**NEW YOU THIS YEAR**

**Jeffrey:** Welcome to the Chalene show. Chalene is a New York Time’s bestselling author, celebrity fitness trainer and obsessed with helping you live your dream life.

**Chalene**: What’s up? What’s going on? Hey! This is a special episode. I know you don’t normally see the Chalene Show posted on a Monday but because I have heard from so many people that they have fallen behind on their episodes and many of you are home because today is Martin Luther King day, I thought, why not produce an episode where I am giving you a quick summary, the best takeaways of the most recent popular episodes.

The coolest thing ever is that in the last month or so, the popularity of the show has almost doubled. It’s crazy; it’s. It’s really cool. In fact between this show and my other podcasts that I have stopped producing content there and it’s still just sitting there but between those two, which is the Chalene Show and Build Your Tribe, we have over two million downloads; that’s like coco for cocoa puffs crazy but it’s because you listen to an episode and then you are a giver so you think of someone, someone comes to mind. You are like, “You need to hear about this.”

This is the type of stuff that they will love or this is a topic that would really help them, this will help their business, their relationship, their marriage what they are going through, I have got someone that I care about, now I want to share this information with them and that’s the kind of people we are you all. You are just like me when I get these ideas or something that I know is going to resonate with you because it has helped me, I just want to share it with you. Thank you for doing the same thing and sharing it with people you care about, my deepest gratitude and a big thank you for that and thank you, especially for those of you who’ve taken time to write a review on ITunes. You can actually do that from your phone and it really helps and I really appreciate it.

There is one negative review on there. I swear, I know, I know, I know, I know what you are saying, “Chalene, why would you care?” There are so many positive ones, I don’t care she says out loud to convince herself, but the more positives we have to push that one down, it just feels like karma and makes that one negative review feel less important. I don’t care flip my hair. I’m not even thinking about it. I am not giving you the second thought. Yes, I am. No, I’m not. Yes, I am. No, I’m not. No, I’m not.

No, I really am not. It’s gone. Who cares? Goodbye. I don’t even care. So if you want to leave a review, leave a review because you think the show is great, not because you are trying to teach a lesson to the young man or young lady who never learned from their mom or their dad that if you have nothing nice to say, don’t say anything. “Okay, booboo, we should probably break up now. You can go away. Goodbye. Thank you.” Anyways, back to you. The best of the best.

Here’s a quick montage of the five most popular recent shows and then what you had to say about them. First, the top five millionaire mantras.

My number two mantra: No one is responsible for your progress or your success or your missteps except you. Now that’s really good news. That shouldn’t make you feel like you are alone, rather it should empower you. That means it’s up to you to ask for help, it’s up to you to do the research, it’s up to you to set the goals, it’s up to you to learn the skills, the knowledge, to get outside of your comfort zone, to do the things that other people know they need to do but it’s just to dang uncomfortable and they won’t do it, to do the things others will not-- that part is up to you. It doesn’t mean you have to do everything yourself but it does mean asking for help, learning the things you need to learn, taking responsibility for your future is entirely up to you.

No one’s going to ride in on a white horse with a shield to save the day. It’s up to you. You are in charge of your destiny, you are in charge of your education, your knowledge. You are in charge of where you spend your energy, you are in charge of your mood, your happiness, your beliefs, and everything is up to you. Nobody else has been commissioned with the job of changing your life, designing your life and executing it except you.

Excuse makers are my biggest pet peeve. I can’t stand it. Can you hear me pulling out my hair? There is nothing more annoying to me than when I meet someone who, they are unhappy with their circumstances and they love to point fingers at all to people who didn’t help them and all the other people who are responsible for the position that they are in today and why they are not happy. No one owes you anything, nobody, not one person, except you.

Look in the mirror. If you are not happy with your circumstances, look in the, mirror start there and move forward. Unless you are a minor child, nobody else has been commissioned to take care of you except you and that’s a pretty cool thing because nobody cares as much about your future and your success as you do or at least nobody should care more about it than you do. So it’s up to you.

So stop pointing the finger at other people or making the excuse that so and so did not teach me how to do this or I did not have parents who sent me to college or I never had a role model to me how to do this. No one’s going to step and show you how to do this. There is no manual called success. You just have to do it yourself. The sooner you realize that, the quicker you can employ these power-based beliefs and change your life.

