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**Jeffrey:** Welcome to the Chalene Show with your host and the only girl cut from the freshman girl’s-basketball team, Chalene Johnson

**Chalene:** Hey, what's up, Lifers? I'm so happy you’re here. This episode is all about happiness and that little interesting tidbit, that little fact from my past came up today because I was talking to our guest and he is a former pro basketball player who is six-nine. And I was telling him, I can't imagine what life would be like at that height like it's a whole new world and he said yeah, Chalene I hear you're like five-two and I'm like, on a good day. And he said, “Yeah, maybe you could be my point guard.” And that’s when I had to break the news to him that I was in fact the only girl cut from the freshman girl’s-basketball team, wah, wah, but that’s okay.

It wasn’t a failure. It was an experiment. You're in for a real treat today. My guest is going to share with you how he was able to transform not just his attitude and his life but his whole perspective and not just adopt a new way of thinking but practice and learn and master the skill of happiness.

I asked Michael Anderson, the author of the book, *The Experiment: How to Manage Stress and Achieve Work Life Balance* to be our guest this week, because we're in that special week, that special week of the year for myself and my husband and all of the important people at Team Johnson that happens just once a year and it's when we open up registration to our *Smart Success Academy*. So before we go onto the heart of this interview, I just want to share a little something with you.

For those of you who are new to me, maybe you’ve met me through podcasting and you have no idea what the *Smart Success Academy* is all about well I just have to tell you that it is so appropriate that you're hearing from our guest today because the *Smart Success Academy* is my joy. It is my passion. It is something my husband and I do together, we coach, teach, support, and mentor very important people every step of the way, how to create their own blueprint. How to understand what it is and identify and define what it is they want. Then we reverse engineer, the steps is going to take to accomplish it.

We teach people the systems because it's a system, it's a formula, meaning the right thing has to go into the right order that’s needed to become more effective so you can earn more by doing less which to some people doesn’t even seem possible but it is because we teach you the stuff that does matter so that you can restructure your habits, recreate your life and not default to just always doing more, but doing less but more of the right stuff. So that you can spend more time with the people who matter. So you’ve got the financial freedom that sometimes that requires.

And on that note, if you're wondering why and I, you know, I'm not sure when you're listening to this podcast but we are in the first week of October and if you're wondering why I didn't produce my normal output of podcast last week for *Build Your Tribe* in T*he Chalene Show*, here's why, I walk my talk and I can say that with my shoulders pulled back and sitting up tall and great confidence because yes, it's a goal of mine to deliver a certain number of episodes each week but you must understand that that goal is secondary to being a great mom.

A mom who puts her family first and we just had some stuff come up last week. Let's just, let's just, you can see my air quotes, we have some teen issues if you will that required me to be on guard, on defense like in, you know, war mode basically.

But really it was protecting my children and part of that means helping them make decisions that require me to be present, and focused, and to make them my number one priority, not hitting a certain number of episodes that I made as a goal because yes that’s a goal but it's not nearly as important as my goal to be a really present, focused mom.

So my lifers, you matter, you matter very much to me but my family matters the most and I can say that without guilt or without fear that you might disagree because it's okay if you disagree because my friends, that is my truth, I preach it, I teach it, and I live it.

So let me tell you about Michael. I've already mentioned he's 6’9”, he's a former pro basketball player. He's a successful entrepreneur, in fact he had founded several international software companies. He was living the life rolling up at the Playboy Mansion, driving the right cars, hanging out with all the cool people and enjoying what most people would label, you know, from the outside looking in as incredible success but Michael like many goal-oriented, very driven individuals had all these things but he didn't have one very key ingredient, he did not have happiness.

He did not have peace, and he just set out on a mission to transform his life and to get as serious about creating happiness and joy as any other goal he had set for himself and in the process he has found his calling, he has found his purpose and now he helps others do the same. This episode is going to give you so many takeaways to improve your happiness because it's a skill. Joy is a skill. It is my pleasure to introduce to you, R. Michael Anderson.

Michael, are you there?

