



EPISODE 50: GOING DEEPER MEANS GETTING FARTHER

- 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 are listening to the Bipolar Now Podcast, episode 50.
- 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](#) Here we go. It's episode five-oh. I promise. I don't try to rhyme everything. It just happens. It just happens. We've been, uh, we've been through 50 episodes. Can you believe it? 50 episodes if you're just joining along for the ride. This is an experiment that I started last year. We are 50 episodes deep onto a show where I was basically looking for the answer to the question. Like when the doctor says it's bipolar w when you first hear that word like I did. Um, the question is, well, what do I do now? And so every week since that first episode, we've been exploring that question and sometimes we've been exploring it in depth, which is something I love to do. So if you're just joining us, if this is your first episode of the bipolar no podcast, your first episode ever, I want to say welcome.
- Speaker 1: [01:47](#) This show is just getting revved up. I feel like I'm just now getting warmed up to the idea of meeting with you every single week. And it has been a challenge. There have been weeks, especially in January and February, a weeks where if you go back and listen to those shows, like I was thick into a legitimate depression, not a heavy depression to where I can't function, but a legitimate like moderate scale, moderate intensity, depression. A lot of anxiety came along for the ride, especially as I started looking for work again. Um, so all of those things got documented on this show and I came close several weeks, came very close to not pushing record or not meeting up with one of my guests or you know, you know what I'm saying? Like there came many times where I was face to face with like, you know what, you can't do this every week.

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- Speaker 1: [02:40](#) But here's the thing, the thing that moves me, like the, the relationship that I have with my mental illness has changed over the years and now it's like when it comes to trip me up and sidetrack me and derail me, I get a little fired up about it. It kind of goes opposite of what the illness is intending to do, which is to suck me of my energy, suck all of my original thoughts dry and remove them like it. Now, whenever I face a challenge like that, I'm like, gosh, bring it on. Like let's just, let's push right into failure. Let's just see how far Mike can go into mental illness and still maintain his everyday responsibilities. And this show, which is a beautiful thing, which I highly encourage. If there's something you feel convicted about doing, uh, I encourage you to commit to it and then watch how that changes your relationship with the illness.
- Speaker 1: [03:41](#) Like once it gets in your way, you're like, Oh, come on, try and get in my way. It's really cool. I'm telling you, it's like, even though the illness itself is deflating and scary, um, the fact that you're fighting is super energizing. So just remember that. Always remember from Mike, like fight the disorder and you'll be energized. Like go to work anyways. Show up for your kids anyways. Be intimate with your spouse anyways. Like, just do it. Just do it anyways. I love it. I love it. I, I, that's my, my number one encouragement over 50 episodes of every week pushing record and every week trying to go deeper into this conversation of what is it that I'm supposed to do now, now that mental illnesses in my life, it's just, it's been a journey. It's been a journey. I know that's a kind of a trendy word to say nowadays, but it truly, it's, it's a good word that summarizes the entire experience we've watched in this show.
- Speaker 1: [04:42](#) We've watched me go from healthy to sick to recovering. Like these things are cycles. They're just a feature in bipolar disorder. You're going to cycle, you're going to cycle in and out, you're going to cycle up and down. It's just a constant cycle. It's a process. It's a journey. And I'm very pleased that this show can document that for you. From, from me being healthy in the beginning of the show, to me being sick here recently to me recovering now, like even today, I'm still trying to, um, I'm still trying to put together cohesive thoughts. Like I've sketched some notes out for this episode. Like I always do, but I feel a little detached from everything cause I'm, I'm just, I'm in a process of change and discovery. You know, I'm discovering new work. I'm, I'm recently now employed, this is my first week. I'm having regular work.

