

Shane: Hey, good morning. Good morning. It is Wednesday morning here. I'm Motivated Strength. I'm your host, Shane Schulz and this is where we talk about the optimal frame of mind. That's right. You might ask yourself, what is the optimal frame of mind? To be honest with you, it's a simply a higher way of thinking that higher way of thinking can lead you to a higher level of living. Isn't that what we're all looking for in the first place? Now? It doesn't matter what it is that you might be going through and there's a lot of different things that I know a lot about that people go through. Being a health advocate, I know that there's a lot of different things in regards to chronic pain, chronic illness, mental illness, maybe life experiences that you've had. Then you can't let go because it doesn't seem fair. That's really going to be something that we're going to talk about today.

Shane: Now, Motivated Strength is about challenges and struggles and it's about finding a way in order to be able to make them a smaller percentage of our life versus a consumption of our life. Now, believe me, I've gone through some things myself. I've gone through clinical depression. I've gone through borderline personality disorder. I've gone through abandonment issues. I've gone through codependency. I've gone through, you know, addiction as well as chronic nerve pain. So I know what it's like to go through a number of different challenges in life and what I can tell you this, I suffered for the majority of my years. I suffered in a big, big way. I lived in 16 states in this country. I went to eight homeless or eight homeless shelter stays and seven inpatient stays in hospitals. I know what that's like to go through those things and suffer because of the choices that I had made.

Shane: Now here's the thing, motivated his strength is not just about motivation. It's also positioning ourselves to be at a higher level. See, motivation is really something that just kind of like enhances that decision that we make to put ourselves at a higher level. Yes, motivation is something that I've always enjoyed. Whether it be Tony Robbins, whether it be Oprah Winfrey, whether it'd be my Angelo, whether it be even mother Theresa or Brene Brown or Zig Ziglar or Les Brown. Any number of people out there that have done the work, have done the work, have lived through the experiences of their own and have been able to bring those stories to millions and millions of people around the world. This is what it is that I love myself. I've always bought into that. Why? Because I needed it because I was going through the challenges that I was going through and I needed something to hold onto.

Shane: I needed something to think that things can be different than what it is that's in my mindset that things can be different than what it is that I'm feeling right at this very moment. Here's the problem. I couldn't feel what it is that they were saying I wanted to. I wanted to in a big, big way. I wanted to be just like them. I wanted to be like Tony Robbins. That dynamic energy that he has. I want it to be like Oprah Winfrey, that champion mindset that she has. I wanted to be like Zig Ziglar that quick wit that he has. I wanted to be like Les Brown of which has the perfect way of being able to tell a story with the best laugh that you could possibly imagine. I wanted to be just like everyone else. I couldn't do it. I needed to be like myself and that's one of the reasons why it is that I wasn't feeling it, but here's another reason why I wasn't feeling it.

Shane: It was because of my challenges. It was because of my struggles. I wasn't feeling what it is that they were saying. No matter how much I really wanted to now was I had given myself the opportunity to do so, or was I just merely reacting to what it is that was happening in my life was I merely just kind of closing myself off to what was possible versus what was improbable. See, the thing is is that I know what it is that it's like to suffer. Going through those types of things. I know what it's like to suffer, to think that you're doing the right thing or to think that you are the one that's actually keeping yourself from being who it is that you're meant to be versus who it is that you're merely exist to be. I know that there's a whole lot of outside factors that you might think is the reason why it is that you can't do that for yourself, that you can't be at a higher level, that you can't think at a higher level thinking and that you can't lead yourself to a higher level of living.

Shane: You think that there's outside factors that are keeping you from doing that. I know what that's like cause I did that myself. It took me in order to go through the experiences that I went through and I still have challenges with that. I'm dealing with that currently this day, but here's what I can tell you. I'm a transparent person. I'm somebody who's going to sit there and I'm going to tell you what it is that I've gone through so that you can help yourself be who it is that you're meant to be, so that you can learn from the lessons that I've taken, the lumps that I've taken, so that you can find yourself in a better frame of mind so that you can realize, hey, you know what, I don't necessarily want to do with like Shane did for many years. I don't necessarily want to suffer as much as what it is that Shane has made himself suffer.

