



## EPISODE 52: WHEN LIFE IS DISRUPTED

- Speaker 1: [00:00](#) Hey, it's Mike. I just wanted to take a sec. I wanted to remind us that this is a show that can change. It can respond. And especially in light of world events that are happening right now. It can definitely change. So I've got a great reminder for us coming up today. I want us to remember to never give up on our destiny and this show is going to rock, but before I jump in I just have to say that legal stuff up front so you know the drill. 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've heard or accessed through this program.
- Speaker 1: [01:05](#) You're listening to a special episode of the bipolar now podcast. I say that before every show, but this one is exceptional. A very special episode. You know, I normally launched with that whole show tunes and, and my friend Lauren gets on there and she says, it's all about doing life on your terms, not the illness. And I love that because it just, it sets my North star for this entire experience on this podcast. It is truly about life on your own terms. And so if you're listening to this, maybe a year from now, I just want to give some context. I just, I want to, uh, draw attention to the fact that we're living in a, in the midst of a global crisis. As I record this episode. Um, events like this, uh, have different designations. Different groups call them different things depending on how it affects them.
- Speaker 1: [02:02](#) And I learned from a friend, uh, that in an event like this can be called a black Swan, which is an interesting term. If you think about it like a, a Swan, like the bird though the foul, um, a black Swan event is something that is, uh, far reaching. So in this case, the global pandemic of the Corona virus is pretty much global by now. Um, a black Swan is not only far reaching, but it like, it's something that could have been prevented and it's like we didn't see it coming and yet, you know, hindsight shows what we could have done in response to it. And it affects pipe. Um, a black Swan is a particular term that the financial sector uses. Um, it comes from a trader and he coined this term. And so, um, you know, I'm one of those people that it's like I don't follow the markets because don't have any money to put in them.

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- Speaker 1: [03:01](#) And so, but I shouldn't say that because, you know, I, I care about people, not the markets. I care so much about people. Um, but the markets affect people and therefore I care about the markets. So we're in time where it's downturn. Uh, I'm living, uh, I'm just living proof that, uh, the things that we talk about on this show are just, um, so able to prepare us for these kinds of things that happen in the world from time to time. I mean, I think this is just a wonderful, fantastic test. The event itself is not wonderful or fantastic. It's outright horrible. Just the amount of fear and panic that is spreading, um, throughout the world, throughout this community. Um, it's just, it's amazing how fast that can happen, but I believe that an event like this, even a black Swan can be a wonderful, fantastic test for your management style of bipolar disorder.
- Speaker 1: [04:07](#) I think, and, and I think it's just an incredible test that you can pass. I want you to hear that from me on this show. I always want you to hear from me just a resounding belief that when a test comes along, whether it's a manic episode, whether it's a depressive episode, whether you're, it's your anxiety is peaking and not going away. Like all of these tests pop up for us on the regular. And I want to tell you that this is yet another instance where you can pass because it will pass. You can absolutely pass. We're taking this show to talk about disruption. This disrupts funny enough, it disrupts a whole series that I've been doing about being a designer of your own future. And we're going to talk about that, how that responds to a crisis like this to, to a global pandemic.
- Speaker 1: [04:59](#) So I'm living in a disruptive manner and yet I still have to remind us, like I remind myself of this every single day when I sit down to do the things that I have to do every single day because life goes on even though I'm like quarantined self quarantine to my house cause that's what the County has decided is the best, uh, is the best scenario for preventing the spread of this disease is for everybody to self quarantine. So I'm in the hold up in the house, it's been snowing for the past three days and here I am saying I'm still the captain. I'm still the person in charge of not only my mental health but my entire future. Never let go of that. It's, it's the big idea of this show is that we must be a future focused people. We must be a future focus people.
- Speaker 1: [05:57](#) We make the future. Okay, remember that we make the future not this Renegade disease. I always come on this show. I say it's the weekly podcast for doing life on your terms. I should just say it's the weekly podcast for doing life. Because what you do

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today controls the future, controls your future. Kate. What you do today doesn't control another black Swan event, but what you do during this event controls what you'll do in the next one. So it does matter what you do today, your choices today, your thinking today, all of that stuff matters and it creates your future. So this is definitely the weekly podcast where we are doing life. A quick story about me, my daily routine, a lot of people are curious. They're like, Mike, you have these intense routines that you do and it's just amazing to like hear you speak in depth about it.

