**TBP 176 Studio Edit\_Transcription**

[Daniel Hill] (0:05 - 37:22)

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. Most entrepreneurs do not want to talk about this, but in today's podcast, it's what we're going to cover. We're going to look at anxiety.

We're going to look at stress and potential even panic attacks. If you've ever been in a situation where you've had an unpleasant experience at work or home, where your workload's been too high, your satisfaction and enjoyment has been too low, and generally, you're just not feeling the way that you want, hopefully in this podcast, we can give you some tips and tricks to either reduce it or in some cases, even remove it from your business and your life. In today's podcast, we're going to look at the topic of panic attacks, stress, and anxiety and how these may affect you and how you may be able to overcome them.

Lots of people obviously don't want to talk about this, and it depends what level of your journey you're at, where you are personally in your life and wellbeing, and where you are professionally in the volume of pressure and stress that you put on yourself. As we go through this podcast, you'll start to understand the different phases of the journey and also my recent conclusions as to why at some stages in the journey, it's a lot more detrimental and uncomfortable than it is at others. So this podcast episode is more of a follow-up to, or is a follow-up to the podcast episode that I recorded a few weeks ago called Pull the Cord.

Now when I recorded Pull the Cord, I was in heat of battle in the peak of championship season experiencing a lot of things we're going to talk about in this podcast. So overworked, under rested, stressed out, high pressure, and not really enjoying it, but basically burning yourself out. The concept of the last podcast was about pulling the cord.

When you spot those signals, and I've been doing this for 20 years this year, and every year it's the same story, but you get better at it. You identify the red flags, and then you understand when to pull the cord. Now that I'm the other side of it, I've really started to reflect on that experience.

It's happened every year to me for the last well over a decade, and it's now something that I don't want to do. I no longer want to put myself in that position. Five years ago, I would have been more than happy to.

Ten years ago, I would have loved to do it, but nowadays it's just not serving me. So we're going to look at why this is and how it comes together. So we're going to look at a couple of things to start off with.

So we're going to look at anxiety, we're going to look at stress, we're going to look at potentially even panic attacks, because I know a lot of people have shared with me in private that that's something that they've had experiences of in the past, and for some reason they do seem to be increasingly common. And then I'm going to just share my experience. And this is all framed with the disclaimer that I'm not a dietitian, I'm not a psychologist, I'm not specialized in any of these fields academically, but as a practitioner, it's the way I've lived my life for the last 20 years, and I'm just sharing my experience of this.

Quite ignorantly, I dismissed that and said, in my head, I'm thinking, pull yourself together, you must, you know, just mind over matter, think positively, et cetera, et cetera. And quite sort of ignorantly, I just assumed it was a way to describe people's approach to being a bit stressed or a bit unhappy or having some challenges. But then in 2019, I did my body transformation.

And when I went down to single digit body fat, where your body's literally in survival mode for months, and in huge calorie deficits day in, day out, I really actually had an experience of what anxiety was like, like for the first time in my life, I understood what it felt like. And it wasn't a, you know, when I was thinking previously, people just need to snap out of it, they need to think positively, et cetera, et cetera. I actually realized that it's not, it's in the same way as being ill.

If your leg was broken, you would need to put a cast on it, or if you had a chest infection, you would need antibiotics. My experience with anxiety was like, it was a condition, it was something that I was feeling. It wasn't a way I was thinking.

It was like, whatever it is, again, I don't profess to know the science behind it, but whatever it was, it was a deep, inrooted feeling of anxiety, you know, you could feel it in your stomach, the way your thoughts processed became sort of erratic. And it's like being, for me, having been somebody that's fortunate enough to have had that experience and then come out of it, it's like being ill and then getting better. It's like being intoxicated, being drunk, and then being sober.

It's like this completely contrasting experience in my experience. And it wasn't something that I could just switch on or switch off. And I had that in 2019, and I had it for probably two years afterwards.

And initially, it was just the way I lived my life, because I was in a deficit. I then had to come out of there, and it was maybe six months of weight cutting and then reverting out of a photo shoot. But then after that, it became part of my sort of life.