Shane: I want to be something that is going to be more than just the suffering. I want to be something more than that. You know, there's a lot of people that go through a lot of different pain, right? Whether it be medically or mentally. There's a lot of people that go through a number of different conditions, stigma. There's a lot of people that go through a lot of different variations of people, you know, criticizing them for what it is that they're going through and how it is that they're reacting to it. So what we're going to do is that we're going to do the best that we can to not just react to what it is that's happening in life, but we're going to be proactive. We're going to be moving forward. We're going to get to a point as to where you know what, what happened in the past is just that it's in the past.

Shane: There's not a damn thing that we can do about it. What we can do is that we can do the now, we can do the now and we can do what's in the future, but don't even think about the future right now cause that'll just screw you up. I want you to think about what it is that you can do right now. What is it that we can do for ourselves right now in order to be able to make things different for us? All right? Is there somebody who is criticizing you that you need to let go? Is there somebody, is there a doctor that is sitting there and telling you that your particular condition is in your head and it really isn't helping you any? And is that time to let that doctor go? Is there somebody in your family who may be to the point as to where you just basically driving you to crazy point where you're thinking that you know what, that they're right all the time and you're rationalizing them being so if that's the case, you need to let them go.

Shane: You need to let go of what it is that's keeping you from being proactive. If you've just got a number of different situations that are just having you being reactive to them, those are the things that you need to let go. So if you want to know what it is that you need to let go, because I know a lot of people have said this to you before, you need to let go of this so that you can move forward. Well, it's really easy to say that, but then not have anything to kind of base that decision on. I'm giving you a basis of that decision right now. If you are finding yourself reacting to something in a way that is not healthy for you, that's what you need to let go. You need to let go of the person you need to let go of the culture.

Shane: You need to let go of what it is that's in your way from being who it is that you're meant to be and being proactive in doing that for yourself. There's times where you just need to let go. Now, here's another thing. There's times is to where you just need to come to the conclusion you've done your best. You've done your best. You've done everything that you can in order to be able to do what it is that you are only able to do. You've done the best that you can with it. You have to let that go. In other words, you need to let yourself what it is on the inner mindset of what is keeping you from being who it is that you're meant to be and keeping you where it is that you merely exist to be. Sometimes you need to let that go.

Shane: You need to let go of what it is that's in your mindset that's keeping you back. I know a lot about these things. Like I told you, I'm going through these things currently as we speak. Now I'm telling you this Motivated Strength is not something that's perfect, but it is something that can help. All right, so you're going through your doctor appointments when you're going to your treatments, when you're going to your, you know, your group sessions, when you're go into your therapy sessions, when you go into these things, you know, realize if you're reacting all the time or are you finding a way in order to be able to look at things a little bit differently to where you can take what's actually going to help you versus what's going to hurt you. That's called being proactive. That's called, you know, being accountable to what it is that you are for yourself.

Shane: Right? So if somebody's sitting there and they're tearing you down, you need to let that person go. If you've got somebody who's sitting there and they are criticizing you the way that you are trying to hang on to what it is that you have for yourself and you either have to look at it from the standpoint, are they right or do you need to let them go? Again, it's a big difference in your life once you come to this strength, once you've come to this point that you can find to look out for yourself, I promise you this is going to make a difference for you. All right? Listen, we do this show Monday through Friday. We do the show so that you can start your day in a motivated, positive way. That way you could take on life's challenges as they are. More importantly, as you are right now.

Shane: Now what I want to know from you guys as as an audience is what can we do to tier things around you so that we can help you get to that optimal frame of mind and optimal frame of mind, the higher way of thinking, leading you to a higher level of living. What can we talk about? Is there something that we can talk about in order to be able to help you? Is there something that you're struggling with? Do you struggle with letting go of things? Do you struggle with finding reasons why it is that your right versus being wrong? If that's the case, let me know so that we can go ahead and tear things around

because we more importantly, we are here to help you be who it is that you're meant to be versus who it is that you merely exist. To me, this is more than just me just talking in front of the camera.

Shane:

I can tell you there are times as to where it's the last thing that I want to do, but this is a purpose of mine and that is to help others who are more like me than they are different be who it is that they are meant to be versus who they merely exist to be. Right now we're over 750 strong, so come with us. Find a way in order to realize that we are going to be moving forward together and making a difference not only for ourselves, but also for others. Listen, I hope you have an extraordinary day. We'll talk to you again soon.