Speaker 1: [07:03](#)

All the different parts of your day that you have custom designed to produce a higher state of mental health for yourself in a greater state of protection of that mental health. Should you encounter a challenge or a crisis like this. And so they're curious as to what I'm doing and what I've changed and what I've lost and what I'm, what's threatened. And, and all of that kind of stuff. And I just want to say my daily routine hasn't really changed all that much. I still have my wake up morning routine that I go through. I still have the parts of my day where I'm moving from work to exercise and back to work and I'm eating the same foods that I've always eaten. Which is it, it's kinda telling like when you go to the store and all of this stuff that's rated it, you're just like, okay well that's one type of food and here I am.

Speaker 1: [07:55](#)

I eat all these like generally like you know, fruits and vegetables and meats that are healthy and um, and here I am like I can buy as much as I want a wall behind me. Like the whole entire shelf is looted. It's, it's just, it's kind of a trip to observe like which foods are the first foods to go in the shopping cart during a crisis. Now I am slowly stockpiling non perishable foods like pastas. Like I again, like all of the macaroni and cheese, all the junk macaroni and cheese, it's gone. You look all the way down that aisle that all that stuff is gone. What's still there? All the health product, healthy versions like the wheat for the whole wheat versions and gluten free versions, the organic versions of all these non, it's like it's all that stuff is still on the shelf because I don't know, maybe it's more expensive.

Speaker 1: [08:52](#)

I don't know. I don't know what people are thinking but it's just interesting because I'm still collecting, I'm collecting, you know about a two weeks worth supply of food and I'm, and I don't plan on really eating it and if, you know, if, if this whole thing blows over sooner than later and I have all this food stockpiled, then we'll, you know what great for me. But in the meanwhile,

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my daily routine, my daily diet is exactly the same cause I love the foods I eat. I love the way my foods make me feel. We've done an entire episode on food, which was so fun for me to get on there with my buddy Daniel and talk about food and how food has changed our life and getting that dialed in. So like the routines haven't really changed. Like my going out is, you know, it's, it's maybe a little more limited but I still have to go to the store.

Speaker 1: [09:40](#)

I still keep like a, a full tank of gas in the car. Um, my social life is probably the one that's taken the most hit. Like I still visit bike friends but we're not really allowed to go and gather. They're saying that you should self quarantine at this point and just, you know, stick to yourself, keep your environment clean, you know, wipe down, wash your hands and all the things, all the things everybody has heard a thousand times every single day. Um, so my social life has taken a hit, but I'm, I am actually on the phone, believe it or not, I'm on the phone more than usual, which I find to be pretty cool because there's phone conversations that are taking place and it's like, you know what, I have been meaning to catch up with this person for months and now that we can't actually go to each other's home or visit somewhere like we have to, we have to use the phone.

Speaker 1: [10:33](#)

Like what an amazing technology that connects us. Right? Like I can FaceTime my friends and like things are changing with how we're doing church. So I'm one of the pastors at my local church and we're where I have to sit down with all the other guys who, you know, put together the leadership and we're, we're directing the team on how to do work and how to stay connected to the people that they ministered to and how to stay connected to the needs of people who are losing work, who are losing, you know, are facing, you know, the possibility of needing some extra help with things like that. We live for this kind of stuff like the church, the church of Jesus, like it just Springs into action. When things go wrong in the world, it's really fantastic. Like I said, horrible scenario, fantastic response, and pretty much the only other thing that's going to change is my body.

Speaker 1: [11:24](#)

And it had to write this down. I wrote this down on my notes today. Your body is going to change. Your muscles are going to be gone. If you know, if they keep the gym clothes, which they just closed it yesterday. Um, no unnecessary, uh, public gatherings. Uh, so the gym is shut down. Everybody's crying, you know, cause your muscles are going to go away. It's like, I work

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so hard. I worked so hard. I built up all these muscles. I got my body just right and now all of a sudden it's taken, it's going to be taken away from me. And I'm like, I'm not even worried about that. I'm just adjusting. Like I'm adjusting to the fact that I'm probably going to lose 20 pounds a muscle. You know, that it's just going to go away. It's going to reshape. I'm going to be a slender Mike.

