



EPISODE 34: RESETTING EXPECTATIONS

- 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 34
- 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](#) welcome. I love that you're here. If you're new to the show. My name is Mike and I do a pretty simple thing. I just every week do my best to help you level up in some aspect of your mental health. It really is that simple. I'm just here to help you level up. And this week was really special for me. I'm in the midst of a launch of a program that I've developed and produced and I'm getting ready to, uh, host members inside of a membership that focuses on this very thing which is giving you every level up that you need in your journey towards a life that is less bothered by mental illness and by this bipolar disorder that we share. And so if that's you and you're new, uh, welcome to the show. Welcome to what we got going on. I just, I love building things.
- Speaker 1: [01:42](#) This is a great week for me to like take a step back and realize, wow, I really love, I love building things for others. I just love this. I love that the people that I get to talk to, it's like I made something for them. I made something special. Like I poured every ounce of my creativity and effort and heart into seeing solutions developed for people who live with this illness. So that's what I love. I love building stuff. I'm a builder. You know, I'm, I'm an artist at the core, but I also love the, you know, the art of making things. And so I guess I am a good builder. And the thing I love is building things for others because if I could do it as my full time job, I would just give gifts. I would just find people who need some encouragement, find out what they're into, what they love, what makes them unique and find something that lights them up and just give it to them as a gift.
- Speaker 1: [02:39](#) Like if I could have that as a full time job, we might just be off the charts. Phenomenal. I think so. Well today we're going to be talking about something that came up in the group this week, that's the bipolar now podcast group and a member in there. Um, basically hit me and said, Hey, I know that we've been

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talking lately about how to do, you know, some, some serious reduction on our stress. And so I don't really understand where to get started. Like everything just feels like a 10 for me. I just feel on edge about everything going on in my life. I can't concentrate at work. I don't even know what to do about that. So how exactly do we take things down, uh, and, and get, you know, control back over the way we feel in our, our mental health, get it to something sensible. And so that's what I'm gonna do today. We're going to talk about a specific contributor to stress and how you can take yourself from that 10 back down to something a lot more sensible. So here we go.

Speaker 1: [03:52](#) So today is, we're talking about stress and specific techniques of stress reduction. And this is important, right? Cause bipolar is a disorder that feeds upon stress, like stress is the food that grows the illness and like allows it to get out of control. And of course we've all been there. We know what it's like and we never want to go there again. But the fear in the back of the mind is always, well, if the same situation popped up again, therefore logically I believe I could go back there. And it's just, it's a torture that I never want to return to. And so today, the one thing I want to communicate is that getting your expectations right is going to do a whole heck of a lot to bring that stress level down and to commit to something better. So expectations, what are we talking about?

Speaker 1: [04:45](#) Well today I think it would just be best to give you some practical wisdom, some real practical how tos on setting expectations and managing expectations or even solving expectations once they turn into problems. So I want to give you that wisdom. And again, I want to think a special person in our podcast group, she reached out to me privately, so I'm not going to say your name live on the air, but you reached out to me in a, in a private message and you shared with me the fact that you're, it's your job that is really driving a lot of the chaos in your life right now. You told me that your job like determines almost your personality. Like it, it changes the way you show up and behave and think. And you told me that you were in a high pressure job right now and that it's like, it's hard to even imagine like, like I, I appreciate that you are honest about this with me.

Speaker 1: [05:40](#) Like you said, I can't even imagine getting the right job and that is a tremendous amount of stress to be under because stress is one of those things that makes you go like, I don't even know what to do. I can't even think straight about this. You know? And if we're dialing, you know, are our stress levels up from zero to 10 you know, you might be heading towards a 10 I'm one of those people that I know what it means to go from like, you know, a two or three in a day and have something happen and

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have that level shoot all the way to a 10 it's just, it's, it's this particular illness I have. It's the way that it plays out for me. It could have a lot to do with my anxiety and it's just like things are so extremely sensitive that they move to the extremes rather quickly.

