



EPISODE 33: BE CONSISTENT

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the bipolar now podcast, episode 33
- Speaker 2: [00:40](#) welcome to bipolar now, the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Mike Lardi,
- Speaker 1: [00:52](#) what's going on? I am so thrilled to be back. If you caught the last podcast or two, you know that I've been on a serious slew of breaks and vacations and conferences. It's just been go, go, go, go, go. And I just got back into town last week. I spent time in new England and I'll tell you what, I had an incredible just trip, spending time with family, spending time enjoying the fact that I could actually get away, that I had the luxury of being able to get away, uh, at this point in my life when things are just so full throttle. And I just was continually amazed and pleased by all the connections, um, that carry with me as I get to, you know, go on my breaks and have some downtime with the community and the bipolar now podcast group on Facebook and just get in there with you guys and see that life in those places is happening without me.
- Speaker 1: [01:42](#) And I was just so thrilled and so pleased. And I love that. You know, the, um, the thing we're going to talk about today with consistency and how important that is in our lives. Um, consistency really has been just benefiting me to no end as far as how I show up, you know, on this podcast every week in the community online every week. And then all the other things that I do, um, to connect with people throughout the week locally. It's just amazing to have these connections to have this support. Um, I just, I prize people if there's anything that you really want to know about me on a deep core level, it's that my greatest prize is people that people that I get to do life with, the people that I get to talk to, the people that I get to hear about how this illness is impacting their lives and, and just how hopeful you are that things can change.
- Speaker 1: [02:31](#) And um, and the, the work that I'm doing, you know, here on this show and then eventually, um, pretty soon here we'll be doing it, um, with the community online, through my paid membership program. All of these things are working in the

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same direction and I just love watching it all line up and producing these incredible connections for me. And I know so much about you guys now. Like when I started out, I just kinda didn't really have a clue. And now that we've been sharing all these different things, stories and challenges, I just, I know what you're like and I know that you desire to have greater and, um, more fulfilling relationships in your life as well. You want to build those marriages up, you want to build up those friendships. You want to get back family on your side. And you know, I make it, I probably make it sound, you know, I know I make it sound like I just wound up with an incredible situation where I have friends who love me and loved me dearly and support me endlessly.

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And I have family that is just like, you know, kicking down doors to get to me when I'm in trouble. And I'll tell you what, it's, it's that way now. But it wasn't always like that. It wasn't always such an enormous blessing. Like I had to start over and build it back up from scratch. I literally had to do everything from the beginning. And you know, the incredible thing that, that I get to teach now is that people are pulling for you. Whether you realize it or not, like people want you to get back up. They want you to be on your feet. They want you to be supporting yourself. They want the person that they knew when they married. Like I know all of these, all of these things now that I didn't know it back at the beginning, but if you know, if you're in the place where you're saying, Mike, I just feel like I have such a long ways to go.

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Just do it one day at a time when you're starting from scratch, when the illness has robbed you of literally everything and you have to have a complete do over. You just taking it one day and one brick, you know, of that path. You're, you're laying that path all over again. You're laying the path back to relationships. You're laying the path back to work. You're laying the path back to maybe education. If you, if you have a, a certain educational goal that you just could never quite get to. You know, I tell this story quite frequently that I had to drop out of college three times. And so going from that to something that's respectable, it takes just, it takes effort. But the challenge, honestly, the challenge now looking back on it at all, like, and I have so many challenges still in had ahead of me, right?

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Like so many things that are in the way of me getting to where I want to be. But the challenge thus far has been worth every bit of the effort. And so I have reasonable confidence that the effort that I put into future challenges is going to see an equal amount or maybe even greater amount of reward. And going back to today's episode, consistency, you know, consistency was the driver of that effort. Like making a consistent effort. Even if it

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was small in the beginning, you know, you're starting from scratch, you're trying to put things back together. It's confusing, it's deflating. You feel beat up, you feel like damaged goods. You're starting over. Consistency is what's going to drive you to continue taking the next step. And I love that as I talked to you guys and I asked that very simple question like, well, what is the next step and where could I help you?