Speaker 1: [12:07](#)

Once again I'm going to look like college Mike and I'm making sure that I'm like staying inside of an adjusted routine. Like I don't have weights, I don't have anything, I don't even, I don't have anything like my former routine so I have to do a new routine, some finding innovative ways around the house to like lift buckets and put water in things and I have like a backpack that I can fill with books and I can do like squats and like all kinds of fun stuff. Just making things up and just making this up cause like now, now my goal is I'm going to have like a lean body. Okay I had some size on me and now I'm just going to have a lean body. No big deal, no big deal. I recognize I re and I do have to be sensitive. I recognize that we're going through an extremely dramatic world event.

Speaker 1: [12:57](#)

And here I am laughing about all the changes that I'm making, laughing about the health foods not being bought at the store in the craze. Like, you know, here I am restraining from like the visual of watching somebody try to put 10 gallons of milk in the back seat of their Honda civic. Like it's just, I, I have to, I have to recognize that even though these are desperate times and we're going through an event that's shaking the world, um, I'm just giving you my perspective on how I walk through disruption because this isn't going to be the only disruptor in my life, you know? And so I recognize that I'm, so, I'm different. Like I'm trying to give you hope that you have control over more than you think. I really want that to, to pour forth from everything that I share on today's episode. But it's like, what in the world should I say? I mean I'm so completely backwards from the crowd and I, I just, I, I fear that like in, you know, in sharing literally like the joy that I have every single day. I feel like as I share that like no one's gonna feel comforted cause that's just not their reality. And so I recognize I have to walk really carefully. It's such a delicate walk on today's show, but I do want to draw attention to the nature of preparation.

Speaker 1: [14:34](#)

I want you to just examine like where in your life did this catch you completely off guard? What did you notice that you were totally lacking? And what I want to say is use this particular

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event to make adjustments in how you prepare in the future. I'd like to say that I have somewhat of a lifestyle of preparedness and I think that comes from living in Southern California. I think that comes from, so like 15 miles from my house is a major fault line. I think they made a movie about it and it was starting the rock and they made this earthquake movie called San Andreas. I think it was. I can't remember. You guys know I don't watch movies. Um, but anyways, I remember seeing the trailers for that and how dramatic it was and they were showing depicting what could happen when that section, cause there's a section from the desert all the way up into like almost San Francisco where this, this whole section of this part of the fault line where where the plates are coming together, the Pacific plate and the North continental plate, North American continental plate like there, they're coming together and they're creating a subduction zone.

Speaker 1: [15:56](#)

And the fault line that creates these mountains that I live on is the fault line that hasn't broken into like 186 years. And so when it breaks, it's going to be a massive disaster because this is a heavily populated area, not where I'm at. I live in the mountains, it's very remote. I'm very rural. But off the mountain in the Valley, there's millions of people. And when that fault rips, it's going to be a massive disaster. And so you will hear from time to time, radio commercials, television preparedness commercials, like it will be in the public conscience that this is a real thing that could happen. Historically it happens every 130 some years. So we're like 50 years overdue for a massive earthquake. And if you live in California, you know it's called the big one because when the big one hits it's going to be a before and after event.

Speaker 1: [16:57](#)

Like it's just going to watershed everything in your life. Like there's going to be your life now and your life after the big one. And so I'm thinking like, okay, Mike probably has a lifestyle of preparedness because he lives in like a heavy earthquake zone. He lives in like a, you know, a category, I don't know what they call the categories of earthquakes, but this is like, this is the most major seismic activity is this zone right here of this area of Southern California. And so earthquakes by their very nature disrupt and so you have to be ready. And so I guess that's why, I mean I have cleaning, you know, everybody was buying up like, you know, cleaner and disinfectant and everybody's, you know, just grabbing whatever they can off the shelves that's going to clean their surfaces of their house, have these common areas so we can, you know, prevent the spread of disease.