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- Speaker 1: [05:40](#) Like before this, it's always been spotty and haphazard since almost the launch of this show, it's been spotty work and my income has been spotty and it just messes with my mental health. So here I am like I'm finally discovering a routine of work and it's been very good for me and so I'm just, I'm so happy to be here with you for yet another episode, episode number 50. Here we go. Um, the thing I love about this show is it's like we are living in a time you guys like we are living in an era where we know more than ever more than ever before. We know all of the elements that make up our mental health. I think previous generations have kind of taken this for granted and then those of us who've lived with a mental illness, like if I would've lived 40 years ago, my life would look totally different in terms of what I'm doing, what I'm able to do, the relationships I have, like we've always talked on this show about this is a show where we learn how to gain mental health.
- Speaker 1: [06:44](#) Like we know the elements of mental health now and I can talk about them openly and we can ex like explore and discuss all of the different components of mental health. It's very cool. We know we know so much more now, so we get to gain new, like we get to advance, we get to make strides in our mental health and that's what I'm doing on this show. And then also I'm like discussing tactics because as mental illness cycles a on and off, we have to come to contend with it. Like if we're gonna maintain as much sanity as possible, we have to learn how to do that. And so there's this defense strategy and this defense style that I've been teaching over the last 50 episodes and it's sprinkled throughout every single episode. We're either gaining or defending our mental health and I just want to let you know that this is a show that's going to continue to explore that.
- Speaker 1: [07:42](#) I'm going to get even more clear about how that happens. The more I understand, the more I'm going to feed back to you and it's just going to be an ongoing evolution of this show of us learning together how to keep more of our mental health when it's threatened and how to make advances that we can bank and set new standards for. So that's what's going on in this show. I'm super pleased to get new guests on the show this year. People are reaching out to me already. I've got a few people in mind and then I'm going to start, uh, you know, ramping up my publicity for what's going on here and all the people that I could talk get to talk to every single week inside of my paid programs and every single week inside of my free group coaching, which is the bipolar now podcast group, which is on Facebook.

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- Speaker 1: [08:27](#) It's a focused group just on this show. And like people bring things up that we don't get a chance to really explore on this show. So it's a great place to get ideas and to encourage one another and to see different people wrestling it out in different ways. And one of the ways that happened this week was we had a member of the group post about worst case thinking like worst case scenarios. And this person wanted to know like, am I supposed to do, I don't really have any clue and real no real access to a professional immediately like I'm coming to you guys cause you're, you're lying. You're the first place I can think of to ask this question. But like my mind has been ramping up nonstop with these worst-case consequences. And so I, you know, I look at that and I say, Hey, there's just, there's a type of person and we all can go there.
- Speaker 1: [09:24](#) We all have, you know, these like nightmarish scenarios that play out in our brains as to what's going to happen in the future. But I want to let you know, there's like, there's even, there's even personality types that when they're unhealthy. So for me, like when my personality type goes unhealthy, I go towards this like worst case scenario situation. There's a certain type of personality that just goes there. And when I'm unhealthy, that's what I do. And so one of the things that I've learned this week, like as I was going through yet another worst case consequence, uh, as I'm learning to get back to a healthy place mentally, I just had to stop and focus on today and remember, literally remember the point of this show and what I do here. Part of that is to help create a defense and here I am in need of it myself. So what can I defend today? Like what can I focus on today? Where am I going to defend? How am I going to defend the mental health that I've fought to get back so far this year?
- Speaker 1: [10:36](#) And so for me, thinking about defense, I think about, well, I can stay on task and I can not get derailed off my task. That's a defense for me. And it works every day. I'm thinking about like, what can I defend or what can I improve? And the improving part is really cool because it means like, okay, am I in a place now where I don't feel like I'm scraping and clawing for every piece of my sanity? Today is today a decent day and if so, do I have the capacity to improve something in my life today I'm always like vacillating between those two things. Defense and improvement and I'll tell you what, this is where it's at, this is where it's at. Like if I can break down every day into a defense or an improving day, that's a lot of clarity for me today. Today itself