And I'd noticed that some days I would have anxiety, you know, I would wake up and just feel anxious. And other days, I'd be absolutely fine, and I wouldn't feel it at all. And what I wanted to do is then I had to control it.

So now, you know, this is some of the value for this podcast is how do you actually learn to control it? Because it is something you live with. It's something that I still get.

It's something that I experienced over the last three months when I was under significant pressure. And it's like, right, well, what is happening and how do I deal with it? So from the experience that I had, there was a few things that I did that made it better.

So one thing without a doubt was the volume of stress on my life and my body at the time. I was in a period of my life that was very challenging. I had lots of it was my level up year.

So literally, it was breaking records, buying companies, doing seven figure developments. It was it was full, you know, full heat of battle. Plus I was cutting weight.

Plus I was in a deficit. Plus I had a low body fat. Plus I was exercising a fair amount.

So the volume of stress physically, mentally, emotionally was very high. And then what I realized as I came out of it was as I increased my body fat and also reduced my stress levels, that definitely had a huge impact. Now, the only reason I'm saying increased body fat is because for me personally, I was in single digit body fat and that was too low.

And plus the volume of stress that created on my body was was very high. And so the only reason that I would say in my case, in that in that scenario, increasing my body fat was the fact that it was just it was just too low. My testosterone, my testosterone bottomed out, my libido bottomed out, my anxiety spiked.

And it was just it was just a significant correlation between increasing body fat, reducing stress and managing anxieties. That was important. And then if I think about how do I manage it like now, what I realize is when I'm in an experience of low stress, so if I was to say to you the last week or 10 days or two weeks when my workload has literally fallen off a cliff, I've had deals completed, I've had projects completed, sales campaigns completed.

Now that my workload has literally fallen off a cliff, I feel like I've gone from that being drunk to being sober, like literally that parallel of, wow, this is what it's like to feel good. This is what it's like not to feel stressed. This is what it's like to have good, clear, balanced mental health.

And I'm like looking at the things that I've done in that and the biggest one has been reducing my stress of workload, but without a doubt that has reduced my mental frantic panic thinking, being exhausted, increasing the balance. So not working. Again, if you listen to Paul the Chord, it's all very predictable.

You get into championship season, you increase workload, it's great fun, and then you burn yourself out. You go into masochist mode, you're working at the weekends, you're getting up and starting work at four or five in the morning, you're waking up at two o'clock in the morning, feeling wide awake, ready to go, and without a doubt, and this might sound obvious, is reducing my stress level. So reducing my work, reducing the volume of pressure, reducing just the pure pressure and stress that comes from work.

Also I would say what I've got into recently, so I've been doing a weight cut now for 16 weeks, and I would say I've got, what I was doing previously was going into extreme deficits. So I would be, and again, this is a false economy. When you're cutting weight, obviously the aim of the game is to be in a deficit.

And if you say your target deficit is 500 calories a day, as a masochist, you get going from slow lane, middle lane, fast lane, and then you want to go into masochist lane, all of a sudden your brain starts thinking bigger must be better. So I'm going to cut at 700 calories, 800 calories. Do you know what?

It's lunchtime. I'm not hungry. Maybe I'll just skip lunch.

And all of those things are a false economy. The aim of the game of hitting target is to hit target, not to go under, but it's also not to go over. It's to hit the target.

And having that, I had a number of burnouts, number of just days, couple of days ruined from under eating, gym sessions that just were just absolute flops and became difficult and basically just creating stress unnecessarily. And my weight cut now for the last two months, probably six to eight weeks has been bang on 500 calorie deficit, half a kilo a week. And genuinely I've not even noticed I'm cutting weight.

So, you know, it's again, success and failure, very predictable. It's doing things right, doing it painlessly and not having to punish yourself. Exercise.

I've started again recently, so my steps have been bang on, but my consistency of steps, I've gone back to wearing a Fitbit actually, just realized I haven't got my Rolex on today. I've gone back to wearing a Fitbit. So I stopped wearing a Fitbit about a year ago, just because it broke.

And for any of you that are into steps, you'll know that as soon as you take your Fitbit off, the discipline to actually do it is significantly lower. But it's just the case. It's just how the game works.