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- Speaker 1: [17:52](#) Like, because I'm got earthquakes on my mind, that's why I have like so much stuff stocked. I just, if I have something in stock, it's, it means I have at least two of everything. So I've cleaner right now. I haven't had to go to the store for cleaner during this whole debacle and I've cleaned her for months and I, and I'm pre regular on my cleaning and so now I'm just conscious of what it is that I'm cleaning. Like I'm conscious of washing my hands after everything. Like I'm just, I'm conscious of blowing my nose and not, you know, and, and washing my hands and not touching the computer that I work on. And, you know, it's just, it's more conscious now, but I was already doing it and I've already prepared because I've got everything stocked up for weeks, if not months. Like I have toilet paper for months, not because I knew this was coming.
- Speaker 1: [18:43](#) Remember, nobody saw this coming really is, that's why it's a black Swan. But I, I got, I got like 90 rolls of toilet paper in my house. Like I don't need it, but it's kinda nice. So this just awakens hopefully for you a necessity to just live, uh, live in the, in that practice of like, okay, I'm not going to wait till I run out of something to go to the store. I'm going to already have it backed up. Everything I have, I'm going to have it backed up. So it's just a lifestyle preparedness. I think it's a good thing. And again, that goes back to my whole living in Southern California. You know what, that's not the only thing that disrupts. There are other world events that disrupts. Think about all these threats of war.
- Speaker 2: [19:30](#) Okay?
- Speaker 1: [19:30](#) Think about every time you see headlines with China or whoever, North Korea, whoever to Russia, whoever, threats of war. Okay. If that were to occur, you better believe there'd be a major disruption. Again, not in the exact nature of this disruption of the virus, but like world events, they pop up and then I think through things like the end times, you know, because I'm, I'm just like, I'm a student of the Bible. The Bible hangs its credibility on being able to predict events before they happen in detail. And so, you know, anybody who's studied the revelation of the end times like you kind of get a sense that's going to be extremely disruptive. All of those events that are going to take place at the end of the age, that's not the only thing. Like scale it down, scale it home, like look, just look right in your immediate surroundings.
- Speaker 1: [20:29](#) Like your work situation can change. Okay. A change in work can completely disrupt your life if you lose your job, if the job ends,

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if you didn't anticipate it. Or like me, last year when my construction job ended, um, you know, I was looking at a situation where the owner of the business was thinking about retiring and anyway, went away on a long year, long vacation. And so my income all of a sudden evaporated. And I wasn't prepared for that cause I wasn't making that much to begin with. But it like caused the disruption where work is a source of disruption. And then of course we've got earthquakes, we've got world events, we've got end times, we've got work. I mean, things can happen in the family, right? Like loss of life in the family, sickness in a child, totally disrupting. Okay. I don't live with that. I don't have kids.

Speaker 1:

[21:31](#)

But if I did have kids and I did love on them, I know that they would cause disruption in my life. It's just they're, they're cute and adorable. And then there are also little monsters, right? Like disruption. Things happen. Kids make mistakes for kids too. Silly things. Kids, you know, make, make a major messes. K, it's disruptive. Being a parent is to experience disruption and I'm sure I'm going to experience this one day. God willing, but not only does it work and I know that his family, we've also got this thing we talk about every single episode come on. Mental illness is a major disruptor. Even if it's a pattern in your life, even if you have bothered to write down this pattern and observe it and study yourself like I tell you to do, even if you have all that stuff documented, you know the patterns, you know when it's coming, you know how to prepare for it.

Speaker 1:

[22:28](#)

It's still a disruptor. I think about this every time I get sick, mentally ill, I think about this every single time. My life is being disruptive. My life has been disruptive and here's the, here's an interesting perspective here. Here's where I'm kind of tripping out on just observing people in general is it's like, okay, I know what it's like to live with instability. I know what it's like to live with uncertainty over the things that I want for the future. If I'm going to actually be able to get those things given the fact that I have a serious deadly mental disease like given that instability is just interesting to watch. Fascinating. Actually to watch people freak out on a global scale. There's a global freak out happening right now and it's hitting close to home and now here I am thinking like, geez, now everybody knows what it's like to be unstable and uncertain about the future. Now everybody knows what it's like and here I am. I am the owner of a mental disorder and I'm acting as the leader in this crisis.