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- was a defense day. It's a defense. Like I can lose a little bit of my grip but I know what I'm hanging on to. That has been very
- Speaker 3: [11:54](#) helpful for me just in the very practical in terms of like getting things done in terms of staying on top of tasks, you know, accomplishing responsibilities like the normal stuff that everybody takes for granted. Like I know that today I was maintaining a grip on the things that I do that make me have mental health. I can lose a little grip, but I'm still hanging on that. Like for me to be able to recognize that today was a defending day. Me defending. That's, that's taken it to a like that's a taking it to a different level and so today on this show I want to take us to a different level. I want us to go deep. Episode number one where it all started was about thinking bigger, about going bigger. Well today I want to go deeper as a way of going bigger with this show and the thing I want you to remember, the thing I want you to take away from today's episode, this is a huge thought, but it's super critical.
- Speaker 1: [13:17](#) If you can think it, then guess what? You can also do it. If you can think it, you can do it. I want you to know that you can do it. You can do anything. You can have a bipolar disorder and you can still do anything and you can, you can do it this way. You can gain and defend mental health for your entire life and that's the way you're actually going to enjoy it. It's real, it's real. We're going deep on this. If you can think it, you can do it. The entire show of the bipolar porno podcast. The entire premise of this show is that I just thought it up. I needed to answer a question and I needed to do that on a weekly basis and I needed to connect with people who are like me who are wanting to put together a life that is not so limited by this particular devastating disease.
- Speaker 1: [14:24](#) I thought it and here I am, I'm doing it. It's real. This show is real. It trips me out and now that the show is real, the show is attracting attention and you know I'm not out there like Hawking the show everywhere I can like people are finding me. It's really cool. Like yes. Eventually I'm going to learn how to like search out connections and build bridges and form relationships with people who want, are curious about what's going on on this show and what I'm in my programs, but you know what right now I'm not seeking it out. It's coming to me and the reason it's coming to me is because it's real. I thought it up. I'm doing it and this place, this show is an environment for all kinds

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of new life to spring forth. I had an email just today from someone reaching out, said, Hey, caught your show.

Speaker 1: [15:15](#) Super impressed with what you're doing. There's just an incredible legacy that you're already leaving with this show. You're changing the game. You are living the kind of life that I want to hear. I want my audience to hear more from. She tells me how my audience wants to hear it more from people just like you who are living dynamic, vibrant, full lives and here I am doing it on a topic that creates like the exact opposite, right? Isn't that amazing? Like it's so incredible that if you can think it, you can do it. Think about this for yourself. What is it that you can think of that you're not doing but you know you want to? Okay, like when when mental illness passes and you have your ordinary thoughts again and you're able to think about the future, like where does your creativity go? If you can think it, you can do it now.

Speaker 1: [16:19](#) It's not going to happen today or maybe tomorrow or you know, I'm talking like overnight sensations. Like it's not going to happen that way. But if you can think it, and if you can stir up conviction, you can absolutely do it. This illness will not stop you. It'll trip you, but it will not stop you. It will not stop you. Hey, we're going deep today. And I wanted to do it with Daniel, who is my frequent cohost on this show and he's also my best bud. And we do life together and we work together and we plan community visions together. And it's just, it's, it's a, a very, very necessary relationship in my life to have Daniel as a good buddy and longtime friend. And I was going to get him on the show today and, um, we are going to have to work around that.

Speaker 1: [17:14](#) He had a sudden event in the family and, um, and I didn't, you know, I, I didn't want to put the pressure on him to come and just was not a, was not something I wanted to put on him at all. And so, um, it's, it's, you know, when someone goes through like a loss in the family, like sometimes there's just no words and you just need to give space. And I'm really like, I don't, I don't have clear thoughts for my brother, which is hard, you know, I don't know how to help him. I don't know what to do. So I just provide space and I give, you know, give that space and I don't try to offer any, you know, I'll try to be like someone who, somebody who's offering a word, um, it's just everybody handles it differently. And this is a week where, um, you know, something unexpected happen.