**Michael:** I am, I'm here and ready.

**Chalene:** I'm so excited to talk to you. I want to share with my lifers that my team gets tons of emails from people who are really excited about the show and they get the message and they'd love to be featured and, you know, we kind of go through them and they’ll like oh yeah, that’s interesting, that’s cool but when they ran across your stuff and were reading a little bit about what it is you do, they're like, “Oh, Chalene, you're going to love this guy, he's just, you know, just really well-lined with what it is our lifers love." And so I'm like, “Okay. Cool. I'll check it out.”

And, you know, going, I'm protective. It's like inviting someone into your home and to meet your family and so before I introduce anyone to my lifers, I want to get to know you too and so I spent a lot of time reading things that you’ve written and watching your story on video and learning more about what is you’ve been through and your message is really so powerful. Can you tell us a little bit about how it was you came to believe so strongly in the message that you share with people?

**Michael:** Well, Chalene great question because I learned it the hard way. I had – I was always at the scoreboard of life. I played semi pro basketball, I've lived in six countries and worked in six countries. I've started three international software companies and I found myself doing well on the scoreboard of life but I had no internal joy and fulfillment.

And that was, it was through a low point which consisted of divorce, a really nasty business lawsuit, drugs and alcohol which took me to a really reflective time in my life and then I thought, you know, I'm a good achiever so I'm going to, I'm going to set my sights on finding how to become happy and I earned my masters in spiritual psychology and it was very life-changing and it changed my life so much. And then I saw a lot of my other competitive driven friends. I've seen that they were just so hard on themselves that they would never be happy in the moment, they’d always be, I'm going to happy when I make this amount of money or when I get this position or when I do this.

And they always had that voice in the back of their head. It was telling them how all the stuff that they were doing wasn’t perfect and through my studies and my practice I get to change a lot of that in my life.

So I studied and I created a company called *Executive Joy* and I'm here to help other people go through the same transformation I had, hopefully I don’t have to go through drugs, alcohol, divorce, and lawsuit.

**Chalene:** Now, Michael you said your goal was to be happy, now I am a very goal-driven individual so I know that it's important that goals have a measure and a date and you have a way of saying, okay, I can look at this and I've accomplished my goal. How are you able to say, all right, I've done this and did you give it a date and did you give it measure?

**Michael:** I was in such a low point, I was just trying to get out of the whole at that point and yeah, I was really, it was really though, that’s okay because I needed to go through that.

Some of us need to learn these lessons in different ways. Now, I learned to actually have gratitude and I'm very thankful things happened that way because if it didn't, if I wasn’t taken so low, I wouldn't have come up so high and it was just my path and now I have to be honest, I can talk to people they're doing a lot of drugs or going through divorce and so I really know that that was part of my credibility and then I went through that in order to connect with other people.

**Chalene:** When did drugs enter into part of your being and, you know, to think of someone who's that driven athletically I'm married to my husband Bret played football in college that’s how we met in Michigan State and, you know, did a little bit of time in the pros he played CFL Football, Canadian Football League and he was picked up by the Atlanta Falcons and as he liked to say quickly dropped, but I know how precise his nutrition and his sleep and his training had to be and I assume the same was true for you. At what point did drugs become part of your life?

**Michael:** Well to be really honest, you know, I'm 44 years old and from now and I probably smoked marijuana for almost every day for about 18 years straight so when I was in my late teens and I have done pretty much every hard drug you can think of, you know, I'm not proud of that but, you know, that’s, those are facts about what I went through and at that time I just didn't had the internal skills to deal with a wife in a truly straight and sober state.

**Chalene:** What were you missing that didn't allow you to be happy that you now have?

**Michael:** Well, I believe that everything is what we call in psychology we call it a projection that everything is a projection of our relationship with ourselves. So it was the relationship with myself that wasn’t very, that I didn't have the love and acceptance for myself and so I did this to escape that because what take me out of my consciousness.

**Chalene:** So you had to find that for yourself? You had to love and appreciate yourself?

**Michael:** The most powerful thing we can ever do is forgive ourselves because we have these judgments on ourselves and I know you talked, I listened to a couple of podcast when you talked about when parents get down on their kids and criticized their kids. The kids had judgments against themselves and if we have them and we all have them even if you’re the Dalai Lama, we all have these things going on. It’s when we can identify these and actually forgive ourselves which releases that judgment which brings ourselves more into the authentic relationship which is true love with ourselves.