**Message 1**: Hello Chalene! It’s Marl from Debrecen, Hungary. I am an Iranian, studying here, in medical school finishing up my last year. I have been a big fan of your podcast and before you started the podcast, I was a big fan of the Turbo Fire and the ‘*Push’* book and they all have been helping me in different aspects of my life.

I went through an amazing great weight loss with your videos and they have been helping me throughout college life and I wanted to thank you for the shows, especially the top five Millionaire Mantras and also the Steps for the Goal Mastery. I take notes of them. I have a different calendar for everything you say and the stuff that you are teaching they’ve been helping me a lot in overall, being a better person and happier and I wanted to thank you for the teaching that you do. Thank you, thank you so much.

**Chalene**: The next most popular show was One Step Goal Masteryandthis is a great episodebecause I reveal something I have never ever, ever revealed before in the way that I do, goal setting and it’s not because I was hiding it, it’s not because I did not want to share it, I did not know that I was doing it and I hadn’t told people about it and I have been teaching Goal Mastery for so many years and then, when I realized I’ve left out this one ingredient, it was like, “OMG, I have to tell everybody and I need everybody else whose ever used my program including 30-day push to get the word out that there was this secret ingredient that I had been leaving out.

So if you have ever done 30-day push, if you are into mastering your goals quicker than ever before, you must listen to this episode.

Every single time, people sign up for that. I go in. I look at people’s comments and people really get stuck on that one particular issue and that is identifying your push goal and I just have to be frank and tell you, it frustrates me or it has frustrated me. “I don’t understand! Why do people not select a push goal that has more power behind it,” and then this week, it dawned on me.

I was driving home by myself from Palm Springs. Brett and I had to divide and conquer, he was at a soccer game, I was at Brocks’ basketball game. I was driving back by myself in traffic from Palm Springs. So it was about a two and a half hour drive and you know because I am an introvert, I do my best work when I am by myself, I really like to think things through and I kept thinking about this knowing that this is the time of year when people set goals for themselves and how powerful the push goal concept can be--why is it people struggle with identifying what their push goal is.

What could I do to better help people to understand how to identify? Which of their goals is push goal? Then, it dawned on me. The error has been mine. I started thinking back on that way. I select a push goal. Almost like a baker who has for so many years left out a secret ingredient, I realized there was a piece of this, a way that I was doing this myself that I hadn’t really taught other people not intentionally.

Honestly, the reason why I have not shared this with you is because I had not identified that’s what I was doing until this long car ride home. So get this, oh my god, I am so excited! I can’t even wait to tell you this. I am busting at the Sims because it is going to be a game changer for you.

Here’s the deal. Set your list of goals. If I may, I would also like to suggest that instead of setting goals for a year, I want you to set goals for the next ninety days. Set some goals for the next ninety days. I want you to set between nine to ten goals that you will accomplish in the next ninety days.

Now in the past, I would have said, “Take a look at that list and decide which one is your push goal,” and that’s where trouble set in. Now what I want you to do, because I realized it’s what I have been doing, is I set my list of nine or ten goals and then I look at the list and then in retrospect, I create a push goal. I did not realize that was what I was doing because it was all like in the same setting. You know what I mean?

So I hadn’t really identified that I didn’t come up with the push goal until I had looked at this list of nine or ten things that I wanted to do and now when I look at that list of nine or ten things that I am going to set out to do in the next ninety days or then next year depending on what time frame you use for your goal setting, when I looked at that list, I’m like, “Okay, what would need to happen in order to accomplish these things, right?”

**Message 2:** Hi Chalene. Thank you so much for sending me the email in regards to listening to the podcast about a push goal, because I am doing your thirty-day challenge currently and I was so stuck on trying to figure out what a push goal is.

My mind was baffled for the last couple of days, it seemed like my goals where changing all the time and I didn’t know exactly what to focus on, and I wanted to focus on all these things because everything wants to change and I couldn’t figure it out until I listened to your podcast and I figured out what my push goal was and that is to reach out and help twenty people a month reach their goals and help them become successful. That’s all I what to do is to help twenty people, by helping those twenty people reach their goals which is something that I totally enjoy doing.

I can then in turn reach those other goals that I have on my list. Brilliant! Like a light bulb just went off on my head; it doesn’t take a brain surgeon to figure this stuff out but I just needed you to show it to me and tell me about it. Thank you so much! Thank you, thank you!

Next: How to captivate people’s attention with former NFL football player and Broadway playwright and actor, Bo Eason. This one’s kind of crazy and I know a lot of my listeners tend to be female but this is an episode you and your significant other are going to love.