Speaker 1: [06:31](#) So with stress, there's something that I heard a long time ago and it comes from a gentleman named Andy Stanley and he's an author and he deals a lot with leadership space. And so of course, you know, when you're like in a leadership position, um, the stress levels are automatically higher. And so he works a lot with people who are feeling the pressures of the workplace or the pressures of business. And he said this phrase to me, I mean, not to me personally of course, but he said this phrase, uh, in one of his podcasts a long, long time ago, and I'll never forget it. And it is when you have stress going on and things are boiling to the surface, you've got to ask yourself, is this attention to manage or a problem to solve?

Speaker 1: [07:20](#) He said, is it a problem or attention? So do you have to hold that tension? Like do you have to manage it, hold onto it and just work through it? Or is that a problem that you got to solve and therefore you might have to release some things when it comes to problems? The one thing that has saved me from so much stress, getting even more out of control is that I immediately look for the solution. So I take the time, you know, I literally go timeout, like my fears are going nuts and fear. Fear is one of those things that it's like it always masquerades. It's like the sensible thing, but it's not it. Fear is not sensible. It's just completely uncensorable insensible. I don't even know what the word is for that, but fear is definitely not sensible. Fear is not the solution and yet we cling to it.

Speaker 1: [08:16](#) At least I do cling to that fear and then of course it grows stronger the more you cling to it and then it takes over and all of a sudden you've got a situation on your hands where you feel like you want to die. And in this illness that is something that is extremely serious to deal with is that sensation of like nothing can be fixed now. It's over the line. We were past the point of no return. If you would just look for solutions earlier on, it would take a lot of the problem off the table. So I have a particular way that I do this. When I encounter problems, like when I'm looking to release a problem, when I'm looking to solve a problem, when I'm being solutions oriented in my mind I always look at something as is this something I need to do or is this something I need to delegate that is give it to somebody else who's better off doing it than me or is this a problem that I can just delete?

Speaker 1: [09:17](#) Like I can just make go away. I can literally release it. It goes away and that's that. So I always remember these three words.

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They all start with a D do delegate or delete and all day long you guys all day long. Like when emails are coming in, I'm like, do that delegate that, delete that. Just over and over and over again. I'm like, I have this like ingrained into my mind that when I open my email I'm going to quickly deal with the ones that need to get done. I'm going to quickly delete everything that doesn't need to get done and I'm going to carefully consider which things need to be passed on to someone else. And I'm really good at this. Like this took me a long time to be able to release the need to have to do everything for everybody. And I'll tell you why.

Speaker 1: [10:08](#) It's an incredible freedom to have when you can just start like passing things on to people who are more qualified or to people who it really belongs to. Like a lot of times I used to take on responsibilities for people who were, well let's just call him lazy. Like I used to just do their stuff for them and I've stopped doing that and I just delegate it now. I say just you do it, you take care of it, you take responsibility and then the best thing ever is just deleting something entirely. And I love, this is what I love. I love deleting tasks or deleting expectations. I love deleting the things that seem like you need to do them. Like they seem so shiny and it's like, you know what? I already picture myself deleting this. It's gone. I'm not doing it. I'm saying no, I have, I have a a P, a little mini poster that I put on my wall over my office and on weeks where it's like I really have to focus and I really have to drive a project to completion.

Speaker 1: [11:06](#) I have a little poster that I pull out and it says this is the week of no, and so my, my automatic posture to anybody's question, he says, Mike, can you do this for me? It's a no unless it has to get done. And so that's how I've learned very quickly in the moment to tackle problems. And this does a wonder for my mental health. Like this keeps me from straying off into disaster land and chaos mode. And it's all in the asking like questions are so powerful. You have to get good at asking them. Like, like if there's one skill that I could personally impart to you that you could master and get good at, it's just the art of asking questions and all day long it's like this inner dialogue of like, do I need to do this? What's happening there? What would be the best event right here?