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- Speaker 1: [18:02](#) So what we were going to talk about, uh, Daniel and I were going to get on here and talk about the whole trajectory of our lives, um, as a, as a way of like talking about going deep, like since episode one we talked about playing a bigger game and on today's show we were gonna talk about the trajectory of that and what that looks like as far as work and friendship and family and how he and I are both increasing. I definitely see it in him, uh, increasing the attractiveness of all of those things. You know, they're just, especially for him, like his family is just super attractive right now. His work is going well. Um, we're looking at like growing in our friendship, which we do intentionally. You know, we take, take time to ask like the hard questions and see where we want to go and where we want to push.
- Speaker 1: [18:53](#) And you know, Daniel and I are, are the kind of friends where like maybe you have this friend in your life, it's somebody who raises your core temperature. You know, like you're, you're operating at a 75 and somebody at an 85 comes along and now all of a sudden because you're around them, like they're radiating in your life and you're, you know, you feel like you're, your own temperature is being, you know, raised just by the presence of this person. And so, you know, Daniel and I, as we, as we ramp up into the things that we want to do and the things that we want to be great at and the things that we want to be known for, um, we're raising each other's temperature and he definitely raises mine. He definitely raises my temperature. Like just this morning, early in the morning, I get a text, he says, dude, talk to me for real.
- Speaker 1: [19:41](#) What's going on with your car? And I'm like, the car's done, man. The engine blew. It's over. Like I don't have any money to get a new car. I'm working through getting some, just some something of a down payment together, you know, in the next month or two, I need to, you know, hustle and get some money for a car together and I'm going to borrow my car, like from my mom occasionally if I need a car. And so he's like, well dude, let me just get you a car. I was like, well, what do you want to just get me a car? He's like, yeah, I'll just get you a car when you're done with it. I'll give it to my son and his son is turning 16 pretty soon, so he's going to need a car. So anyways, that's the kind of stuff that I'm talking about.
- Speaker 1: [20:23](#) Like we're ramping things up, like we're increasing the attractiveness not only of our work and our families but also in our friendship. Like that's, that's an extremely great, uh, that's

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just a great gesture for one friend to say to another, Hey, I see that you're in need. Let me just fulfill that need. Let me just do it for you. And maybe I won't take them up on that cause maybe something else would come along and I've got another car in mind that I'm eyeballing here. But you know, it's, it's, it's super cool that he would do that. And so him and I are going to get on a future show. We're going to talk about how playing a bigger game has impacted us just since this show has started. And I want to use that to give you an idea of what can happen, not necessarily tomorrow when you commit to, you know, raising the temperature.

Speaker 1: [21:11](#)

But like when you commit to going deeper, but like I want you to see what could happen over a year and you know, five years are going to go by and this show is still going to be going and I want you to see what can happen over five years. Cause I'll be able to compare, right? I'll be able to look back and say, Hey, Mike was doing this, Mike was feeling this, these were Mike struggles, these were Mike's worries. Here's how he deals with them now. Like struggles and worries never go away. But it's just all in how you deal with them. It's all in your perspective. It's all in your mindset. Like the way you suffer through bipolar disorder changes over time as you mature in your relationship to the disease. And so we're going to talk a little bit about that. And so today I just wanted to pivot off of what Daniel and I were going to talk about and I wanted to just recap really quickly for you who are just now joining the show and you don't know my story.

Speaker 1: [22:10](#)

I've been in recovery and it's ongoing. I wouldn't call recovery from bipolar disorder that's final. Um, because of the risk for relapse is always there. And the pressures and the environments and the triggers and the internal wiring that can get tripped up. Like all of these things are like, you're, you're another episode in the waiting. And I don't want to scare you with that, but it's just reality. So I've been going through eight years of an ongoing recovery and it was super Rocky. It was so rough from the beginning of my journey to now has been like, you couldn't even see, you couldn't even call it a three 60. It's been like, you couldn't even, I'm off the charts right now in my quality of life now compared to when I first was diagnosed eight years ago. It's been a, it's just been an incredible trajectory of growth. It's been, uh, going from a place of starting over to starting a movement.