Getting back into my steps, then also adding cardio into my training. So I'm at the point now where I'm down about seven kilos and I'm probably heading into that last three to five kilos. And then I'm adding in cardio, which I'm really, really enjoying.

Real good feel good factor. Twenty minutes on the bike, get a real good sweat going, then go out and get my steps. Workout, cycle, steps, just been an absolute game changer.

And it's not, again, success and failure, very predictable. Getting these things in as a non-negotiable. So steps, diet is like eating the right things because eating bad food, again, this sounds so obvious, but it's so true for anxiety, stress levels is eating the right foods, but also eating the right foods at the right time.

So not starving yourself till 2 p.m. and then stuffing your face in the afternoon. It's like for me, actually making sure a lot of the time I'll be like this morning, I was running late, didn't have time to make my breakfast before I got picked up to come to the studio. But then rather than not have breakfast, I stopped on the way and got some oats, some ready made oats from the garage, because I know that if I eat, my body will feel settled.

It won't create stress. It will reduce the anxiety. So eating the right food, but also eating it at the right, right time is a key thing.

One of the things I found out, and I did a video for some of our VIP podcast groups recently about getting your health check. I actually got my Blue Crest. I got the full, you can pay for, you can have your health check once a year at your company accounts.

And I had mine done a couple of weeks ago and got my results today. Everything's looking pretty good. But one of the things that came up a couple of years ago was I had a magnesium deficiency.

And credit and shout out to Kevin Edge on this one, who's one of our fellow board members, longest standing board members. He recommended to me actually for sleep. So when I'm cutting weight, my sleep could be poor.

When I'm stressed, my sleep could be poor. I'm a pretty poor sleeper anyway. I go to bed between eight and nine, very rarely later than nine.

But then I'll wake up at 2 a.m., 3 a.m. or when I'm running really well, 4 a.m. and I'll get maybe six or seven solid hours. But when I'm in the heat of battle or I'm cutting weight, I can easily wake up at 2 a.m., be wide awake and that not, you know, not be good. And Kevin Edge recommended to me magnesium.

He said, have you ever taken magnesium for sleep? I said, no. And he recommended magnesium.

Again, you need to read about these things, check that they're right for you. I did that. I spoke to my nutritionist.

I spoke to my health. You have a with Blue Crest, you get a dedicated person who manages your health levels or you might use MediChex. I used to use MediChex for vitality and checking with them.

You know, is this something that's suitable for me? How should I take it, et cetera? And the first thing I took was magnesium citrate and I literally hand on heart took it, woke up the next day and just felt like a new man.

I couldn't believe that it was so powerful and I kept using it for a while. But then I found it sort of lost its edge. And then somebody said to me, you need to cycle it.

So if you have six weeks on, you have six weeks off or six months on, six months off or one day on, one day off and you cycle it because it has a your body builds up a tolerance or whatever it is. Again, I don't know the specifics, but somebody told me that. And that was definitely the case.

I mean, I would notice in it would become less effective. But but when it worked, it was very effective. Then I moved.

Then I had a health check and realized I actually had a magnesium deficiency. And for those of you that understand about magnesium. So a couple of things.

One is magnesium deficiency is very high. Basically due to diet, like one of the reasons is we farm the land in a lot of places so heavily, the nutrient level so low. And magnesium is one of those key things that comes from.

I understand like root vegetables, things that are grown in the ground. And with that being low, our diets allows it creates a deficiency. And also I read a study years ago which said that magnesium deficiency is one of the most incorrectly diagnosed causes of anxiety, depression, mental health issue.

And in my experience, definitely when magnesium levels are not where they need to be, my brain gets very active and it's something that does trigger my anxiety. It stops it from being managed well. And what I did about a year ago is I started taking something called triple complex, which is basically, again, you need to go and speak to a dietitian, nutritionist, whoever you want to use.

And this triple complex has got three different types of magnesium in and you don't have to cycle it. And I've been I've taken that every night before bed. So I take two vitamin D tablets, three triple complex tablets just before I go to bed with so eat my dinner before I go to bed.

Take those. And without a doubt, if I take them consistently and I've actually bought the big bags now in case they ever stop selling it. It's like when I take that consistently and get my sleep consistently and go to bed at the right time, my sleep is absolutely bang on and I just wake up feeling calm and feeling relaxed.