**Chalene:** And sometimes don’t you agree that it is less about, well I mean it's always forgiving yourself too but sometimes you just have to say, wait a second, that was irrational, the judgment or the way that I was treated as a child, I need to forgive the person who made me feel this way because I didn't deserve it. It was irrational, I was a good kid, I was valuable, I was lovable, I was smart, it's like forgiving the person who injected these irrational beliefs upon us.

**Michael:** Absolutely. And can I tell you a story about my biggest learning ever?

**Chalene:** I would love it.

**Michael:** Okay. We're in really deep really quick here. Buckle up Rakeesh. And this is interesting so we did a thing called history of loving and my father, was an alcoholic with multiple marriages and he was a failed entrepreneur and I thought he left my family when I was maybe 12 years old.

When I was young he gave me a lot of affection and then all of a sudden when I was like five or six, he really stopped giving me that affection, he was always in a bad mood. He was a very functional alcoholic I guess like I was a very functional pot smoker. He would, and then he stopped, started spending less and less time with our family. He'd be, his behavior would be very inconsistent so I never knew if I get yelled at or get hugged or whatever and he was very [12:51 inaudible] so there wasn’t any positive emotions coming at me when I was in my formative years.

So I always thought deep down that he was embarrassed in me, he was embarrassed in our family. We did something wrong and we did this process and he had already been passed away for 15 years and the history of loving for me of what that was is I wrote a letter to my father and it was in a very [inaudible 00:13:18] state, you know, I just got really quiet with myself and I'm like as a little kid, what do my kid want to tell my father. And I wrote, I wrote I said, you know, why don’t you ever tell me you love me. Why aren't you proud of my? Why aren't you, you know, why didn't you show me love this way, I really, you're an ass, duh, duh, duh, duh, I'm sorry, I didn't mean so swear but I was just, all, I had a lot of these stuff coming up and then I wrote a letter back from him to me, so again he passed away, this was me like and it's not say channeling him but this was what my consciousness was holding inside.

So what the letter from him to me that I wrote back what it said is Michael, you know, I'm supposed to be the breadwinner in this family and I failed that and I'm having a problem, a hard time dealing with that. So the reason I'm not spending time with you and your mother and your sister is because I need to escape myself because I can't deal with the failure and the reason I'm not involved with the family anymore is because I think you're better off without me and I know in my heart that’s true because when I look at him it makes so much sense and I know inside is not the fact that he was embarrassed of us, he was embarrassed of himself. So I just, you know, I cried, I forgave him, I forgave myself, I know that there was just that, a couple of hours doing that was just the most healing.

**Chalene:** That’s just such a cool thing, I got goose-bumps. I have to ask which letter was harder to write?

**Michael:** You know, neither was hard. It was just being clear that I was going to write that without any crap getting in the way without my ego, without this is what I should say it it's like look, because I think that’s what to me, that’s what meditation brings is it gets rid of all the should and the egos and it's just very authentic and so I just had to be in an authentic place and this is when I work with people, and I do it a ton of private coaching because it takes a lot of my energy and this is really what I work with on these deep psychological spiritual plains but it's phenomenal and it's just a blessing to even work with people and help them through some of these things.

**Chalene:** You said it's hard, it's emotionally difficult to work with people on that level and I couldn't agree more and I want to honor you for respecting that and knowing. You almost had to protect it to be good at it. You know, if you let, people wills anything to me sometimes like well, you know, how come you don’t do this or this with people one on one and I do but I have to do it very selectively or I feel like then it would become work or it wouldn't be as authentic and as real because it's, it really does take you to a certain place when you're connected with people on that deep, deep level and really emotionally connecting to where they are.

**Michael:** Yes, because all of these, latent, huge feelings and things come up and it's to up us as the people guiding to the Chalene to, you know, I'm sure as you know to help them release this and there's only, and either we have to protect ourselves which takes energy or, you know, sometimes we unfortunately absorb some of it, so I hear you.