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I love that you guys already have a pretty good idea in your mind of what that next step is and I love that. Now I get to like be the person of accountability in your life that says, all right, now are we taking it? So consistency, consistency, consistency is the driver of all good things. You know, I was in Connecticut last week and something came up and so we might as well talk about it. It's not going to be the point of the show, but it has to do with consistency. People ask me what they should do with bipolar hyper-sexual symptoms. And so we're going to do a little adulting right now. So if you've got little kids with you, you're in the car and you're going to want to turn me down for a minute because we're going to talk about adulting with bipolar. And I think, I think maybe that should be our, our a hashtag for this part of the show.

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But when you're adulting with bipolar, you have to deal with bipolar hypersexuality and that's when that drive, um, is just lit up and it's inexplicable, at least in the moment it seems an explicable. And for me, I was flying out to Connecticut for vacation, not in a manic state whatsoever. So, um, I used to think that hypersexuality was just something that comes along with mania and I got proved wrong last week cause I was in my right mind and I was flying out to Connecticut and I was like, uh, on the plane and uh, not manic whatsoever. And it's like really right now we're going to do this right now. Great timing and all I could take away from that, just being on the plane, being uncomfortable, being like, I hope nobody looks down right now. I've gotten, you know, the tray table covering my lap and it's just like, really, we're doing this right now.

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What? I just had to, like, I had to go into my logical brain, you know, to get away from all of these sensations and feelings and thoughts and, and it's like, what was my trigger, Mike? Wha what, what honestly could be triggering you in this moment when you're crammed on a busy airliner flying to the East coast. Like what could possibly be triggering me right now? And honestly, the only thing I can like boil it down to is just the fact that I was on vacation and I was traveling. So maybe the trigger was the novelty of going to a new place and spending time in a new place and exploring a new place and having an adventure. Maybe. Maybe that part of travel triggered my symptom. I don't

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know what it is, you know? And it lasted for the next two days and I, you know, it was like every day we were like traveling together and I'm like, this cannot be happening right now.

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This is ridiculous. Like I'm not manic whatsoever. Like, why is this? Why is this happening? And it just kept calming and calming and calming. And I had to try so hard to move my brain in an opposite direction. Cause you know, you're spending time with family. It's not like I'm with my wife, you know, and I can take advantage of this and we're going to get into that in just a second here. But you know, with hypersexuality, the thing that I just had to tell myself is I can't be ashamed. I cannot be ashamed, very easy to be ashamed, but I'm not going to be ashamed. This is a symptom. This is not me over exciting my senses because I'm a slave to them. And I want you to hear that like this is not you like ladies especially cause you're the ones that are curious about this as far as like, I've been asked this several times by several women in our community, they're like, what do I do with this?

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So I don't, I don't understand how to deflect this energy or, or use it, you know, in any, any way. Um, beneficial. And so ladies, I want you to know that like, just because you know, you have this insatiable drive, it, it doesn't make you a, you know, what, you know, rhymes with hut just because you feel that way. And just because you think that way doesn't mean that that's actually who you want to be. And that's important. Okay. That's very important. All the things we talk about with bipolar disorder, they're just symptoms. They're not who we are. They don't make us a slave to immorality or all of these out of control choices. You always have a choice. So how about me? What did I do on my vacation? I'll, um, I'll tell this as a single man and that's important, but you know, the downtimes of me, you know, trying to like just manage, manage, manage, manage, hypersexuality a lot of times it came to me just when I was like relaxed.

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And so I learned very quickly that I need to take a nap and I need to get to bed on time. So I rested and I slept and I wrote all this stuff down for you. Like I took a note on my phone, all my vacation knowing that I would have to share about this cause it was just we're in the moment, we're going through it. I know a lot of people go through this and I haven't done an episode on this particular symptom. It's a really tough one to pin down, but I wrote all this stuff down, um, moment by moment so that I could think about it, process it and share it with you. And so yes, you know, I arrested and I slept and yes I did do the deed. Of course, you know, I did it solo. I'm a single guy.