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- Speaker 1: [24:08](#) I'm leading myself. I'm leading my church, I'm leading my friends. I'm laying down the example of calm in the face of great unknown and constantly evolving news. I'm remaining calm in the face of all that stuff. I'm, I'm, I am leading in this crisis. It may not be on some massive countywide, statewide level, but I'm leading. I'm literally leading some. Just some takeaways for today would be, remember that if you want to eliminate fear, you got to do your part to prepare. And I don't want you to feel guilty if this caught you completely off guard cause guess what? It caught 100% of the world off guard. I don't think there's anybody out there who could say, Oh yeah, I saw this coming up and ready for a long time. I mean maybe doomsday preppers, right? But that's not everybody. But they do get one thing, right?
- Speaker 1: [25:20](#) Their preparation helps them eliminate some of the fear surrounding the unknown. So can we just land on that like as a principal, prep eliminates fear and that's totally in like direct opposition to what's promoting fear, which is all of this obsession and I've got to get mine and I've got to make sure I'm taken care of first and all this massive stereotype around like is there going to be enough for everybody? Is there gonna be enough for me? Like all this back and forth, back and forth, checking, you know, people checking their phones every minute for news updates like obsession and hysteria promotes fear. It's all does some saying just move away from it, move away, get into a preparation mindset. And the way that I do that is I'm like, I'm still insisting on my future. Okay. I'm fortunate that I have more work right now than I know what to do with.
- Speaker 1: [26:26](#) I have, I have so much work in, I just have so much work in the door right now. It's amazing. It keeps me focused. I'm driving all of these projects like we're still getting things done. I count myself to be incredibly, incredibly fortunate. Like so fortunate to have to be working all day when most people are probably not going to work at all because our County is mostly shut down in this quarantine. It's, it's just, it's, it's, I don't know how to describe how I feel right now. I'm so emotionally like high powered in response to everything that is getting worse and like more restrictions and more reasons to, you know, be anxious. Right? Like more reasons for my anxiety. I have, I have very real, very, very real anxiety. I probably, and I've never gotten this checked out, but I probably have an anxiety disorder in addition to the bipolar cause.

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- Speaker 1: [27:33](#) Anxiety is a not a feature of bipolar disorder, but it can commonly co-occur with symptoms of bipolar. And so here I am, I am so opposite of anxious right now. I am like, I take dance breaks because, you know, I, I don't, I don't really can't really go anywhere to get activity. I mean I can walk around the block a few times, um, but it's like I, I choose to throw some music on and I just party all by myself in my apartment. Like that is such an opposite stance of from everything that I gather, all the people that I talked to, it's like, are you dancing right now? Oh, you're not like, I'm weird. I'm really weird. But that's because I'm insisting on the future that I know I can build with my own two hands and my imagination. Like I, I get this in front of you guys every single chance that I get on this show to put you to attempt to place you in front of a future that you can create with your own two hands and your own imagination.
- Speaker 1: [28:48](#) And I want you to do that because I want there to be no fear in your life. Fears are natural. Fears are 100% natural human response to unknown uncertainty, intimidation, scariness, like all of the things that are built into this scenario with this Corona virus, like all of those things, it's, it's 100% natural, hundred percent natural, completely normal for you to feel panic and worry and frustration and limitation and all these things, right? It's so normal, but what I'm trying to expose you to, okay, I'm trying to put the healthy germs in your life and one of those healthy germs is a rockin future that isn't dictated by the fears and the limitations of a mental illness.
- Speaker 1: [29:55](#) It's, it's just something I've got to put in front of you. I want to get you exposed as much as possible to that kind of healthy future orientation. Remember, we got to be a future focused people. We are totally in control of our future. This Renegade disease has no business bossing us around. We're going to do life. We're going to take charge of today. So close this show. Here's what I'm doing. I am rewriting my destiny. I am taking my time. This pandemic is going to take, nobody knows how long it's going to take, but they're not even reopening things for a month around here. So I've got some time. I'm going to rewrite my destiny and I got plenty of paperwork and journaling that shows me where I've gotten to in my understanding of my destiny. Now I have the time in a little bit of time that I have between all these jobs, which I am so fortunate to have, but I have time to reflect, to sit down and to future forecast the things that are in my destiny. And you know what? That gives me peace.