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- Speaker 1: [23:21](#) I don't pretend on this show to do anything less than a movement. And I am very humbled by the fact that this is just something that I get to do. And the people that I meet that want to be a part of something big like this. Like it's just the, it's the, it's the highest privilege of my life to be able to sit here to talk you every week, to encourage you through your situations and create a movement of people where it's like these people, yeah, they might have a mental illness and yeah, it's, it's like completely overriding sometimes in their life, but I want to create a movement where there is dignity and immense value for every single person that this thing tries to label. That bipolar disorder tries to fix a label on you. I want to, I want to change up the culture.
- Speaker 1: [24:21](#) I want to show that dignity and incredible value are placed on people like you and I. We have so much to give. We have so much to offer. We can, we can create so much good in this world. I want us to be a people that are not limited by the illness I want. I want us to literally shed the limits, like leave them in the dust. I want, I want to create like I want to create a movement where uh, people are liberated. I'm totally concerned with freedom here. Freedom from the baggage of a label of bipolar disorder. That's what I want. That's me. That's me doing my best and being my most creative. Like at my, my highest peak of creativity is serving. This movement is thinking bigger. So you guys remember all the way back those, those of you who were on the show all the way back to episode number one, thinking bigger was like the number one priority for me because that's where it all began.
- Speaker 1: [25:31](#) My growth plan started with thinking bigger and you'll remember on that show I did something very unusual. I talked about having a personal brand and how you need to hand craft a personal brand. Whatever your name is, it needs to stand for something really good and you came up with it. It's handcrafted, it's 100% original. Your whole design is, it was always meant to be 100% original, 100% amazing, 100% flawed. Yes, we are flawed individuals. Every single person on this planet is flawed, but we have a unique and special flaw in this particular disease and this mental illness, but we can still handcraft a totally original smash hit identity. So that's what I got on episode number one. I got so passionate about this topic because crafting a personal brand is what the zip back in your life like. If you're lacking in drive and hustle and you feel like just all the fun

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has been sucked out of your existence, you need to go deep on a personal brand.

- Speaker 1: [27:05](#) It's your identity and you can make it whatever you want. Like have some convictions, Kate, don't let your medications strip you of convictions. Hang in there. Work with your doctor, get the amounts of prescriptions that you're on, like get them down as low as possible. Get the dosages as low as possible. You know, figure out if you want to go the natural route, like there's problems there, but it's a lot of people go there like it works for them, you know, figure it out so that you can have convictions. Again for me, I waited it out on my medications. I waited for the side effects to lower. I waited for all the different things that were like clouding my brain. I just waited for months and months and months. I waited it out and pretty soon I had my faculties back and that's when I started having these convictions.
- Speaker 1: [28:07](#) That's when I was like, you know what? What do I stand for? What do I want to be known for? What do I want to accomplish? Okay, that's easy for me to ask because I'm the achiever type. Like that's my personality. I'm just go, go, go get it done. But like I think it's important no matter what. Like maybe you're not so forward focused as me and that's cool. That's totally fine. There's a lot of problems that come along with my personality, but have some convictions. What do you stand for? What do you stand for it? I want you to figure that out. Write it down.
- Speaker 1: [28:45](#) You know, work through it, journal it, do what you have to do. But once you land on a conviction, I want you to go deep. I want you to take that thing deeper. For eight years I've been going deeper on just a few core convictions and I didn't know it at the time. Definitely didn't know at the beginning I was scared to death to do something like this right here, the show like this, I was scared to death to be a voice for people who suffer, but that conviction was there early on and it just grew because I went deeper on it. I kept digging. I kept finding more meaning. I kept connecting to what it would accomplish. Eight years of that has gone by.
- Speaker 1: [29:46](#) At the beginning I didn't really know what I was supposed to be alive for. I had no clue if I was going to even keep myself alive. I had to quickly figure it out because like who was I supposed to be every day? Like who could I step into? Who do I need to become staying alive like depended on it. It was a survival tactic