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- Speaker 1: [11:47](#) And the important thing for me, you know, just as far as my own integrity goes and my own health is that I didn't use any stimulus of any kind. Um, you know, to help me with the relief. So, you know, I wasn't like feasting on donuts and it's a funny saying that that I have, but it's like to feast on donuts means like I'm going to go and open up my phone and look at videos of people getting it on. And that's just not something I want to feast on. It's like if we're comparing our sex lives to having meals than indulging in that kind of instantaneous stuff is, it's just incredibly unhealthy. I mean, you looking at that stuff is like the equivalent of eating nothing but sugar bombs, you know, like donuts, feasting on donuts as my little phrase whenever I catch myself wanting you to do that.
- Speaker 1: [12:38](#) And it's like it's, you're wanting to feast on donuts when you're missing out on the regular and nutritious and amazing home cooked meals. So you're missing out. If you're just finding relief in that stuff online, you're going to get high for a minute and then you're going to get sick and longterm you're going to get weak. So I'm just saying don't do it with bipolar. Hypersexuality trusts me. You know what I'm talking about. You don't need any help or any great ideas in that department. So, let me just share this real quick, since we're already committed on this topic you need to be having, and I'm talking to the married folks here, but you need to be having consistent, regular connections with your spouse, even to throw away your excuses of this mental illness. Your spouse needs to be able to say, baby, I just need us to do us.
- Speaker 1: [13:37](#) Even when you're tired, even when you feel unattractive. And in this case, even when you're ready to jump him for hours, but there's still that fresh fight in your mind, but you need not be ashamed. You just, you need to tell him or you need to tell her, you know, she needs to know, tell her these things. I need to get busy right now. Like communicate. That's healthy. You need to say, honey, my gosh, you massage all the hottest parts of my brain and I need us to come together right now. I need us. I need this. Have the talk. Say, you know, when these symptoms flare, say honey, this is part of my illness. Sometimes I get triggered in my mind runs on sex almost nonstop. And I need you to not put me down for it. You gotta be honest, be honest. You can do this.
- Speaker 1: [14:35](#) It's a symptom. It's not a slavery. It will pass. And then at least this way, you know as spouses you're, you're connecting, you're doing it regularly and you're having something to show for it, right? Like as it's an incredible experience. So that's you guys. That's my married people. I love you guys. I also love my single guys and my single girls and I love how you're like, what about

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me? What do I do? Mike? It's a great question and it's a question that could save you a ton of guilt or it could save you from this situation of, well, you know how it goes. You just, you're so in the zone with sex that you're out there grabbing some indiscriminantly so just cause, I mean, what are you going to do? What do I do? Cause you already know I'm single, right? Like I'm single.

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Yes. But you know, there's this girl that I'm digging and as soon as the time is right and she's able to say yes, you know, then it's not going to be long before we're going to the chapel. But in the meanwhile, what do I do? I mean, what do I gotta do? I've got a situation on a plane and I'm trying to relax on vacay. What am I going to do? Well, this is not easy, but I actually don't entertain thoughts of sex all day long. So this is my practice. When I'm healthy, I'm not entertaining it. I'm not divulging into it. It's not that they're not there, it's just that I don't exaggerate it, play it out. You know what I'm talking about. It feels good, but it's just incredibly distracting. So I don't entertain it all day long when I'm healthy. That helps me a whole heck of a lot when I'm hyper-sexual because those thoughts are absolutely unavoidable when those symptoms arise.

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But even then, so because of the consistency that I have in not entertaining these things, even then when I'm hyper-sexual, I'm still putting a great deal of effort into wrestling my mind away from taking that gratification because I'm, I'm on a plane. No, but see here, here's the real thing, because I've trained myself not to think about sex all day or, or at least in the minimal sense because those thoughts are just ordinary human things. I use my consistency to practice restraint and I know that I'm not crazy and I'm certainly not embarrassed about it either because there are people out there, there are wonderful, amazing and yes, powerful people out there who are not having sex. They restrain, they have self control. They're not weird. They recognize that a sexual nature is not designed to be solo. It's a social thing. It's about a thousand times better that way as a social thing.