Speaker 1: [12:04](#) Why should I even bother with this? Like ask, ask, ask, ask all day long. It's fun. It's, it's fun to be in like an ongoing conversation with yourself. And the coolest thing about it is, is that like the result is that the chaos stays away. Like the chaos stays at Bay. So like you're in a situation, right? You can ask, when it comes to expectations. Today we're, we're talking about having wisdom for setting expectations, for managing expectations, for solving problems related to expectations. Like

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you're in a situation right now. So you got to ask, and one of the things I love to ask is just, Mike, what is a sensible expectation here? What's a sensible expectation? That's such a good word for me because by default I'm not sensible. I'm extreme. Maybe you've kind of picked up on that through this podcast. Like I'm an extreme personality type so it's extremely healthy and challenging for me to ask myself.

Speaker 1: [13:16](#) All right, I'm in this situation right now. What is a sensible expectation for this situation? You know, recently I've had to do a lot of tech stuff in the background for the peace plan for bipolar, which is my group coaching membership online and I'm not like, I'm not technically savvy. I can follow directions and if they say put this code here and do that over there and link this account to that account and have this automation go here and there and then put this thing over here, it's like I can follow directions, but man, I get stuck along the way and it's frustrating because I just want to fly through this stuff, have all the tech stuff get done and out of the way. I don't want to deal with the business side of my business. I want to like, I want to deal with all this stuff that the people are dealing with.

Speaker 1: [14:06](#) I want to be with my people, so, but I got to get this stuff out of the way. So for me, a sensible expectation is that I've just got to get my question answered. One question at a time, and so I'll literally write these questions down on a little sheet of paper or I'll open up. If I'm working on the computer, I'll open up a little document, type out all of my questions for the day that I have, where I'm stuck and I my sensible expectation, my most reasonable, sensible way that I can expect for this to resolve is I say I am going to get my question answered

Speaker 1: [14:45](#) and then with my Workday, because this is the priority, getting the question answered, my work day revolves around getting that question answered, finding the right person to ask, searching for the right help documents like I'm stuck in a situation, things are not moving forward. What's a sensible expectation? So really good question. Really good word is just keeping that word sensible and attach it. When you think of expectations and stress, think of sensibility. This is going to save you a ton of grief. Another thing I've learned is to have an, I'm just calling it this for now. I don't really know it to label this as but I'm calling them proactive expectations. So you heard me say that like I know I'm going to get my question answered. Well I'm also like expecting for things to go wrong because that's just life. Like I'm expecting for stressful situations to pop up.

Speaker 1: [15:38](#) I'm expecting for things to go wrong. Like the funniest thing happened when I meet with, it was not funny in the moment, but yesterday I was supposed to have my first live webinar

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where I was going to teach about my program and then I was going to welcome new students into the program and I was all fired up about this. I wasn't, I had got the past, the stage of being scared to death. Like I got past that stage. Somehow I got out of that stage, I was feeling good. We were setting up the tech and then I pushed go too early and then I ended it thinking I could get it back. But it just ended the whole webinar. So the whole thing failed. Everybody who's signed up dates saw me like running around and panicking and it for like a minute, I was extremely embarrassed for like a minute.

Speaker 1: [16:29](#) And then I exchanged my embarrassment for joy because I realized that I'm a total newbie and this is just what happens. Like I don't understand what I'm doing with the technology. I'm just trying so hard to make it work. And so my, my greatest fear, which was flopping on the biggest day of my enrollment, like my biggest fear happened and that should have crippled me. Like I should have been scared to death for the rest of the day. But in literally a minute, and Daniel was here, if you've heard the podcast, you've heard Daniel, Daniel was here helping me out. He was my MC for the beginning. We couldn't get his microphone working, we couldn't get the screens working like we were just running around running around and it failed and it flopped. And for a minute I had extreme embarrassment and I couldn't talk and my mind just thought to myself, okay, I'm in a situation, I'm scared to death.