How did you feel when you left the NFL because my thing is I am around a lot of professional football players, my husband used to play, my brother-in-law played in the league for ten plus years and we just have a lot of friends that played in the NFL and I see so many of them struggle with their identity. So we are just not talking about football, can I read you a text from a friend I got yesterday who is a former green beret?

He says, “I am having a tough time transitioning. I had great importance in my job. My mission was real. It was physical. It was a physical impact on lives and there was an adrenaline rush that came with it that is so hard to walk away from.” That is probably the way you would describe leaving the NFL.

**Bo:** It was completely the same way Chalene. The day the moment that I knew it was over for me, I was being wheeled off the field and I knew my leg was broken, my ankle was broken and my knee had blown up and I knew it because I heard it pop. It was in Miami, we were playing the Dolphins and I am being wheeled off the field.

I look up into the crowed, it was a hot day in September in Miami and all the girls were wearing bathing suit tops and the guys were wearing no tops and I was looking up at them as I’m being wheeled off and I swear this is what I thought, “I am going to prison.” Because that’s the only option, if I’m trained for the last twenty years and this is all going through my head In milliseconds, I have been trained for the last twenty years to be the best in the world at this particular thing which is running full speed and then throwing my head into other bodies and I thought if I cannot find some place to do that, because I can’t do it here in the NFL anymore, I am going to prison because that is frowned upon in the civilian world…

**Chalene**: Yeah.

**Bo**: No different than the military guys coming back. They are acknowledged by their brotherhood, a patting on the butt after doing something very dangerous and very physical that none of us would even endeavor to do. Now, they are in a grocery store and the wife says, “Sweetheart, could you walk over to the cereal aisle and pick out some cereal?”

**Message 3**: Hey Chalene, just commenting on the last podcast that you posted with Bo about captivating your audience and I’m really happy that you guys got really deep on this episode and talked about identity crisis that people have and I really appreciated that message because I think it’s something that not just pro athletes or adults per se can relate to.

I am a fourth year college student and I know a lot of high school students experience identity crisis especially when they’re about to enter college for their first year. They might be small fish in a big pond big pond, former athletes, former hotshots, former president, valedictorians in their high schools and it brings a lot of depression and anxiety. I’m really happy that you brought that message today and you can really speak to different audiences because of that. Keep up the good work and thanks.

**Chalene**: Now we get to the stuff that’s really life changing. This next episode was called “Three Life Changing Habits.” These are just three simple little steps that I believe are the habits that will change your life this year. It’s like immediate action. You start doing these things and your life changes immediately. People will notice. They are minor. These are those tiny little tweaks that we can make to the way live our lives that make a huge difference. Sometimes that’s all it takes.

Your third action step to really solidify this habit is to give somebody or someone permission to get you up. In other words, you are going to enlist the help of some others to make sure you get your butt up out of bed even if they are still sleeping. You have to be okay with that. Now, if you have kids, they love doing this. It doesn’t mean they have to get up in order to wake you up, it just means you can get them in on the action.

Kids love to keep parents accountable so you can make this kind of fun and you can tell them, “Hey! If I don’t get up three days this week at, insert specified times, let’s say 5:30am and start my day or get my workout or start my day with a prayer or whatever it is you decide you are going to do at that hour that you need to do that’s going to set the tone for your day. You are going to tell your kids what you’re willing to do as a consequence.

It can be something fun that you really don’t want to do so we’ll hold you accountable like, “I will do your chores, I will double your allowance this week or you guys get to pick what we’re having for dinner every night this week,” something that you’re like, “I cannot allow that to happen so I better get my butt up out of bed.

**Message 4:** Hi Chalene! This is Barb in Florida. I’ve been doing your thirty-day challenge now for seventeen days. I think I recently posted a whiny, worries me complaint in the comment section a day or two ago because I’m just not feeling it. My goal for the New Year was to start getting up early. I wake up every morning with the same negative tapes playing in my head over and over, worries me.

Your podcast today was awesome. It was meant for me. I needed to hear that I need to quit making excuses because I know I do. I’m tired of being a wannabe and I know the only way I’m going not be a wannabe is to do what it is that I want to do. Thank you for today’s podcast. Again, it was for me and I appreciate it so much and I appreciate all you do. God bless.