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But some people make a conscious decision to be single on purpose and I'm just one of those people. So instead of driving our brains and our bodies crazy with thoughts of sex all day long and what I'm missing out on instead of that, I know that I can be like my incredible single friends and I can just take care of myself as needed. And I love it. Like I love that I'm a sexual being like here, this, you're just because you're single doesn't mean you're less of a sexual being and it doesn't actually mean that you're missing out. It just means that you're being single on purpose. And what I love is that single people can be somewhat in control

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over this sexual nature for single on purpose. We're doing it for a reason. It's not because we want to be weird. It's not because we're an incapable. It's not because we're incapable. So to my single peeps and to those out there dating, I'm saying just have self control. And to my married ones, you've got to give each other that pleasure and that connection because that's what you signed up for. So come together, come together literally.

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Okay, so that's not the final thing I have to share on hypersexuality, but it's also not the only point of today's episode as far as consistency is concerned. So all you parents, you can come back to me now it's safe. Come back to me. We're closing that little chapter. Jeepers. I always wonder how that stuff's going to come out. Okay. Interestingly enough, the part I talked about just now about having consistency, that is what is going to help you put bipolar more into the Palm of your hand and you do want this. So listen up. Bipolar disorder is best treated when you do all the good things for yourself. All those things everybody talk about, myself included, bipolar disorder is going to be best treated when you're doing all those things consistently. And here's just some of the things I'm alluding to. I'm talking about having nighttime habits.

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I'm talking about having morning habits, having a day plan, having a week plan, understanding what is the ideal function of those day and week plans. Planning for family time, making time for friends, making time to keep your body active, you know, making, making an effort to be Swift as you respond to bipolar symptoms, having an active imagination, you know, having curiosity and also having some kind of growth, whether that growth mechanism is intellectual or emotional or spiritual, I mean there really is no end to how we can grow as human beings. And so are you doing things like consistently, you know, do you have, let me just take these apart real quick. Like a nighttime habit. So every night I have a little list of things that I go through as part of my shutdown routine happens after eight o'clock can be any time you choose. Um, but it might happens after eight o'clock and I literally have a list on my fridge and it just shows me like the stack of habits that I need to go through one after another because I'm building this stack into my subconscious and I'm just not quite there yet.

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Like I, I can't do it as though it's auto programmed. Um, so I'm building nighttime habits and this is fun for me. Like, this is me doing better at setting up my evening so that I have a better morning. And so I go through things like, you know, taking my medications and you know, doing the bathroom stuff, brushing teeth, getting my money squared away, you know, inputting all the different things that I bought or sold or you know, acquired

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or got rid of. Like all these different things, how my money is flowing one direction or the other. I'm managing my accounts, you know, then I'm doing the dishes, I'm doing things like, you know, getting just the kitchen cleaned up for the morning so that when I go back into my kitchen in the morning, it's a pleasant place for me. And then I make a morning plan every, every night I make a morning plan, I write down what are the things I'm going to do that are going to give me a great morning as a launchpad into my day.

Speaker 1: [22:16](#) And 95% of that is going to be the same. So I do that automatically. Like that part of me is programmed, but I'm starting to learn that if I have like just one thing that I'm writing down that is going to be like an incredible morning element for me. One incredible morning element and that is going to totally change my perception of waking up cause I'm looking forward to that. I'm not dreading instantly the work that has to get done today and how hard it's going to be. So a nighttime hat, it sets me up for a great morning and then I have morning habits and so those are things that I've kind of programmed myself to do. I, when I go into one area of the home, I do certain habits and I move through my morning time where I'm getting all the different things that we talked about in that particular episode.

Speaker 1: [23:02](#) I believe it was episode 12 where we talked about morning habits and I moved through all of this things automatically and it's just an amazing time and then I move into my day plan. But do you even have a day plan? Like do you write down every day, all of the major blocks of time that you're going to need to get certain things done. You can't just have it wide open, you know, bipolar depression in particular and, and I, I suppose anxiety could also be lumped into this category, but they feast on having a day that has nothing functionally going on. Just having a wide open day doing nothing. You know, you've lost your job, they illness has caused you to move back in with your parents or your, you're just, you're, you're cruising on a very low level. Like that is just a playground for depression and anxiety.