Speaker 1: [17:26](#) What do I even do? Like what? What is even the next step? And I let that happen and then a minute past, and I just had this sense of joy, like flood my senses completely. Like I, it flood me from head to toe. I can't even explain this like this is, this is so opposite of what I would expect Mike Lardy to go through in the face of a catastrophic failure. Like in the past, I would not have recovered from that and not even in the same day, let alone having in a minute my mindset turned to joy and to just be giddy that something went wrong and somehow everything's gonna be all right. So I had proactive expectations that I believe set me up to feel that way. Like I can expect things to go wrong if you're doing anything important, anything like, I don't care where you're starting out from right now.

Speaker 1: [18:27](#) Anything important that you are committed to just stuff is going to go wrong. There are going to be stressful, intense situations that you don't have a clue how to solve. And so just set yourself up. Proactively allow yourself to expect, you know what, things will go wrong. I, I do this around town, I have this thing where like it's a Friday night or Saturday night and I'm in the local village. I can expect that when I leave the village that night after going to dinner, I can expect that I'll get pulled over by the cops cause they hang out right at the exit to the village and they're

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trying to catch all of them. Drunks that are like leaving the bars and flying around on these mountain roads. And so they're just, they're there to catch people. And I've been pulled over twice. And so because of that, in my mind, I just default to, you know what, when I leave the village tonight, I'm probably going to get pulled over.

Speaker 1: [19:24](#)

And that's a really cool proactive expectation because, well it's like, think about the wisdom there. Like if I know I'm going to get pulled over, if I have a very strong suspicion that I could get pulled over, then you think I'm going to drive junk home when I leave the village on a weekend night. Like that's not, that's never going to happen. I'm expecting proactively, I know that things are going to go wrong and then I have a piece about it because when they do pull me over, I won't even be like, I will not have had a drink on my breath and it'll be incredible. So I do proactive expectations in addition to the sensible, so things like that, you know, it might not seem sensible to feel like I'm going to get pulled over every weekend leaving the village, but it's just, it's the way I'm proactive and then like going back to the sensibility, it's like, okay, well since I'm thinking that way, that is not the place for me to go and drink. It's just not the place I want to be doing that because that happens every single weekend. Then the third thing, this is, this is all under asking, being a good question asker. The third thing I like to ask and if he can get these things just automatic. The third thing that I like to automatically ask myself when I'm facing something that's potentially scary and stressful, I ask, how do I want to feel going through this?

Speaker 1: [20:53](#)

And again, I think that piggybacks on the proactive, right? That proactive expectation is how do I want to set myself up to feel going through this? You know, looking at my failed situation with the webinar, I knew that in my usual temperament, I'm calm, I'm present, I'm unafraid and that is exactly what I set my intention on. Going into that webinar, I was going to be calm, I was going to be present. I was just going to go through it and enjoy it. I was going to be unafraid if the whole thing shut down and because of my proactive expectation and because other people who do these kinds of things all the time, they set me up for that expectation that you know what? The technology, it's probably going to flop, you know, awesome. If it goes great and it does go great, but there are many times where it doesn't go so great and so I have to be unafraid of that.

Speaker 1: [21:51](#)

I have to be unafraid. So how do I want to feel going through that? That's like an extension on the proactive expectations. Be someone who asks, you know, it's um, when, when it comes to work that can be maybe the biggest contributor to our stress and it work. We set some silly expectations when we have a

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bipolar disorder and we're sensitive to all the things that are happening like interpersonally and with our own abilities and just like the particular mood that it sets us off in, you know, when we start our Workday or go through it. Like bipolar disorder is really good at like distorting expectations when it comes to work. And so, you know, this, this person who asked me in the podcast group, you know, she was looking, she was basically looking for how to reset her expectations because she's in a high pressure job and it's ruining the way she feels.

Speaker 1: [22:49](#) She just like, one of the emojis she used was so, so like powerful because it was like a um, have you ever used a throw up emoji, like the sick face and the little faces about to puke? Like that's what she said when it comes to her work and she said she couldn't even imagine like what it would be like to get the right job. One of the things that really, really helps me set expectations in work and, and this is huge, like I have not landed on this until like maybe two or three years ago. I didn't quite see how it was set up for me. Like how I transitioned from being like I feel out of control in all my jobs. I feel like I always have to end them prematurely. I feel like I take the most random jobs, you know, to cope with it and to get back into work and get some money going again.