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for me to have a conviction to go bigger, to go deeper. I needed somebody worth stepping into every morning when I got out of bed. Who was that version of Mike going to be and you know what? That was eight years ago. I was 30 years old. How many people do you know who get a do over at 30 years old? Right? Or however old you were when you got diagnosed? 22 years old, 34 years old. Like how many people get a do over when they're already like when they were already trying to work on the best version of themselves that they could think of. How many people get a do over from that?

Speaker 1: [31:05](#)

If you get a two over, if you have a bipolar disorder, chances are your scenario and situation and life circumstances look different from your friends because of a bipolar disorder. You might not have a lot of friends to look at that would depress you, so you're just think about yourself and it's depressing. I know that's how it was for me. I looked at what I had gotten so far out, did all the things that were start, stop, start, stop, do this, can't finish, start, stop. Like when you have a bipolar disorder, the path is, it's just like everybody has an indirect path to where they want to go cause that's life. But with bipolar disorder, and we talked about this a few episodes ago on the Rocky episode, but it's like the path with bipolar disorder is like a zig-zaggy jagged line all over the place and it doesn't end up anywhere near where you want it to be.

Speaker 1: [32:12](#)

So like you just have to face reality. My path, it's just different. My, my friends are doing one thing and I'm not doing that one thing. It's, it's been a different destination for me and that's why I say like you need to, in your ongoing recovery, you need to hand craft the destination that you truly want because you get a do over. I can't think of any other thing in my life that has given me the chance to do something completely over from scratch like bipolar disorder has done for me at 30 years old. At 30 years old, I had to figure out how to keep myself healthy. It wasn't automatic. Not anymore. I had to learn like how to keep myself doing things that were going to keep me physically healthy. It wasn't a given anymore. It just all fell apart. Go like a layer deeper like into your spirit like I had to figure out all of a sudden like I got to do over like what does a spiritually healthy man look like?

Speaker 1: [33:37](#)

I had to figure it out. I had to examine, dig deep. My dreams were a mess. They were all shattered. They were lying on the ground and I didn't know what it was like to have healthy

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dreams for years. For years I was in a low grade depression right after my diagnosis, low grade depression for years and I couldn't think healthy about tomorrow. It was clouded. It was, there was question marks all over it. It was dark. Sometimes my dreams had faded so much that you couldn't even see them anymore. I needed a do over and so if I was going to do a do over, I had to ask myself like if I only put the parts back in that I want to be there, then what does that look like? If I can, if I can just put back the things that I want from now on, what would that look like?

Speaker 1: [34:52](#) What would my life look like? What would my life feel like? What would I be thinking? What would I be getting? Who would I be doing it with? Okay. Bipolar disorder, through all of that stuff out the window. So I had to piece by piece, year after year, eight years in the making, put together everything that you see in here. Now when you listen to this show, and I talk about different parts of my life that are just going so amazing. Like when I talk about the different passions that I have for the things that I'm doing, it's like that didn't exist. So I had to, I had to do, do it all over again. I had to go deep.

Speaker 1: [35:37](#) But you know what? I just kept thinking of things. I kept thinking of that person that I wanted to be and I just kept thinking about him. I kept getting more and more intense in my convictions. Year after year, I was able to get closer and closer to all those thoughts that I originally have and now here I am. I've got some momentum. Okay, I'm, I'm accelerating into a future that I'm writing. Think about that. Think about what that could do for you. If you can think it, you can do it. If you can think it, then guess what, you can do it. It's, it's all about overcoming fear and especially the fear of failure. I had, I had to just a very realistic and unbridled fear of failure going into this podcast. I said, I'm shy. I don't really have an opinion on too many things.