Speaker 1: [23:56](#) So have a morning plan, have a week plan, like have a calendar app that shows you a week in advance or have a physical planner where you flip up in the pages and it shows you a week, like put down all the different blocks of time you're going to need. Put down all your appointments, put down all your get togethers and social times. Like put all these things down on the week plan and then every week have a review where you're like, okay, is this working out for me? Like how are my energy levels going between this block of time in that block of time, how am I going to manage, you know, my transitions. These are all things you have to plan for. Like having recharge zones in your day. I

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have three recharge zones that focus on on food, you know, on my meals. But I also have a fourth usually if I can, if it's not a crazy crazy day, I have a fourth recharge zone where I'm literally just taking a nap.

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And that is amazing. That is amazing to be able to sleep in the middle of the day, even though you're busy, to be able to sleep in the middle of the day. That is just phenomenal. I know not everybody can do that because you know, when I was on my construction job, there's nowhere to sleep where we're working nonstop. So that doesn't happen for everybody. But the, the definitely the recharge zones in the meals, you know, put that into your day plan, put that in, put that in and see how it works and then just keep refining it. So those, those three things, the nighttime habits, the morning habits, you know, stacking those all together so that they're automatic. Having that day plan where you're just going through the plan. You don't have to exert mental energy of wondering what you should do with your time. It's already planned out. Those three things, if you're consistent with those three things, you will begin to build a great life.

Speaker 1: [25:47](#)

That stability, that seems so elusive, I mean, that's going to slowly start to come back to you. It's gonna come back to you. Nighttime habits, morning habits, and a day plan. That stuff's incredible. And then I, I look at these other things as secondary. Like those are primary, those habits and the habit of having a plan. Those are primary kind of some secondary stuff, but, but also super crucial to be consistent on is your family. So when they invite you to do things and they're not things that you dread, you know, you gotta go and do them, you gotta show up. You got to be there for your family. Like if you want your family to support you, you've got to show them that you're making an effort for them. It works both ways and it's a good thing. It's a good thing to be a part of a family where you feel valued and they feel like you're being consistent.

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Like it's just equally beneficial and very rewarding relationship to have good family. And then friends, kind of in the same vein, you know, friends, you gotta make time for him when you say you're gonna be somewhere for somebody, show up, show up again when you're done hanging out. Ask them when's the next time you want to get together. Be consistent in that way. Like always set up. When are we going to see each other again? You know, you want to be around the people that you can't get enough of. I have these people offline. You know, it's, it's, it's the only real way to do it is offline. Online is, is cool. Like there's some great connections that I make and I totally prize those

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relationships. And I totally just, I grin from ear to ear when I read some of the stuff that you guys tell me.

Speaker 1: [27:31](#)

It's just, it is just incredible. It's very, very, very, very good and, and I love that. But I also want to encourage all of you as I do online, I encourage you, not just to make friends with me, but to make friends with the people in real life who want to see your face. They want to hear your voice. They're out there. I don't care what you've done. There's always going to be somebody who's gonna be willing to take you back. And that's the best start. You start with the person who takes you back and you expand from there. Be consistent with what you say you're going to do for your friends. Now here's, here's a hard one. This was an extremely unpopular episode of the podcast, the podcast on staying in motion on specifically on having exercise and fitness. Become part of your life because part of your lifestyle is incredibly unpopular.

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I get it. It's hard work. Um, I am like, I am a rare individual that has stumbled onto a type of exercise that is extremely rewarding for me. So I actually look forward to going and doing the work, but I know that's not everybody, but we got to keep our bodies active. You gotta be consistent in that. It's, you know, it's, it's incredibly deflating to have your body just become more and more lost in every day. Can be a conscious choice to go against that and to get it back. You know, unless you're super old, you can always be in control of your body weight. And how we do that is not only through diet, but also through movement and staying active. So I keep my body active and I stay consistent in this. And people were consistent in their exercise. Studies have shown you can do so many things in other parts of your life that so many people are just like, eh, that's too much work.