Speaker 1: [23:40](#) Like I used to feel that way about work and now I've made the transition to, I start the job I want, I do the job on purpose. I have a plan for leaving the job if I need to leave the job and I leave it on the timeframe that I want to. And that's been like, that's been a huge shift. Huge. Like that's, that's totally changed my anxiety when it comes to work because now I have this expectation like I've set a new expectation that I can do a good job, I can stay focused, I can have a plan for how long I want to be at that job and I can see where that job is helping me take the next job. And so let me just finish with this because it's kind of like, have you ever had a deck like a, I know a lot of people don't have decks cause they don't like have elevation on their property.

Speaker 1: [24:34](#) But up here in the mountains, pretty much every single house, every single cabin, every property has a deck attached to the back and sometimes multiple decks and sometimes enormous decks. And it's just how, you know, these mountain lots, they're, they're steep a lot of times. And so, you know, to, to get up to them, you have to take the stairs. And I was driving around this week and I fought about this question about getting the right job and how it's hard to even imagine getting there when you have a bipolar disorder that just ruins everything. And I thought to myself, like I looked back, I looked back at my work history and I wrote down 13 jobs that I can remember. There's probably even more, but I can remember clearly 13 different jobs in 10

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years. So post high school, college post-college, 13 jobs, and then my illness struck at the worst possible time in the worst possible way.

Speaker 1: [25:36](#) And I hit rock bottom and I was 30 years old and I got booted back to the beginning and I felt like an absolute teenager living with mom and dad. I mean I, it was the rock bottom. Like I'm, I am incredibly fortunate that I like got dumped out into the care of my parents. That's incredible. I know so many people don't have that, but it was the worst that I'd ever felt. I had no clue. Like I had no clue how to get out of that. No clue what to do next. No clue if I could even work again. Right. Like when, when I was working, you know I prided myself on doing a good job but I was very unstable on how long I stayed somewhere and it was never on purpose. And then I hit rock bottom and I was just living in the deepest funkiest depression that I've ever had in my entire life.

Speaker 1: [26:25](#) This illness, I mean this illness has never cooked up a depression like that before and it felt like, you know, I used to work in a Mexican restaurant in the bar and you had that little bowl where you put the Muller in there and you mash all the stuff up for you. Like the mojitos and different types of Margarita's and you know Moscow mules and things like, and you're, you're like smashing all the ingredients in the mint and whatever else inside this bowl. And that felt like my life cause post diagnosis, I tried so hard to go back to work. Like that Mexican restaurant was the only thing that ever worked for me. I worked there for 13 years. It was the only and is the only thing that ever worked out. And it was like, it was so, um, it just felt like a tragedy because I know what I'm capable of, but I couldn't, like, I couldn't accept building a life off of being a bartender.

Speaker 1: [27:18](#) And I know some people can do that. Like I'm not Downing them whatsoever. It's a necessary job. It's a really fun job actually. But I just, for myself personally, like I just knew that I couldn't build a life on that. And the thing that hurt the most was going back to that restaurant asking for my job back. They gave it to me, which was incredible. And I lasted three months. I had a massive fail in just my ability to process orders and interact socially. I just couldn't do it. So I tapped out. Well, somebody in that restaurant gave me a job that winter at the local ski resort. And so I would teach kids how to snowboard, which you would think would be an amazing job. Right? Well, in my mental state, which was severely compromised, like I had to force myself to smile at the kids and to smile at the other instructors and to drive all the way up to the ski resort every day and teach snowboarding.