**Chalene**: I’ve saved the best for last. If you haven’t downloaded this episode yet, holy cow, after you hear what people say after they have listened to this episode called “Motivation and Energy on Demand”, I suspect it will be the first one out of all five that you download and listen to. I also hope and pray that you’ll listen to this episode repeatedly. In fact, I designed it that way so that you’ll remember this is the episode I should go back to whenever I’m feeling that little bit of like, “Man, I just need a shot in the arm. I need something to pick me up. I need someone to kick me in the butt. I need someone to make me do it.”

This is the program you need when you need somebody in your ear telling you, “I believe in you. Now, let’s get up and do it.” This is that episode. It was so cool to hear your messages on Speakpipe after you listened to that episode. Before I give you a summary of that episode, let me first share with you what others have been saying about this particular episode.

**Message 4:** “Wow, Chalene! Wow!” That’s all I can really say. Your “Motivation and Energy” episode, “Wooooh” I was so glad I was listening to that episode while I was working out and set up in car, like I usually am. You really pushed me through, probably one of the hardest workouts of my life.

**Message 5:** Hi Chalene! It’s Michelle Morgan. Oh my gosh! The best, best, best podcast I have ever heard. I just wanted to jump up and down and start singing and shouting all during your podcast. It was awesome. It was so amazing and I hope everyone in the world hears this because this podcast was awesome. Everyone needs to hear it because everyone needs to get up and do something and live that awesome life. Sing it, sister!

**Message 6:** I just wanted to tell you how much I needed your “Motivation and Energy on Demand” today. I feel like you are speaking directly to me. I have been struggling for the past few weeks. I have felt hopeless like I would never be able to make my dreams come true with my struggles for believing in myself.

This podcast, you spoke to me. I just got home from work and I was just going to go to bed and feel sorry for myself but I’m not going to. I’m going to go to my workout. I’m going to work on my business and I’m going to make my dreams come true because you just lit a fire in me and because I truly believe that you believe in me. Thank you so much.

**Message 7**: My name is Lia Gets and I can’t even begin to explain how this podcast has completely shifted my mind. I’ve always wanted to write a book. Today, I decided that in 2015, I will be writing a book. Then, I also joined Courageous Confidence Club today. Then, I here this message and it was just the light bulb went off. This is exactly what I needed to hear today.

In your podcast, I felt you were directly talking to me and I was balling the entire time I was listening to it because it was me that you were talking about. I just wanted to say thank you for being an amazing mentor and someone that I know I can trust. This message today was by far the most powerful message I have heard from you. I wanted to say thank you. Thank you! Thank you, thank you!

**Chalene**: These messages, I’m sorry. I’m not sorry. Sorry not sorry. #sorrynotsorry #happyveryhappy. What a baby, little baby. I should edit this out. I should just let you hear what I experienced when I listened to some of your voicemail messages. This is so cool. I believe in you guys.

Thank you for being my friend. Thank you for listening. Thank you for going out of your way to do something kind and let me know what’s working and what touches you and where you are going. Thank you for taking the time to let me know it’s going to happen this year. I believe in you. I really do.

That episode was pretty powerful and I didn’t know it would be. I just sat down here and I pictured your little face and I thought about when I tell someone who I believe in and who I love and who needs to believe in himself and I just let that come off the top of my head. It’s really cool.

You called me and you left me a voicemail and you let me know how much that changed your day and that was a gift. Thank you for subscribing to the Chalene show. Thank you for recommending it to your friends. Thank you for allowing me to do this by supporting the Courageous Confidence Club.

If you haven’t checked it out, please go to *courageousconfidenceclub.com*. Perhaps even more powerful than me telling you how amazing the Courageous Confidence Club is. I want to share you a message from one of our club members who’s just been a member of the club for a few weeks.

**Message 8**: Hi Chalene! This is Windy. I just want to let you know that I’m doing your Courageous Confidence Club and oh my goodness, it has built my business tenfold. I can’t even explain to you how much it has helped. I’m only halfway through the course.

I just wanted to tell you, “Thank you! Thank you! Thank you!” I have a meeting tonight with a multi-million dollar investor for our family business which it is just unbelievably amazing. Thank you for doing this course at such a low cost and letting us invest in ourselves. I really appreciate it. Thanks Chalene. Bye.

**Chalene**: All right baby doll. Thanks so much for spending time with me. And this week, our little homework assignment: Every time you look in the mirror, you want to make those little guns with your fingers, raise one eyebrow while you look in the mirror and go “Tsk, Tsk! Looking good.” You are the bomb dot com.

Your family’s going to think you’ve lost it. But who are we kidding? They already think you are lunatic. Welcome to the club!

**[END OF RECORDING]**