And there has been a few times in the last year where I've maybe left it at home or run out, and I've allowed myself actually the opportunity to test what it's like without it. And I noticed that over a period of three days, four days, I can physically feel my magnesium levels coming down and my brain getting active, me feeling a bit frantic. Definitely the sort of early signs of that feeling of anxiety.

And for me, that was, you know, a medically diagnosed, a medically diagnosed magnesium deficiency. So that's you know, that's just something to to consider. If it's not something you've already done, get your health check done, check your levels, maybe try magnesium on the advice of somebody for sleeping.

And they're basically the things I've done to to manage it. And I would just say it's now it's part of my life. I don't know what happened in 2019 to trigger it, whether it was the weight cut or it was the volume of stress.

But I definitely did something. And it's now just it's just there. But if I exercise well and I eat well and I sleep well and I take my supplements and I keep my stress levels low, genuinely, it is well managed and it and it works for me.

I feel good. But it's something I work on every single day. I get my steps in.

I go to the gym four times a week. I do my cardio. I drink my water.

I eat the right meals. You know, I do all of these things. Jumping in quickly with a no brainer, potential 100 times return on investment opportunity for you.

If you're an experienced investor and you're looking to go from property refurbs and conversions into smaller, medium sized developments to create seven figure equity and six figure incomes. The recording of our deals, deals, deals, half day training workshop is now available to purchase online for the comfort of your own home. And in your own time, you can learn the unique and proven blueprint that I've personally used to create multiple seven figures in equity and six figure incomes using the unique build to lease development strategy.

It's the full training, all resources, the deal appraisal spreadsheet that I've personally used to complete on over 10 million pounds worth of deals is all available and included in the pack. Turn £500 into £500,000 in less than 12 months now by purchasing your training program online at www.buildtolease.co.uk Back to the podcast. So you're sort of looping that back around and then going back to what we talked about the last podcast to pull in the cord.

It's like, why? What? So one of the things I've talked about previously is and you would have heard this in recent interviews, six rounds with Josh, six rounds with Akash, some of my own sort of solo podcasts.

So talk about this fact of like, I don't know why I don't enjoy it so much anymore. Like the last few years, Josh said, you know, that all seven years that he's known me, which may well be true, is I put myself in these extreme situations during championship season, but really don't like it. I don't enjoy the process.

And now I've come out the other end. I'm absolutely chuffed with our results this year. We've broken every record.

It looks like we're going to have the biggest and most profitable year across the companies today, which is obviously a fantastic thing. But to achieve that, it cost me probably 12 to 14 weeks of being really, I don't want to say unhappy, but like. Stressed, anxious, under pressure, uncomfortable.

And obviously, you know, I say you've got to have that, you know, if you want to break records and run marathons, you've got to be uncomfortable. You've got to push yourself. But now I've come out the other side and I'm reflecting on it.

I'm really starting to understand how do I. So next year, you know, this is if you take proper entrepreneurs, an example, that's 10 years or people in UK is 10 years last year. I think probably entrepreneur 10 years this year, 10 years.

It's like I don't want to carry on repeating that same cycle. So it's a real clear point of what am I doing? What what's next?

And it's like reviewing on what it is. Every year for the last seven years, which is probably not a huge exaggeration, I would say definitely last three to five years. I've really not enjoyed it.

It's been really stressful. I just don't want to do it again. But then I forget.

I go back to living the dream like now. Carpe diem, workload manageable stuff that I enjoy. But for now, I'll be into March into championship season again with deals, summer season, marketing campaigns, social media.

And it's like all of those things. And again, I would say I didn't talk about that with previous, but with the managing of stress levels is I'm back now to like not using my phone before 10, not going on any phone after 6 p.m. and just having a lot less engagement with my phone, WhatsApp, social media. And without a doubt, all of that noise definitely reduces the stress.

But in the heat of battle, you've got to do it. You know, you're messaging all day. You got work to do.

You got people chasing you for deadlines. You got you're chasing other people for deadlines. It's like, you know, there's stuff going on.

So when I think about what, you know, when I started in business, I absolutely love this. You know, I loved the challenge. I loved the uncomfortable.