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- Speaker 1: [28:21](#) And you know what, I didn't even make it to the end of the season. Like it was March, maybe early April. And we still had several weeks left of snow. And they're like, do you want to keep working? We really need you. And I said, I just can't do it. I, I'm emotionally exhausted at this job. And so that was my second attempt at work. And then my third attempt, you guys know Daniel from this show. He's the guy who pastors the church with me. You know, he approached me early on, he said, I need your help. Let's do this together. Like, let's work together. And I worked with him and I tried my hardest, you know, it was extremely healthy job for me because it was challenging. And, um, and it was allowed me to do a lot of like creative work for the first time all over again. But like I still felt crippled in the way that I was working, relating, going in and out of that place.
- Speaker 1: [29:16](#) Like it was just, it was a crippling sensation. And then as I was doing that, I tried to get back into art and I tried to get back into doing creative work and working in creative spaces and working with creative people and doing design and whatever. Like I, I applied for multiple jobs, I interviewed for multiple jobs, I got denied every single time and there were definitely, and then I applied for a job at my local gym cause at this point I told myself I'll do anything now I will, I will literally do anything as long as I can do a job and do it well. And so I applied to the gym and they hired somebody else. And so yet again, sensitive Mike had a day where he just cried. They couldn't even get a local job doing something that he was good at, which was exercise.
- Speaker 1: [30:15](#) I couldn't do it. I couldn't do it. Well, the good news is they called me back and they said, Mike, we're so sorry. We hired this guy and he didn't work out and we really need you. Will you come in tomorrow and fill out, you know, the paperwork and can we get you started as soon as possible? And I said yes, absolutely. And that was a turning point for me because at the gym I chose to do a good job and to commit to my mental health. That was right around when I started getting like notion that if I just commit to leveling up my mental health, however I do that I know the picture is going to improve for me. I just know it. And the fact that it took place in a healthy environment, like a gym, you know, a place where people go to exercise and improve their strength and physical fitness.
- Speaker 1: [31:06](#) Like because it took place around a bunch of positive people and it was, you know, it was low key, you know, there were stressful moments. But like other than that, nothing that I couldn't handle and that really set me up to sing, you know, what? I am capable of working a job until I'm ready to move on. And that was the moment where I told myself, Mike, let's set a new expectation. Let's set the expectation that you can work for two years, just two years. Let's set that expectation that you'll

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get through this gym in two years and then you'll be able to take another job and do a little bit better for yourself. And you know what I liked, followed my own expectation. I wound up doing that job for about three years and I still go in and fill in every now and then, you know, somebody's sick or an emergency happens early in the morning and I'll run over and take care of things and watch the members and, and workout.

Speaker 1: [32:06](#) It's just, it's a very low key place for me to be in leadership. And that all started with me setting the expectation. Like somehow I had the wisdom to say I'm going to manage my situation. I'm going to solve this problem of me moving on from job to job to job because of sickness. I am going to commit to be at this job no matter what. And that means I'll protect my mental health. I don't really know how to do that Bao, figure it out. I will protect my mental health. I'll push against this illness. I'll go to work on every single shift. Unless I am physically ill, I will go to work on every single shift. And that was huge and I was able to do that. And then I took my most recent job. So I left the gym on my own terms and I took a local construction job at the Newman fence company and that was my most pivotal job.

Speaker 1: [33:02](#) And so the reason I'm bringing up the steps in the stairs to go up like towards the deck at a mountain home, like the mountains here in Lake Arrowhead. The reason I'm talking about stairs as I'm looking at all of these jobs, I wrote them down and I'm looking at them right now on my desk. I'm looking at all of these jobs. They were steps, they were all steps. Like the fence job was a pivotal step and I'll explain that in a minute, but you know, failing at the restaurant was a step and then failing at the ski resort, that was the step. And then feeling crippled at the church. That was a step. And then not getting a job in creative arts. That was a step. The gym was a bit of a step, like it was a step up and I spent some time on that step and that's why I want to call it a landing.