**Chalene:** And you said something about your father that I want people to pay attention to because sometimes we think, well I had a great childhood, I have an awesome childhood, I don't know why I don’t feel loved but I wasn’t beat, and my mother wasn’t an alcoholic but even just the fact that your father was stoic affects a child because that word, I wrote it down because I thought stoic makes a child feel unnoticed and that alone can affect somebody all their life working to get a reaction from others because they didn't get it where they were supposed to receive it.

**Michael:** Yeah, and if you grow up with no positive emotion you're not going to understand positive emotions. It's going to be hard for you to accept the positive emotion.

**Chalene:** What do you mean by that?

**Michael:** Well, they say, well 60% of our behavior, 60-80% of our behavior is what we, what was, I call them intergenerational pattern, just what we grew up with and if I don’t get affection from my father. If I don’t ever have him tell me he's proud of me then how am I going to be proud of myself and then how am I going to show pride to other people. I'm going to think it's the right thing to do to not to be hard on them or to not show positive emotion and I like positive emotion Chalene, I like that girl; I liked being prized, I like people saying hey good job.

**Chalene:** But did it make you feel uncomfortable because it wasn’t what you're used to?

**Michael:** Yes, and I'll tell you that that’s what I work a lot with people on and I had to work on. I still have to work on, it's accepting, and it's receiving, and it's – when somebody gives me a compliment, and this is a great little tool for everybody out there, when somebody gives you a compliment, challenge yourself to look you in the eyes and just connect to their energy and just say thank you.

Don’t argue about it, don’t say it wasn’t anything because you're honoring them by doing that and you're honoring yourself and it, even now Chalene, after all this work I do sometimes, I find myself wanting to deflect it and I just really challenged, I really engaged in that heartfelt thank you.

**Chalene:** That’s such a great point. I think I myself have done it feeling as though I want to come across humble and so, you know, I'll try to deflect it back to them and say, “Oh, no, I've had this, that was forever, you know, it doesn’t even fit well.” You know, you almost like reject the compliment and realizing that when you do that, you make the person who's giving you this gift feel uncomfortable.

**Michael:** You make them feel wrong too. You know, I like to compliment people and sometimes they just, and they just, they just totally blow it off but I was doing it for them just to give them a little break to their day.

**Chalene:** Yeah, yeah, I think it's a great point. Remember that everybody. When the next time someone says really nice to you, accept it, just look them in the eyes, and say thank you, it feels so, it's really giving them a gift back. One thing that’s a very strong and consistent message for me is how important it is to create your own crazy, ridiculous, amazing, fun-filled life.

And sometimes that is misinterpreted by people as meaning, you have to have your own business or you have to be an entrepreneur and I would love for you to speak to those individuals who really to help them understand how easy it is and how it can be done and it might not be easy but it is possible to fulfill your purpose and to feel joy even when you are working as I say quote unquote working for the man or in a job or as an executive, or as a CEO of someone else’s company.

**Michael:** You know, that’s a great thing to talk about Chalene because, you know, I'm an entrepreneur. I literally started three international software companies and then my last, Executive Joy Company. I was a member of, I was on the board of EO, its entrepreneurs organization which is the largest. We have 10,000 entrepreneurs worldwide all doing over $1,000,000 or more.

So all of my friends were entrepreneurs and I can tell you without a doubt that only a very, very small amount of people should start their own business. And, I know we get sold this thing of how awesome it is to own your business but you really have to be okay with risk.

People come to me, and some of the people come oh, I'm very entrepreneurial and so what does that mean? They say well I think about business all the time and I have all of these ideas, well entrepreneurism isn't, it really isn't about business and it really isn't about ideas. It's about accepting risk.

And so unless you’re inherently okay with risk, don’t start your own business because it's not going to be fun and most business owners fail you just never hear about them because it's never a fun story.

**Chalene:** Right, absolutely. I would also add to that if you're the type of individual who's really, really motivated by doing a great job for other people, a pat on the back, recognition, being a part of a team, working towards employer of the month, it just never happens when you own your business, that isn't there, I mean certainly, you feel it internally but it's not something who will be rewarded externally when you own your own business. There isn't awards assembly that you can throw to yourself.