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But because you're in the consistency of moving yourself, you know, whether you're moving weights or you're doing yoga or you're out for a walk or a run or a hike, I mean there's, there's literally endless options, biking, um, endless options for, for moving your body. But when you do it consistently, it sets you up with a better mindset of saying, Hey, I can do things where I feel resistance and that is incredibly useful and you're going to need that if you want to build a strong life. So I keep my body active. I also respond to symptoms swiftly. So when symptoms move in, when I notice a depressive spell coming on, I move into action super quick. And in episode 28, I gave you my little two hour turnaround and I hope somebody found that useful. And if you haven't checked that out, go check that out.

Speaker 1: [30:19](#)

I break it all down as to how I respond particularly to depression. Um, cause it seems to be the most common for me.

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But, um, you have to be Swift in your response because it's easier to tackle a problem as it's developing than to try and like figure out how to get out from underneath it once it's already full-blown. Like can you see how it's just you're spending less effort on symptoms, you're never gonna spend no effort on symptoms. They're always going to be there. Bipolar is a lifelong illness as far as we know now. But if you respond swiftly, you're spending less energy on symptoms and that frees you up to have more energy for the things that actually matter in your day. So I'm super Swift and I'm consistent on that. I haven't had a significant episode apart from the anxiety of launching the peace plan, which is, it's been an incredibly anxious anxiety fueled experience for me to, to level up and do this.

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But nevertheless, I responded swiftly, you know, and I kept my routine, I kept on the things that I said I was going to do. I'm meeting my deadlines, like anxiety didn't have a chance to derail me cause I was Swift. So that's what I do. I also kind of keeping in line with with symptoms response. I have an active imagination and an active curiosity about me all the time, all the time. And this is incredibly helpful for me to Dodge depression, keeping my imagination active, keeping my curiosity alive. And when challenges in mental health come up, I utilize that curiosity and I say, all right, so here's something coming on. Let's get curious about how to do this. Like when I was on the plane, you know, instead of panicking about the situation in my lap, I was curious enough to go, why is this happening?

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How have I dealt with this, you know, effectively in the past, what do I want to do right now? And I managed to get through that flight and I managed to get through the next two days until it finally dissipated on its own. I managed to get through because I had curiosity and I wasn't willing to feed into the shame that I could have easily in that situation. So I have an active imagination. This is incredibly useful to those of you who are artists or writers or musicians. When you have an active imagination, you're exploring your material, you're exploring your art. People tell me all the time, I'm so bummed that I'm taking these bipolar medications and all of my creativity is gone. I'll never be a musician again and I tell them it's like that in the beginning and then you have to bring about that original curiosity that you had for the music.

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You've got to bring that back online yourself. You can do that. You can cultivate curiosity. It's a really cool thing. So have an act imagination and be consistent, like have a daily active imagination. For me, this is just in how I process the different events and things that I have to do in my business. Like I have an active imagination for where all this is going for, how I'm

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producing it and for how I'm going to show up and for how I'm going to rest. Like, I'm, I'm moving through all of these things, keeping myself active, keeping myself curious. And that way, fear doesn't have a way of driving me off the road cause I got to get to the, I got to get to the destination. Like there is no plan B here. I gotta get to where I said I'm going to go and I'm going to be a finisher.

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You know, bipolar is a, uh, it's been a force in my life that has caused me to flunk out and to not finish. It's been a force and I don't want to be that way anymore. I have a choice. I'm going to finish. And having an active imagination, having curiosity everyday, being consistent, that's what's gonna do it for me. And then finally I brought up the need for a longterm vision back in episode 10 on patients, but a longterm vision. Really what I'm getting at there is I have a need. And so I'm sharing this with you. I have a need to be consistent in my growth because a great vision can't be achieved on the talent skills, abilities and comfort level that you have right now. And this is what makes our community and our tribe so different is because we're focused on the longterm.

Speaker 1: [35:02](#)

We're getting our Headspace out of the like immediate, I'm suffering, I'm dying here. These symptoms are overwhelming me. Like we're getting away from that and we're attaching to a longterm vision that's independent of our symptoms. And so growth is always going to necessitate that we change, that we evolve and that we level up and that we play a bigger game. And that's what makes our tribe different is we're all people who are curious about exploring the bigger game. And then we're like, okay, I, I know the bigger game I need to play. What's my next step? So for me, growth is critical. And in particular for me, because I'm just so spiritual in the way I handle my daily situations and in the way that I think and make you know, decisions and pray like I'm intensely spiritual and I don't apologize for that. It's just how I am.