Speaker 1: [33:54](#) A landing is like you see these in mountain homes up here, you'll get like 10 steps up and then there'll be a landing. It's a flat spot and it's just covering horizontal space and you have to walk across the landing and then there's more steps to go up to the actual deck. So for me the gym was like a landing. And then my next step up actually was, you know, a deck or maybe another landing. I'm not quite sure in my own analogy how this works, but steps in landings and decks as you're going up. So going up into new and fence company, I knew that there was something waiting for me even beyond that and I just worked diligently until that came to fruition. Like I needed to see it. So as you're taking steps, you're getting a bit more of a clear idea as to what the actual view that you're heading up to.

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- Speaker 1: [34:49](#) Like a lot of these homes up here in the mountains, they have a view of the Valley, they have a view of the mountain ridges, they have a view of the forest and all of the homes that have like the highest real estate values and they're the hottest properties on the market. Those all have views of the Lake or they're on the Lake. So Lake Arrowhead is a place where people like buy these homes and they have these enormous decks that look out onto the Lake and it's just glorious. It's seriously amazing to be out there in the middle of the day or to watch the sunset from the deck of your Lake view home in Lake Arrowhead. It's just incredible. So these jobs have been steps and then I hit a landing and now what I know is that what I'm doing is actually heading towards the view. So it takes time, right?
- Speaker 1: [35:39](#) And you have to be in motion and you can't steer, you know, a sailboat that's doesn't have the sales up, right? Like you have to be moving forward and failed steps are still good steps. But if you can't even imagine getting the right job, it's because you just haven't quite gotten the view. So with what I'm doing now, this online business, online influencer, whatever you want to call me, like bipolar now LLC, that is a deck, like we've taken the stairs and now I'm up on the deck and I'm just starting to like see the view, right? Like things are happening, stuff's moving quickly. I'm putting things together like I'm having just a solid time doing this. I love this. And I'm like, I'm winding up on my deck. And now that I've gotten this far, I can already see that there's a deck beyond this, but I'm not even going to worry about it.
- Speaker 1: [36:37](#) Right. Cause that's not my situation right now. I'm not going to stress myself out with the future, which is a lot of times what I do in bipolar mania. I stress myself out over a future notion of what I'm capable of doing and it excites me so much that it totally ruins me, throws me into chaos. Like that's the kind of stress that we just get sucked into. It's just, it's just how it works. It's not your fault, you know? But once you know better, once you like have a sensible expectation, like my expectation now is that I'm going to be able to work on my personal mission and this is huge for me. Like I understand that there's a lot, a lot of people who work and they work day in and day out and they're faithful workers and they're appreciated by their bosses and they're needed in their establishments or wherever it is that they're serving.
- Speaker 1: [37:32](#) I understand that a lot of people can work and have no sense of mission. Like it connects to nothing bigger beyond, you know, a paycheck next Friday. It's just, and there's nothing wrong with that. A lot of people they operate that way and I just, I'm telling you right now, I'm not built that way. And the interesting thing is the more people I meet through this show, the more I know that

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you're probably not built that way either. So getting a sense of a personal mission is like job number one when it comes to expectations, like figure out what is it that I do that is going to light me up and that is going to serve mankind. Like what is my personal mission? Who do I help? Who do I show up for? Who do I make a difference in their life? What is my mission?

Speaker 1: [38:30](#) And I had just an incredible like grasp of that having come back to it over and over and over again. Like I just keep coming back. I keep coming back to my personal mission. I have this agenda, right? Like my agenda is pretty simple and I'm totally open about it. Like everything I do, even with the peace plan for bipolar, which you know is my business like I'm totally in the open about the agenda. I, I wrote this down because I wanted to make sure that it was like true, but I want to know, my agenda is to know every possible way that bipolar disorder can impact a life and to personally design increasingly simple solutions for that. So I want to know every which way that this illness impacts us. I want to know that, like I'm curious about that. I want to know all the pain.