**Michael:** You know, I never tried that, that’s a good idea though.

**Chalene:** I should make, I should just make myself employee of the month, I'm thinking I might do that. So then how does somebody find joy and feel. I think the word I want for you to address is purpose because I think so many people feel like well if I have this job working retail or working in an office, how will I ever find my purpose and how will I ever live my purpose?

**Michael:** Well there's a couple of things to that and we got to be careful because purposes is throwing around so much and I know for me my purpose has changed over my life and so when we get this thought that I'm going to find a perfect job or start the perfect company and for the next 40 years, I'm going to be living my purpose, yeah, let's get that expectation out of our head because I think it's that’s unrealistic.

And you get a multiple purpose, you can have a family purpose, you can have a work purpose and you can have a friend’s purpose, so let's just open to that word.

If you're not happy in your job now let's start with that. There's probably a disconnect with what you're doing, disconnect with who's around you, or disconnect with the organization whether it's their vision or in their values and what their own business for. So those are the three things you want to look out for. Are you doing something you like, are, do you like the people around you? And do you like working for that company?

**Chalene:** Can you change those things?

**Michael:** I can change those things.

**Chalene:** So if someone is listening right now and they go, okay, check, I do not live, I do not work with people I like. I do not like what I'm doing and I don't know if I agree with the values of the guy or gal at the top, can I change that without quitting?

**Michael:** Well that’s it, and I wouldn't, and people make such a big deal about quitting and there's no better easier way to change your environment and normally to get a salary increase than to move organizations and...

**Chalene:** I like that you called it a move organizations as opposed to quitting.

**Michael:** Yes, and we get so much better experience when we go from one organization to another. We always think that the organization we're with can't live without us.

Every organization has ever lived when one person has quit and it's not your responsibility for that organization. I mean there's graceful ways to do that, you know, make sure you communicate, sometimes you can even go to the organization and say, hey, you know, I'm not happy here. This is why I'm not happy, I'm going to look for another position.

Why don’t I give you two months-notice? And honor them, I mean you have to use their intuition and think what works right for your own situation but there are so many great organizations out there and by you sticking with an organization you are not happy with you're not giving your all, I mean you might be putting a lot of effort in but you're not giving your best and you're actually doing them a disservice, you're doing them your service, you're doing somebody else who may enjoy that job a disservice, so we get into this martyrdom. I got to stick in there, I got to do it, I don't care if it, you know, I gave this commitment I got to do it no matter what. You know, that’s another pattern we get into is being a martyr.

Quit being a martyr, do what works for you because then the whole world is better off.

**Chalene:** Uh-hmm. It's true and I think we do that sometimes because it comes from a place of fear, we say, oh just suck it up, it's not that bad. When we're telling ourselves and you're not going to be tougher and we're really telling ourselves those things because we have fear of unknown outcome, I know that I need to move to an organization that appreciates my skills, where I feel as though what it is I know and my experiences are making this place better and that people appreciate me and honor the things that I bring to the table in my opinion, but I'm not going to do that because I don't know the outcome, I think my boss might tell me I'm a jerk and I fear what might happen and so because of my fear, I allow self-doubt to keep me where I am, and then we, you know, put some frosting on top of it by saying, well I just, I'm going to do this because it's not that bad.

You know, you feel, you know what's right, you know what's right and you don’t have to know the outcome. You just have to know worst case scenario happens. You just have to know what you will do, what will you do?

**Michael:** Yes, exactly. And this resistance and fear, we all run into, I mean I've done some awesome things in my life and I still run into this and Chalene you may still run into some resistance and fear, is that true?

**Chalene:** Oh, sure, hell yeah.

**Michael:** And it's funny, I came out with a book and the book is called *The Experiment*. It's called *The Experiment* because it talks about when we make changes in your lives, if we can call them experiments, it takes all the pressure off quote unquote winning or losing. So if I – maybe I'm doing job A and I think I'd like job B, and say, why don’t I do, why don’t I try job B as an experiment for two months, if it doesn’t work, I'll just get in, you know, I'll look at my financial situation, like you said, what's the worst case scenario am I covered for this? It is going to be a risk, I may or may not, the truth is I may or may not like this but I can either sit there and think about it and analyze it for the next two years or I can go do it and know and by calling The Experiment if I don’t like it, I didn't lose, I just learned.