Speaker 1: [36:47](#) I'm not at a very, um, prestigious place in life. Like, I don't know why people would listen to me. I don't have anything that makes me believe that, you know, I can do this well because I've never done it before. I had a lot of fear failure, but I started to think of what this show could be and then I started doing it and here I am with you 50 episodes. I think that's pretty cool. I had maybe maybe the fear of failure that prevented me from starting this podcast was also the fear of failure that prevented me from starting my business. So last year I launched the podcast and the business at the same time and I knew that I wouldn't have a

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product in my business right away but I knew I would develop it and if the show would help me do that and all the people that I met because of the show, like they would help me figure out what it is that like what needs my business needs to serve.

Speaker 1: [37:47](#)

And so that was scary. Like putting the money out there, doing all the legal formation, putting all my ducks in a row. Like then designing, designing instruction, designing the program based around all the questions people have and based around the different, like things that I've learned in my process of overcoming, like having a life of overcoming like what, what, what exactly can be taught that creates a life of overcoming in a person who has a brain disorder like this. Like how in the world does that happen? I'm answering those questions inside of my business every single week and it's scary. But getting to that like fear, you know, I I think can start a business that helps people. I think I can do that. Well guess what? I thought it's so much that I just did it and now here I am, I'm entering my second year of business.

Speaker 1: [38:50](#)

It is so cool. Like the scary factor is actually pretty magnetic. Once you start going for things and you make that your default, like when you hit that fear of failure and you just push through it, it's amazing how that scariness turns into like the glue that bonds you to the convictions that you truly have that make you feel truly alive. It is so, so cool. So all of this to say like, you hear my story, you, you see the things I'm doing. I want you to picture what that could look like for you. I want you to go deep.

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I want you to stop making excuses and I want you to go deep. I want you to get super interested in something that you know you need to be doing or something that you know you need to be discovering about yourself. Like this is one of those internal episodes. You know, we're, we're, we're going deep on ourselves. All this talk of, you know, like of me telling you to just hand craft a personal identity around these like core convictions, the things, the things that, you know, you want to do that the person you know, you want to be like having these core convictions and then going deep on them that's going to allow you to write the story that you want to hear.

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I think of this all the time. Like what is the story of my life that I want to hear? Cause that's totally in my control. Like there's so much about life that is mysterious and you know, there's things that we just, we can't, we can't control what's done to us, but

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we can control what we do like in the face of it or around to get around it or whatever it is we have to do. You know, if life throws you a curve ball, you can write the story around that and still write the ending that you want to hear. But you can only do that if you go deep. Cause that's the well that you're going to draw from every day when it's hard every day when like me, you're scared. But remember if you can think it, you can do it. You can do anything. Now hear me on this.

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You can, you can do anything but you can't do everything. So you can do anything you think of. You can do anything that comes into your mind, but you can't do everything that comes into your mind. I think that's pretty obvious, but like I wanted to break that apart to show you that it's like there's, there's a lot of convictions that just can't be acted upon if other convictions have a higher priority. Right? Like there's a lot of things I'm not doing right now because I'm committed to this podcast because I'm committed to my business because I'm committed to getting my financial life in shape. Like all, all of these things are at the top of the ladder for me and I can do anything on those things and I can accomplish anything I want in this podcast and my business and my finances, anything. But I can't accomplish every single conviction that I have.

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I just can't do it. And releasing that is where the freedom is like releasing the need to do everything. Every amazing thing. I know you, okay. I know how it is. I know that in your mind is the ability to create so many worlds full of bright and amazing good like you. You can, you can spin off ideas and dreams and concepts and models. You can spin these things. I know this about you and you might have a great conviction to do many of those things even though they're all huge, like even even though they're all big things, what I'm saying is pick and choose the convictions that matter most to you and let everything else fade away. And sometimes you know, a conviction only requires a season or two to carry it out to accomplish, to discover yourself. Like you're not constantly going deeper on your personality.