Speaker 1: [36:00](#)

Um, but I, I know that the level that I'm on spiritually right now, while it's amazing, while it shows me so much about myself and it helps me not to be afraid to navigate all the changes that are happening in the world and all the uncertainties and all the angst that people feel towards one another. Like I, I moved through all of that stuff like a hot butter knife cause I'm growing spiritually. I recognize that my life extends beyond this life, you know, that. And then I can have supernatural assistance in how I get through this life. So I'm actively seeking to grow, particularly spiritually. And so, you know, emotionally, intellectually, financially, there's so many other places to grow. Right? But I've chosen spiritual as like the top. That is my priority. Like if I

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mature spiritually, a lot more good things are gonna happen for me.

Speaker 1: [36:58](#) So those are the things that I have consistency in, always looking to do better, but at least I stay consistent with these. What is it? One to three, nine different things, nine different habits, nine different disciplines, attitudes and practices. So use those things, the nighttime habits, the morning habits, the day plan, the family plan, your your plan for friends, plan for how you're going to keep your body active, plan for how you're going to respond to symptoms and then also make sure to stay curious and keep growing no matter what you know. Cause what if, what if all of these things were working together for you?

Speaker 1: [37:38](#) I have a hard time communicating the power of each of these elements to actually go to work for you so that you can actually keep a step ahead of your bipolar triggers. I have a hard time communicating that. Like you have to imagine like what like what if you had a day plan working for you where you weren't confused as to what needed to get done that day and you were able to pull it off because you had a great morning, right? Like so much is won or lost in that morning and how well it went. Like what if you've got a great morning that was pulling you through into a great day? What if you had like friends that you couldn't get enough of, that you were just dying to spend time with and they were dying to spend time with you? Like what if that was working for you?

Speaker 1: [38:28](#) How would that work? Wonders for your mental health, you know? And so we can move through all of these things. Like what if these things were active for you? What if these things were powerful in your life? What if they were all pulling together and multiplying each one's power? You know, these aren't additive things. It's not like I add one habit to the next, to the next to the, you know, I don't, I'm not, this is not addition. This is not a, an equation of addition here. All of these things that I listed that I'm seeing be consistent at all of these things. Multiply each other so the plans multiply the habits, multiply the practices, multiply the relationships, multiply the fitness, you know, multiply the coping mechanisms, multiply the spiritual attitude or the emotional attitude like all of these things. They multiply and that's why when you put them together, there's such a powerhouse.

Speaker 1: [39:31](#) Consistency though consistency and all of these things, like it doesn't do any good to just look at them on paper. It doesn't do any good to have a plan and not go through with it. Like it's the consistency that delivers you. Consistency delivers you from trouble. It can even deliver you from destruction, and that's a

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big word, but it's a word we have to deal with in this disorder. Destruction. What people like us don't realize when we throw in the towel on ourselves when we give up, when we quit, what we don't realize is that we're inviting destruction into our lives and that's why there's so much havoc and chaos and just heartbreaking stories of people who have fallen into trouble and into destruction because they failed to be consistent. You know, there's one person that's going to look at all the things that I talked about.

Speaker 1: [40:40](#)

There's one person that's going to look at all that stuff and they're going to say, you know what? That sounds too tedious, Mike. What you're talking about is a lot of work. So there's one person that looks at consistency as just too tedious, but there's another person that's gonna find pleasure in getting better and better at daily life. And that's when life begins to feel like an adventure all over again is when you find pleasure in the consistency. So of these two people, which one are you, and I'm not talking about when you're sick, when you're down and you're anxious, I'm talking about when you're relatively healthy, which of the two people are you? Are you the one looks to consistency as something that's just tedious or are you looking at it thinking, you know what, I like the idea of getting better at better, better and better at how I do my life. I want an adventure. I want this so bad. Are you looking for a way out or are you looking for a way

Speaker 3: [41:58](#)

up?