**Chalene:** So we can from this day forward take the failure, I've always been looking for another word and I think we've just stumbled upon it. It was an experiment. I've had so many experiments; you could call me a scientist.

**Michael:** Well that's awesome because the only way you fail on an experiment is not to try it.

**Chalene:** That’s right, and that’s amazing. Tell me about what type of response you’ve had to your book.

**Michael:** Well, I'm really proud of it and I've had great response because it's – I put all the stuff into an easy-to-read story, it's got exercise it behind it, it really, it talks about creating experiments in your life. It talks about, it gives you real life tools on how to take ownership of your life.

You know, people come to me and they say hey Mike, you got this cool, you're very lucky you got this life where you're travel on, you speak, you write, it's, you're very lucky, I'm like well, I do have a cool life, thank you but, you know, I didn't get this by accident, I mean this is something I set out to do and so instead of thinking we're actually thinking people are lucky is actually a victimhood state, if we move into ownership state of how we're going to create our life, that’s what the book helps us to do is to take ownership of our life.

**Chalene:** Are you living the life today that you designed? And is there anything that’s just being really, really honest, is there anything that’s still, you're still working on it, it's still like a missing piece?

**Michael:** Yeah, you know, I, I'm building a brand, The Executive Joy, R. Michael Anderson brand and I'm still building it and I believe when I'm going to be a little further in building it, I don’t have to build the brand as much as to get my message out there. So I know you do some stuff Chalene about building your tribe. I'm still putting a lot of more effort into building the tribe than I am into spreading my message.

**Chalene:** Got it. You know, I know this is probably something you would attribute to a really low point in your life where you just, you really had to connect with your own spirituality but for those people who feel like, you know, I don't know if I'm at like a rock-bottom or that the rug has been pulled from under me but to helping people understand how connecting with their spirituality as it relates to their work, how does one do that?

**Michael:** Well that’s a great, great thing to talk about. Spirituality and work and my definition of spirituality is that we're all connected and we're all loved and I think that’s important and to really go into this we have to really look at some definitions because there's so much out there about spirituality and religion and et cetera, and so putting religion aside, spirituality means that I'm here of service, that and that everything that happens to me is for a reason and it's up to me to see the lesson in that or not and, you know, that freewill I believe as souls we all have freewill and that it's up to us to make these decisions to whether I learn these soul lessons or not and when I'm truly aligned and I have that faith that the universe is anything that puts in front of me is from my learning and growth, I'm happy about everything and when I say I'm happy about everything, I really see the blessing and the lesson.

My divorce, I kept telling myself and my divorce and like, “Look, I’ve learned so much about myself and about relationships through this and I had to go through this. I could not read this on a book; I couldn’t get this from a therapist. This is what I have to learn first in hand. So, suck it up and start thinking about when am I going to be free and it all worked up because I learned so much about myself and I’m good friends with my ex, and I know that was part of my path.” So how can I judge my path? How can I get angry at something that I had to go through to learn a lesson and to make myself stronger and a better person?

**Chalene:** Wow, what an uplifting perspective and I salute you for that because it’s perspective. It really is. It boils down to that but perspective is also something people developed out of a habit, and so, you had to change that, I assumed.

**Michael:** Yup.

**Chalene:** To be honest, how hard was that? And you’re so struggle with it.

**Michael:** It was hard in the beginning. I mean, I had no emotional intelligence or spirituality before I started this program at thirty-five. So the first year or the two-year program, I was not a good student. I would argue with the teacher. Some point the teachers like, “Look Michael. Your ego, your analytical mind is trying to figure this out. You just got to have faith and fake it until you make it because if you do the work, you’ll get it. And I did.

It was the right thing. It’s not what I want to hear but those are the right thing to hear at the time.