I love to push myself, bring myself to burn out. I would get ulcers in my mouth and stars in my eye. But I would be like, yeah, I'm happy to do this, you know, because it was it was part of the journey.

And actually, I wore it as a bit of badge of pride. I could put myself in such an uncomfortable position to achieve great things. Naval Ravikant says desire, which is the desire to achieve anything, the desire to have something.

Desire is an agreement with yourself to be uncomfortable and unhappy until you achieve it. So you want to achieve anything. It's an agreement with yourself to be uncomfortable and unhappy.

And the reality is when you want that thing so badly, that is. And why you do it. And that was me for 15 years, 20 years, 15 years, probably.

I just wanted to be successful. I wanted to be financially independent. I wanted to have the awards, the big companies, the multimillion pound deals.

You know, I wanted all that stuff. So the idea of being uncomfortable or experiencing pain to achieve it didn't even bother me. I was quite happy to do that, to make that commitment.

Because I wanted it. I think the challenge in recent years is I've applied the same discipline and execution and process to delivering results in certain capacities. But they're not.

I don't want the outcome like I used to. So let's say it's whatever it is, making 100 grand or making a million quid in a week or a month, whatever it is now, because I don't want to do it. Actually, I begrudge the process of feeling stressed and uncomfortable because I don't want the outcome.

And I suppose this is loose back on things I've shared previously, where it's like there's three options and two of them are cool. Like one of them is you say you're going to do something and you do it. You know, that's absolutely cool.

The second is you say you're not going to do something and you don't do it. You know, that's that's cool. You know, so you're not going to take on the challenge.

You're not going to run a marathon. You're not going to lose weight. And then you don't do it.

That's cool. You know, fair play. Happy days.

The third is you say you're going to do something, but then you don't do it. You know, it makes you look like crap. It makes you feel like crap.

That's not cool. And nobody wants to do that. I suppose running that over the same scenario is the similar experience where forcing yourself to do something you don't want to do is going to be uncomfortable.

I was chatting to my life coach about it. She was saying the problem is you try not to get hit in the face. Like what you're trying to do is you're trying not to get hit in the face.

You know, you're up for like you're in a fight. And what you're saying is you don't like getting punched in the face anymore, whereas in the younger days didn't care. Punch me as hard as you can.

I'm ready for it. I'll take it on. So you don't want to get punched in the face.

Yeah, you still get in the ring. So the problem is not trying to not get punched in the face. The problem is don't get in the ring.

And I suppose this is like where it's all become real clear for me now and where Akash has shared it. Josh has talked about it. I've thought about it and made the same mistake year in, year out.

It's like, actually, it's not that I don't want to get punched. The issue is I'm getting in the ring and being surprised that I'm getting punched in the face in order to sort it out. I need to not duck the punches.

I need to actually just not get in the ring. And having sort of completed another championship season and experience burnout and being really uncomfortable and now having this reflection that I'm sick of hearing myself say, I'm not doing this again next year, et cetera, et cetera. But now it's like raising the stakes, sharing it with people, having conversations, sharing it with you on the podcast is it's basically I just don't want to be doing that again.

I don't want to put myself in that position again. And for the last three years, one of the big level ups I've been looking at is moving into this next level of whatever it is you want to call it. Wealth creation, entrepreneurship, business.

And for me, over the last few years, I've rapidly got rid of my executive role. So I've only got now maybe five employees. And then all of my companies are small.

They're leveraged. They're run by other people. So my executive responsibilities are very low.

But what I have done is I've increased my non-executive responsibilities. So I sit on a number of boards. I invest in a number of companies that have nothing to do with.

And actually, when I'm in that space, I'm a lot more efficient. I'm a lot more effective. I'm a lot more engaged.

I enjoy it. And I think I've got to a point in my life where without a doubt, I know I'm at the position in my life where I know what needs to be done in my business and other people's business better than I ever have in my life. I'm in the best position ever to be able to advise other people on the decisions that need to be made to achieve success in whatever field that is.

But equally, I'm a bit of a I don't know if juxtaposition is the right word or like conflicting point where I know that I know I'm in the best position to know what needs to be done, but I'm in the worst position to do it myself. I don't have the enthusiasm. I don't have the drive.