Speaker 1: [42:11](#)

So I know my audience pretty well by this point and that's why I know when you hear me ask which one are you, well, I already know who you are. The thing I dig most about people like us is that once we see what we want, there's something deep inside of us that says, I don't know how. I don't know when. I don't even know how hard it will be at this point. But I know that I want that. And I almost don't even care how long it's gonna take because it's that good and that's you. No one else is gonna pay attention to the things I talk about and the things I teach. If they didn't know on some gut level that they want something better for themselves. And even though this disorder and all the other disorders that might come along with it, you know, they are disastrous when they win,

Speaker 3: [43:13](#)

but

Speaker 1: [43:15](#)

you still see something different. You hear me get on this show every week and maybe you even participate in the live show and Facebook, you know, in our group and you're like, this guy Mike, this guy is different. I'm telling you what, I love being that guy

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and I love that there's something new, there's something exciting that's about to happen. So as we close here today, I just want you to know that if you've been a listener in the last month or so, you already know that I've been laboring intensely and I've been laboring behind the scenes. I'm finishing up a major new project and I've been building this monthly interactive coaching program and it's built specifically for the kind of person who wants to get these results. All the stuff that I've been talking about, everything that I've gained in making my mental health a priority. And so in order to celebrate the launch of this membership, I'm hosting a special masterclass and it's for free.

Speaker 1: [44:20](#)

And it's a class that will show you how to go from, you know where you're at, which is possibly stuck and confused and it's gonna show you how to absolutely develop into your realist self. And that's the self that's not worried about bipolar symptoms, ruining your plans. And this is just exactly what I've been able to do. So this is truly unprecedented. I've got all the details about your questions. I've got them jam packed inside of this masterclass and it's all going to be live, which means I have some pretty special surprises in store for you when you sign up. So you're going to learn all about the latest and greatest and most essential elements of how a life can be rebuilt on purpose. And you're gonna learn how to be stronger and smarter in any of the storms that anything this disorder can cook up and drag you into.

Speaker 1: [45:17](#)

So the masterclass is called a peace plan for life. How to finally win the battle over bipolar cycles without the need for superhuman strength, perfect circumstances, or a lifetime of try fail efforts. So does that sound good or what? This is literally everything that I've learned in the past eight years, and I have never taught this stuff before. So to check it out and to get registered for one of the live events, just head on over to Mike Lardi dot com forward slash webinar and that's Mike lardi.com forward slash webinar and I cannot wait. I just can't wait to see you there. You'll get a chance to see if the peace plan membership is the right next step for you, and that way you'll know whether or not you're going to get moving on that version of your life. That gets you seriously the most lit up.

Speaker 1: [46:21](#)

That's what we're working towards. Moving towards that version of yourself that gets you the most lit up so you'll get on the webinar, you'll see if it's the right next step for you. Doors for this whole thing are going to open. A enrollment is going to open next week and then it's going to only be open for a short amount of time, so do take this opportunity seriously. There won't be any chance to enroll again until next April because the

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people that get in there, we've got some incredible work to do up until then. So again, to get on this free masterclass, just go to mikelardi.com/webinar. So thank you for joining me today on another episode of the by porn out podcast. And more importantly, thank you for always trusting me to be a voice and a person who is always going to pull for you to do greater and greater things.

- Speaker 1: [47:15](#) Because I know this about you. You have immeasurable compassion and that comes from having suffered a long time with this disorder. And you know, it's something that has definitely changed your life, but it doesn't have to change it completely for the worse. Bipolar disorder has changed my life, but it's made me someone new and I wouldn't change that. We can change that for anything. So next week, next week, I will see you live on one of the masterclasses if you're signed up for that. And we also have a new podcast episode coming out, so I will see you here. Same time, same place. Cardios
- Speaker 4: [47:59](#) [inaudible]
- Speaker 5: [48:05](#) thanks for listening to the bipolar now podcast at [www dot mike lardi dot com](http://www.dotmikelardi.com).
- Speaker 2: [48:11](#) [inaudible].