**Chalene:** Yeah.

**Michael:** It’s exactly right. These inter-generational patterns, these things that we’re into, they’re all habits, they’re all the way our brain and our emotions has been trained to react and to interact and respond to things, this is the simplest form. It’s just creating new habits for ourselves, getting rid of the old habits and new habits. It’s not always easy; it’s not always going to happen in a one hour, but they’re just habits and it’s just learning and repeating and practicing.

**Chalene:** We’re coming up on the end of our interview but I want to offer to those people who are conflicted and don’t know if they’re in the right place, if it’s a matter of changing their perspective or as you said, moving organization. So if I’m sitting, listening to this, how do I evaluate whether or not, it’s a matter of me, changing my perspective or just really, as you say, listening to your intuition and knowing that you’re in the wrong place. Is there a checklist?

**Michael:** To tell you, a nice thing to do is to sit down with a close friend, ask the close friend just to listen, so that the close friend cannot give any advice. Maybe if you say something that they can catch your inconsistency that can ask you to an open question like, “What did you mean by that?”, or “That doesn’t make sense with that?” Have a close friend just listen and tell them your situation and 99% chance, you’re going to figure out yourself.

**Chalene:** Is it your belief that often times, people just let these ideas bounce on their head and they don’t put them on paper or actually speak them and when we do, sometimes both of those things, we find clarity.

**Michael:** Yes, if we have a little more time, we can talk about how to put them on paper or actually right, journaling is a great thing because, when we have these things running around in our mind, it’s because our minds are trying to structure them, so the mind actually can’t get to a solution because it needs a way to categorize and structure things to get to an answer.

**Chalene:** That’s great. Michael, how do people find out more about you and your book, and become a member of your tribe?

**Michael:** We’ll be happy to bring more people in the tribe especially your great tribe, Chalene, and the two websites are executivejoy.com. So that’s executivejoy.com. It’s actually linked to the book site is experimenttoday.com. And my contact info is on there. If anybody purchases the book and then emails me a receipt, just to the contact forms there, you get all the stuff right there. If they email the receipt that they got the book, send them a five-minute audio procrastination toolbox, and if it’s a five-minute inspirational audio, really get your butt moving and if they review it and send me a screenshot of the review, I’ll send them a 45-minute audio of one of my full presentations of overcoming procrastination, and we normally sell that for $99.

**Chalene:** That’s awesome. That’s great. Thank you so much for that offer and I, of course, if you’re listening and you’re driving your car, I will include the link to all of Michael’s websites and how you can get in touch with him on my show notes which is chalenejohnson.com/podcast. And Michael, are you ready for a whole bunch of emails?

**Michael:** Bring it on! We got to cover that.

**Chalene:** That’s awesome. And I would love to invite you to join me for a podcast on Build Your Tribe because what I love about your story is how you’ve been able to become an Amazon best seller by doing something that I like to refer to as passion marketing. It’s not email marketing, it’s not affiliate marketing, it’s just really allowing the people who know and trust you to understand how passionate you are about something and when that happens, you can become a best seller without having a huge email list, without all the traditional ways that people become best-selling authors. So we’ll have to have you back to share that story.

**Michael:** Absolutely. Any time; anything to help you out.

**Chalene:** I love it. Well, it’s been great speaking with you, lifers. Please be sure to check out all of Michael’s websites and download that book. It’s such great information, so in alignment with what we do here at the Chalene Show. Thank you so much for being part of the show today, Michael.

**Michael:** Oh, thank you. It’s been a pleasure.

**Chalene:** I mean, how cool that we’d live in an age like this, where you can meet people by listening to them on your phone or while you’re driving, or on a podcast and it’s amazing how people who you don’t see face to face can change your life by just applying some of the techniques that Michael shared today. You can begin to transform your life depending upon when you’re listening to the show, I encourage you to check out the smart success academy when you’re ready to take that step, it is something I would love to have you become a part of.

So please check out, smartsuccessseminar.com and even if we’ve closed admissions for this year, you’ll be first to be notified when we open up next time, next year. Well, until I have the opportunity to spend this time with you again. I just want to let you know, I’m blessed to have your trust and blessed to share this time with you.

**[END OF RECORDING]**