I don't have the I'm not I don't want more money. And it's like that's quite a that's the whole thing about this. It's not knowing how to do things.

What is one thing actually doing is a complete other. And I think it's like my value now is in the blueprint. You could listen to all 150 podcasts and you would know probably half of our blueprint.

You got to take the blueprint and the execution and then obviously have the experience savvy to be able to adjust those blue blueprints where required to apply them in the right place at the right time with the right right team. So it's like going into next year as I write. Well, how do I avoid put myself in a stressful position?

Avoid triggering that 12 weeks of stress, pressure, anxiety. And I was going to talk about panic attacks. I forgot about panic attacks.

I'll come back to that in a minute. And if I know, I'll talk about now quickly. A number of people have come up to me recently, male and female.

And this is definitely like a good indication of looping back on what I talked about earlier in the fact that my experience was primarily with women talking about these sort of things. Whereas now I'm seeing more and more men talking about these things, experiencing that you got the likes of like Stephen Bartlett, who's quite clearly exploring that space with other people. And it's like it's becoming more.

Talks about one of that word. But panic is that I've only actually had one panic attack. And this was last year.

And it was absolutely horrendous. I actually thought I was going to die. It was literally like this time last year.

For anyone who's had a panic attack, they'll they'll know because I didn't realize it was a panic attack till about a month later. Somebody said, oh, you had a panic attack. Did you experience it?

And I was like, that's exactly what I experienced. I googled it. And I actually had a caffeine induced panic attack.

And for those of you that experience this absolutely horrendous. Equally, I would say the good thing is similar to what I talked about here. In my experience, there's ways to manage it and ways to avoid it.

Basically, I was cut long story short. I was extremely burnt out. But I'd already missed two opportunities to pull the cord.

I was about to hit the deck at the bottom of the hole. And we had our 10 year anniversary party to celebrate 10 years of PPN UK. I think it was.

Yeah, it was definitely was. And I was already burnt out, went to the party, drank a load of beer. We then I think it finished at midnight and then we end up having a load of people come back to my house.

We got the decks out. It was end up being a real late night, early morning party, 10 year anniversary party. But then because everyone had come back to my house, the next day I had to drive everybody back to their respective homes, which was like a good two and a half, three hour round trip of dropping of going out and dropping people off.

And in the morning, so in the morning, I didn't have anything to eat. And obviously, I was like pretty jaded from a late night. But I was so I hadn't eaten.

I don't think I ate the day before either for some reason. But maybe I missed dinner. I didn't have any dinner at the event or something.

But I remember I didn't eat the day properly the day before. I didn't eat in the morning. I left at nine o'clock thinking I'd be back in a couple of hours.

It gets like 1 p.m. I'm driving home and I'm obviously I'm tired. I'm burnt out. I'm hung over and I'm like.

Starting to start a flag, starting to actually feel tired. So I pulled in the service station and got a can of monster energy, kind of whether the ginger beer monster energy. So an energy drink, basically.

But monster cans are huge, right? They're absolutely ginormous. And I drank it.

And then about an hour away from home, drank it, drove home and I got home and I could feel my heart starting to race, like starting to beat really fast. And I had an Apple watch at the time and I looked at it and it said like 80 beats per minute, 85 beats per minute, 90 beats per minute. I was walking around the house, trying to slow it down, trying to breathe.

And it was just getting faster and faster. 95 beats per minute, 100 beats per minute. And I was like, oh, my God.

I took my shoes off, walked upstairs, trying to get some fresh air. And and it just went up and up and up. 110, 120, 130, 140.

It tapped out 168, 168 beats per minute. And it stayed there. And I was like, I actually feel like I'm having a heart attack.

I'm going to have a heart attack. And I genuinely felt like I was going to have a heart attack or I was having a heart attack. And I just went, why?

I like my heart was just absolutely racing. It was just staying at 180 and then called 111. I said, look, I'm having whatever heart palpitations.

I feel dizzy, et cetera, et cetera. And then they said, yeah, you should be OK. Just lay down, have some water.

Have you had anything to eat? No, I've not had anything to eat. Have something to eat.