Speaker 1: [39:29](#) I want to know all the difficulty and the struggle and the heartache. I want to know all the embarrassment. I want to know all of those crippling sensations that come up with this disorder and what happens to us because of it. I want to know that, okay, a been there, but now my agenda is to design simple solutions for how to live that life, how to live it better and better. And the view like this is, this is the deck, right? I've been stepping up to this all along. It's taken me, it's taken me a very long time. I've been, you know, I've been in the workforce for, I don't know, 22 years, 23 years. It's taken me this long, but now I'm at the view, I can see clearly and I know what I'm looking at and so I'm doing all of these things to create better and more simple solutions for mental health so that millions of people around the world can live in increasing freedoms.

Speaker 1: [40:32](#) Okay. I didn't land on that overnight. I took a lot of intense work that took a lot of just me purposing myself to find what it is that I was put here for. It just took a ton, took a ton of effort. It was fun. You know, parts of it are fun. Parts of it are like uncomfortable. You know, me stating in public that I want to have millions of people around the world living in freedom from mental illness, like to have what I have. That's a humongous statement that could overwhelm me very easily. But I've set my expectation a lot, like closer to today, I'm living in the present, I'm calm, I'm unafraid. You know what if I never get there? Oh well and if I get there, Holy cow. Right? Like look out. That's an incredible story. So what I do is now that I have the view, I'm aligning everything I'm doing with that view.

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- Speaker 1: [41:39](#) So if you're stuck in a job, you gotta figure out your next step. And when you get in that job, set your expectation. Like for now the expectation might not be something you can control cause you're just sucked into the job and the job is stressful. But your next step could be different if you set the expectation. And then as you take the next step beyond that, you're looking for the view, you're zooming back, you're saying, all right, what is it that I'm gonna do that's gonna do it for me? And also do it for others. Like what is that? And once you start seeing pieces of that, people are going to, this is just how it happens. People are going to start acknowledging what you're great at and what you do for them and why they appreciate you. People are going to start acknowledging that.
- Speaker 1: [42:37](#) So you've got to take that information and you got to start to like draw a line from that to thinking through where it is that you want to be in your work life. And then once you begin, and I do this every week, like sometimes I do it every day, but for sure I do it every Sunday. I review every single Sunday evening, all the things that I'm doing and I'm asking myself, does this align? Does this align? Here's my view is this, is this project this week, is this milestone this week? Is this like going to take me there? And if not, I don't need to bother. I'm aligning, I'm aligning everything to the view and I'm telling you, you just gotta be patient with yourself and a bit of a hard worker and I know you can do this. I know you got it in you. I want you asking the right questions. Okay? Be sensible. Be proactive, set up exactly how you want to feel as you're going through this and then all you got to do is align everything in that direction. Align, align, align.
- Speaker 1: [44:08](#) You know, what did I scare you with the whole 22 years to find my view? Well, here's the good news. You're already where you are and you've already shaved so much off the climb up the steps. You've already taken those steps and maybe you've even had time to get to one of those landings where you already know like you can see it. It's a partial view into the future and that's why I've been so excited to get people plugged into the peace plan. It takes you from where you are to where you want to be and you don't even need to know the way because it's got a built in GPS in the form of coaching and community and mentorship to learn more about where this could take you and yes, what expectations you should have for it. I want to invite you to jump on my special masterclass called a peace plan for life and I'm only opening enrollment once this year, so once your chance goes away, it goes away until April.
- Speaker 1: [45:15](#) So I think you owe it to yourself to at least check it out. So just head on over to MikeLardi.com/webinar and all share all about how the experience works and to get you, you know, in a place where you're going to be moving forward and you didn't do that

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right from the start. And then of course inside the webinar I'll answer all of your questions about this membership. So I certainly hope I don't mess it up again. I'm like, gosh, Oh wow. It's a good thing you guys are forgiving of my mistakes. So yes, that webinar is at mikelardi.com/webinar and there are just a few sessions left so I hope to see you there. And next week we'll have a new podcast going, brand spanking new, so we will be back here. Same time, same place. Adios

Speaker 3: [46:10](#)

[inaudible]

Speaker 4: [46:15](#)

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Speaker 3: [46:21](#)

[inaudible].