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Like at some point enough is enough and you can make some wise decisions and you can keep yourself from being unhealthy and you can move into the healthier parts of your personality. Like at some point it's enough. Move on. Choose a new conviction. Okay. If you can think it, you can do it. Here's what I know. Eight years ago I had convictions. They were faint, but I fed them every single day. I fed them with prayer. I fed them

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with conversations. I fed them with reading. I fed them with all kinds of stuff. I fed my conviction. So what I knew back then, I still like, it's true now. I knew I knew all these convictions way back when and these convictions are still true. Now. It's just that I've escalated certain convictions to the top of the ladder. All I'm doing is I'm stepping into a tomorrow that I've created today.

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That's a pretty powerful thought to think through. Like, okay, today, like I, like I talked about in the beginning, today was a defense day. Today I was hanging on to the mental health that I had already gained over the last week of recovery. Okay, so today I was hanging on, so today I'm stepping into tomorrow just by the fact that I'm hanging on and then tomorrow, who knows? Maybe tomorrow will be another defend day, but maybe tomorrow will be an okay day. Going back to the beginning, I'm either improving or defending, defending or improving, right? Like today was a defense. Tomorrow I might improve no matter what. I'm stepping into it tomorrow that I've already created today and that's why it's scary. It's scary because I've got a big story to tell. My future story starts today and it's, it's scary cause that story is big. It's big. But if you love this show, he like what you hear. My guess is that you've got a big story to tell as well. Remember it's your future. It's worth telling. So go deep. So go deep.

Speaker 1: [46:42](#)

All right. Hey, what are you thinking right now? Do you have any deep, do you have any super compelling convictions that you just can't shake? Even if maybe this mental disorder, it's maybe it's tried to shake you many, many times. Maybe your medications are, are clouding all these convictions, but then again, maybe not. I mean, what do you catch yourself thinking about when you think about a better tomorrow? Fear or anything like me? I'll bet you catch yourself worrying about how you're ever going to do it. You're worried about all the moving pieces and how this, how this disorder just jumbles them all up even more.

Speaker 1: [47:36](#)

If that's the case, I want to tell you about a resource that I've made just for this situation and it's just for people like you and I, people you know we have a a tomorrow that's worth giving a big effort for. I want us to be a people with a big story and of course that's something that we have to right? So if that feels like you, I want you to have a guide than it's taken me eight years to put together. But if you want to go deep on your mental health, if you want to go deep on something that's this

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important, it's going to be really helpful to have a guide. And this guide is called the growth plan for bipolar and it's a free download. It's just the exchange of an email. And inside the growth plan you're going to see how every step gets you closer to the kind of mental health that you can build.

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A future on, I'm putting this out so that you can get a sneak peek of all the things that I cover in depth and step by step inside the peace plan for bipolar, which is my group coaching program and it's also a community and the doors to the peace plan are going to open in April. So if this is you, if you want to go deep on your mental health, this is actually the most direct way that I know how that's proven and it's going to give you a foundational set of skills and knowledge, confidence, you know all that kind of stuff. So the growth plan will show you exactly what we do in that program and you can get it@mikelardi.com forward slash growth plan. That's Mike lardi.com forward slash growth plan. The thing I love about this growth plan is that you can instantly see right where you're at and then you'll know exactly what to do next. It is pretty cool. So grab that and take it seriously. The only thing, scary. Or maybe I should say the only thing to be afraid of is not knowing what you need to do for your next step in mental health. And this will totally clear that up. So don't miss out.

Speaker 1: [50:04](#)

Okay, so next week, what do we have coming up next week? Oh, next week. Show is something I want to talk about because nowadays everything is just so rushed and people are freaking out because they're not where they want to be. And like I talked about earlier, there's a process of growth and this process of growing is what's behind all of the elements of my life that give me confidence. You don't want to miss it. So I will see you here. Same time, same place. Adios.