roof because the time I'm working, I've got no time to mess around.

And I don't want to mess around mainly because you sleep deprived and you've got less energy. So because you've got less energy, there's only so much good output you can do before you're just running on fumes. So for me, I realized I got like four or five hours of good quality work.

And after that, nothing's possible. So I've got to be really careful with what I prioritize and careful with what I do. But the experience of like having a daughter is amazing.

And I have to pinch myself that she's here. Sometimes I'm like, how has this come for me?

[Daniel Hill] (1:04:27 - 1:04:42)

And do you feel like it with regards to those people who are in my sort of shoes, who are debating whether or not it's a step they want to take? Would you say it's made you a better entrepreneur, a worse entrepreneur, this sacrifice?

[Akash Vaghela] (1:04:43 - 1:04:56)

Yeah, that's good. Yeah, well, so I can't, I can't say, is it gonna make me a better entrepreneur? Because you need a long enough, longer timeframe for that.

But in terms of sacrifice, I don't feel that sense of, oh, I need to sacrifice my work. I need to sacrifice.

[Daniel Hill] (1:04:57 - 1:04:59)

I need to take Sia out for a walk.

[Akash Vaghela] (1:04:59 - 1:06:28)

Well, one thing I am doing is I'm trying to be careful of ever feeling resentment for that exact reason, because I feel like my work is still my number one priority. And that might sound a bit controversial. I think that is my number one priority in my life.

And I put Sia and my family as number two at the moment. And then probably my training. And those three always rotate where whatever's going on in life.

But I think that's the order I see it. But I never want to feel resentment when I'm working that I could be doing, spending time with Sia. And I never want to be with Sia and think I should be working.

And I've had a few moments where I'll be with Sia and I'm like, I should really be working right now. And I'm tuning, I'm trying to tune into when that happens so then I can avoid it the next time. So then when I'm with her, I'm just with her.

And that's a skill I think I need to work on. But I think that's where entrepreneurs may feel like they don't want to go through it because they feel like it's going to take away from what they want to go for. Because that drive that, or drive an entrepreneur is never going to go right.

You can't just suddenly let go of that. And I think if you do let go of that, you'll actually create more resentment. And you'll feel more like, you know, I'm not really being able to live my life because I have to look after my daughter.

I don't think that's, I don't think it should work like that. I think it should become like a blend. And that's what I'm trying to build anyway.

I'm trying to build a blend here where all of it, I get the best of both worlds. And I'm lucky enough to have a wife who's dedicating herself to being the main carer. And I think probably as an entrepreneur, that if you don't have that, then that's going to be difficult.

[Daniel Hill] (1:06:28 - 1:06:58)

Yeah, I get that. And time wise, just to roll up, you said, everyone was saying at the beginning about people who are sitting where I am, thinking, you know, I'd like, I feel like having kids is part of the human experience. It's something I want to do.

But then there's always timing. I would say timing wise, it has been quite a good timing for you. You've been enough years in to have the business established, have a team.

Equally, you could have gone on for another five years without doing it. One of the questions I asked you, you asked me or I asked you last night, we were talking about timing.

[Speaker 3] (1:06:59 - 1:06:59)

Yeah.

[Daniel Hill] (1:06:59 - 1:07:17)

And I don't know if you remember what you said to me as a closing sentiment, but I said, now would be quite a good time for me to have kids justifying why there's a nice little window of opportunity in this nine months or this year. And do you remember what you said to me?

[Akash Vaghela] (1:07:17 - 1:07:19)

I said, all the best entrepreneurs in the world have children.

[Daniel Hill] (1:07:19 - 1:07:30)

Oh, yeah. You said all the best entrepreneurs in the world have children. You said, tell me what you can't, tell me now what you can't do when you have a kid.

Because to me, it was like life stops when you have a kid. You said, tell me what you can't do if you had a kid.

[Akash Vaghela] (1:07:30 - 1:07:48)

Yeah, there's nothing I can't do when I have a kid. I'm still doing the same things. I'm still training.

I'm still working. I'm still spending. I'm still coming out.

Still spending time with you. There's nothing. There's literally nothing that I'm doing in my life.

I'm still traveling. We've got Mexico for a month booked this year. We've got other multiple trips.

Same, we're doing the same amount of traveling this year as we did last year.

[Daniel Hill] (1:07:50 - 1:07:55)

Chandi was pregnant as well. You've probably done more travel in the last two years. You should have had a kid than the year before.

Exactly.

[Akash Vaghela] (1:07:55 - 1:08:06)

So there's literally nothing in my life I'm not doing. And I'm not planning to stop because I think that's the experience of life. You just gotta bring it.

You gotta find your life by design, then just push it forward.

[Daniel Hill] (1:08:06 - 1:08:53)

On that note, we'll call it six rounds. Nicely done. Well done, brother.

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