I can't remember what I ate. Have something to eat. And then they said, if it doesn't disappear within the hour, like then call us back or call an ambulance.

But then gradually after about 45 minutes, an hour, it went down. And obviously, I sort of knew the things that happened and then triggered. And I thought I'm burnt out.

I'm stressed. But actually, what mine was, was a caffeine induced panic attack because I had that. Well, it's what I believe it to be.

Somebody shared it with me and I read it and it just sounded exactly like what happened. Tired, burnt out, stressed, not eaten, and then drank however many grams of milligrams of caffeine there are in one of those drinks. And it just, yeah, just threw me right off.

So that was my experience of it. And those of you that have it, I honestly, that's the only time I've ever had it. Touch wood.

You know, it was it was a one off, but it was absolutely horrendous. I genuinely felt like I was going to die. And since then, the amount of people who shared with me that they haven't, they've had them or have them frequently on an annual or even more frequent basis, definitely feel for you on that one.

And these tips and tricks I've shared here should help you with that. Closing sentiments to sort of move myself into the next level is I've now done the executive role so many times. It's not it's not something that I need to do.

It's not something that I enjoy doing. And actually watching the women's Euros a couple of years ago and then the World Cup this year. It reminds me like my whole my whole value now is in being the coach, not the captain.

You know, I don't need to be on the pitch. I don't need to be in the office. I don't need to be rolling my sleeves up and in the in the line of battle with everyone.

But I have got a lot of value to add. And I do know the answers to the questions. And I do know what those people who've got that ambition, energy and drive need to do in order to to do it.

And my next sort of role that I'm exploring for next year is potentially moving into more of a chairman role. So bring in in the companies that have still got really level up those leadership teams into the audience, senior management roles, but into director roles. So I have no executive director responsibilities anymore and can really operate at the new level and a chairman level.

That that really is where I can add seven and eight figure value in seconds rather than hours. And I get a huge amount of enjoyment thinking about things, like studying things, working through problems and then seeing people who have got the energy, the enthusiasm, the drive go out and execute it. So that's my sort of next step to try and avoid put myself back in that situation.

And I think if you've experienced the things we've talked about today, whether it's stress or anxiety or panic attacks or more fundamentally, it's just parts of your business you really don't enjoy or stuff that you've done for 10 years and used to love it. But now you actually hate it. You don't want to spend another year going through that cycle, starting to understand why is that?

Is it because you used to want the outcome so you would happily sacrifice the effort to get there? And if it is, then how can you adjust it? How can you change it?

What can you do to level it up? Take it to the take it to the next step. So how you got value from that?

That's a follow up from pull the cord. This is just a very freestyled, transparent, frank review of my experience. And I genuinely feel like having now had my work fall off a cliff and completed all the things I set out to.

Obviously, I'm chuffed with the results. Really happy. But it's more of a sense of relief than it is reward.

I'm not like, wow, we've done this. I'm more like relieved that it's over. And just now I actually feel like I've got my life back and it's balanced.

I feel good. I literally I messaged a couple of mates on Saturday. I think it was.

I got up in the morning. I went to the gym. I was trained eight to nine, 20 minutes on the bike, 12000 steps.

Got back and had breakfast. And I literally felt like I was loving my life. For those of you that aren't loving your life right now.

How do we get more of that experience? And I suspect it's probably from exposing ourselves to less of the things we've talked about in this podcast that create those challenges. So how you enjoyed that?

Whether you're stressed, burnout, panic attacks, unpleasant work, not enjoying what you're doing, success and failure, very predictable. Take time to reflect. Get highly strategic.

Luckily, we've got awesome coming up October, November, December to dig deep and go through this and make sure that 2020, 2024 is going to be another best year on record. And ideally not find ourself in the failure loop, which Ray Dalio talks about where we're doing the same thing again and again, but expecting different results. I hope you've enjoyed that.

If there's somebody that you think would benefit from it, somebody that shares their challenges with you mindset wise, energy wise, stress, anxiety, feel free to forward the episode. Otherwise, that's been another episode of the Blueprint podcast. And I look forward to catching you on the next one.

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Success and failure are both very predictable. I'll see you on the next episode.