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- Speaker 1: [31:19](#) I have peace. I have peace within me. Even when there is chaos around me. Don't miss that connection. When you rewrite your destiny, it gives you peace, it gives you peace. And it gives me one extra thing. And maybe this is just me because I'm a hard charging type three like I'm a total go getter achiever like must absolutely go hard. That's what I do. I'm, I'm taking this opportunity to do what's right in front of me and go hard, which are these jobs and which is the work that I do with my students. I can go hard on those things in the midst of a world that has temporarily collapsed. So how about you? When life disrupts you, are you designing your response? Could you call yourself a future maker?
- Speaker 3: [32:35](#) Cause if not, well I think now now's the perfect time.
- Speaker 1: [33:00](#) Is it crazy to say that now is the perfect time to think about your future and am I way off here? I don't know. I went back and forth this last week on what I was going to do. I had on the calendar to open the whole promotional season for my group coaching membership, which, uh, meets online and I went back and forth. I was like, man, should I go through with what I planned? Should I not, should I delay it? What should I tell people? There's people that are waiting, what should I tell them? Do I open up, you know, something for sale during a crisis event? Like is it that being insensitive? And I'll tell you what, I'm somehow, I guess I'm somehow okay with this. So I am going to roll forward. Um, this is the week that I wanted to tell you that I am opening up, um, the interest list for, uh, getting in when it first opens, which is going to be at the end of the month and going into the first week of April.
- Speaker 1: [34:06](#) Um, I'm going to open enrollment during the end of the month, going into April, first week of April. And you know, I've, I've set up a place where you can go and check it out and, and, and ask me questions and I definitely want to be available for that. All this week. But I just want to say that if you have been thinking about the stuff that we talk about on this show, and if you'd been hearing my voice and you're like, okay, Mike's got something going on and he's doing things different and he's getting great results, and he's like, you know, you heard me get worked on during my personal financial crisis, which just caused me endless stress and anxiety over the last several months. And um, and you, you've seen me weather that and you've seen me do well, I want you to consider checking out this program. It's, uh, it's just a 90 day.

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- Speaker 1: [35:05](#) Get you, try it out. I'll give you your money back if, if you don't feel like you have what it takes to make steady advances in your life and you don't feel a tangible difference from the different, like things that we focus on each month as we go through the peace plan. Like if you know that you're not moving forward, I will completely return every penny that you pay me. And so I'm opening it up this week. If you go to [www.peaceplanforbipolar.com](http://www.peaceplanforbipolar.com) and that's peace plan for bipolar all spelled out. But if you go there, I've set up just a simple page where you can see who I've made it for, what it does and you can hear stories from current members who are in the program with me right now. And so I'm not opening up the actual registration for that right now. I'm going to wait until the new month comes around because this is a monthly delivery.
- Speaker 1: [36:07](#) I schedule monthly content and then I get in there and work with you on an on like a one on one basis inside of the group and we've worked through the plan materials together to help you like download and copy some of these techniques into your own life at a pace that doesn't feel overwhelming. Like it's just a steady progression of you getting better and better and having more knowledge and understanding and practice with the elements that are going to contribute to your stable mental health and your, it's the, it's the easiest and most direct way that I can think of to basically help you copy, paste all the things that are working for me and like put those into your life one piece at a time. So to check that out and to get on the wait list, just go to [www.peaceplanforbipolar.com](http://www.peaceplanforbipolar.com) and I'll be there to answer all your questions.
- Speaker 1: [37:14](#) So how about next week? What are we looking at next week? I'm going to continue in this series where we design our future by taking charge of what we do today. And so next week I'm going to talk about how there is a scary, intimidating giant in each of our lives. And we're going to tell a story about how to take that giant down because the world, especially the world we're in right in this exact moment is a very intimidating place. But here's the thing, I want you to draw near to it as a way to work through it so you don't want to miss it. And I will see you here. Same time, same place. Adios.