



EPISODE 54: THINKING FORWARD IN A “STUCK” WORLD

- Speaker 1: [00:00:01](#) Hey, it's Mike.
- Speaker 2: [00:00:03](#) These are incredible times, right? I really do wonder how these last few episodes, how they're going to hold up over time. Cause I'm, I'm just basically teaching the same old stuff I've been doing from the beginning and that's all these, you know, these deep explorations of how you can build a life that weather's bipolar disorder. And of course now we're talking about doing that in the midst of a global population that's having to actually weather a majorly disrupted experience and existence as well. So I'm really curious. I want to see if this stuff is timeless. I'm excited actually in today on the bipolar now podcast, I've got a message that builds on all our previous special episodes during this COVID-19 pandemic and it's a message that sends us off into a brave new future. So I can't wait to share it, but first I have to say that legal stuff. 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 have heard or accessed through this program.
- Speaker 2: [00:01:42](#) All right, you're listening to the bipolar now podcast, episode 54 and I count it, I count it an enormous privilege to keep this podcast going as I keep it going as an act of faith that you are somehow benefited by it. I know that for me personally, it's an act of faith in a future that is not. It is not daunted by either mental illness nor a virus, especially a virus that's altered the way we do life pretty much forever. So I'm here checking in with you today, like always here to demonstrate as best as I can, how a great life now an exceptional life, how an exceptional life can be built regardless of who or what kind of negativity is swirling around you. So we're going to talk about vision once again and this time, this time around, I'm pretty much, I'm going to attempt to demonstrate the power of conviction and how that works in desperate times.
- Speaker 2: [00:02:51](#) It's super cool. It's super cool. Yes. So let me just roll into today's show by saying that I've had huge, huge fortune of having so much work to do during this whole time at the Corona virus has had our world on pause like during this whole time, I've had so much work to do in the midst of uh, people searching for answers, desperate for answers. Everybody's looking for

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answers right now. So yes, I actually, I just got off work today. I got off work from a job that I had previous to starting this whole podcast and my whole online business. And so that's my old construction job and it was such a throwback today to get those clothes on and to get out there and to get dirty, putting a new fence in the ground around a sports court and it just, it brought back great memories.

Speaker 2: [00:03:44](#) Actually. Something I love about construction is all the time on my hands that I get to. I get to just work. I get to think I get to be slow and deliberate and you know, in these times I get to reflect and just be in the moment and it's soothing. And it really is something I can say without a doubt that my years of doing construction were by far the most stable for me as far as um, you know, as far as mental health is concerned. And it's kind of a shame that that job ended actually, if, if I didn't have such a burning conviction about what I'm doing right now in my digital business, I would've probably bought that construction business off of my boss instead of us just retiring it. So we'll talk about that on today's show because lemme share a very simple way to have an exciting life that goes beyond, I'm talking far beyond the current limits of medical treatments and, and of course far beyond all this stuff that we have to deal with as we work and play and love as a people who bear the weight of a bipolar disorder.

Speaker 2: [00:04:59](#) So that's where I'm going with today's message. And one thing I want to address super quick is it's in this whole extra stress and pressure that comes with the unknown that that comes with the Corona virus, you know, but, but our lives in the near future, we are supposedly, we're on the brink of like another great depression like there was here in the States back in the thirties I want you to know that I'm not super human here in regards to this possibility. Like I totally feel the pressure of a sudden and lasting change in our economy. And I know, even though that's not a for sure, for sure thing according to some, regardless, there's just, there's a lot more swirling around in my mind these last few weeks. And especially as I'm talking with other people and I'm talking with friends and you know, I'm, I'm out there, I'm like, I'm gauging how they're reacting and I'm gauging what kind of worries are on their minds.

Speaker 2: [00:06:00](#) And you know, that you just, you know how this is, you know, as well as I do that when the mind is swirling, it just makes you tired and I'm so tired these last few weeks, I don't have a resurgence of bipolar depression or anxiety, so thank God for

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that. But like I do feel excessively tired and I kind of have to be okay with that. You know, there, there's times where you need to break the cycle of, of being tired and there's other times where you need to accept the hint, meaning there are times when like, okay, so you have to fight like hell. Sometimes you have to fight like crazy just to get beyond the day beyond say 10:00 AM where it's like, I'm not even being dramatic here. There are days where I'm just, I want it to be over 10 o'clock rolls around, 10:00 AM hits. And I'm like, I don't even have the energy to keep myself going.

Speaker 2: [00:07:05](#) And that's especially true of any day where I wake up, anxious or depressed. I just don't want to do anything. I want to go back to bed, I want to hide out in bed. So how in the world do you know when to break the cycle and when did take the hint that your body's like, come on just rest, huh? I think for me it comes down to, it comes down to looking at the fullness of my week, the fullness of my week. And it's a matter of like, it's whether or not I've been at max capacity for any length of time. So that's why I feel like it's, it's so important that I have a map of my week, my ideal week, and then when I have that map that I can stare at it. I can gauge whether or not I'm putting in like a legit solid effort with bipolar disorder.

Speaker 2: [00:08:07](#) You know that we get robbed, absolutely looted of healthy energy levels and it could be because of our medications, but it also could be just the illness itself is just robbing us of of these healthy energy levels. So what I'm saying is think about like can you evaluate whether or not you're putting in a tiny effort? Are you exercising your ideal week and are you putting in a small effort towards that ideal week? Do you need to get some momentum going? Okay, I realize not everybody's like me, but I do suggest erring on the side of busy-ness to at least help you stay a foot or so ahead of depression because once you're in motion, it's likely that you can stay in motion but trying to jumpstart yourself out of the ditch. That's something else. And that requires a very uncomfortable change in speed. Let's just say uncomfortable change and you got to expend some effort, right?

Speaker 2: [00:09:20](#) That's why when I started out at the very beginning, I was like, okay, what am I responsible to do with my time? If you have some kind of a job right now, then a good chunk of your time of your week is already spoken for. But what if you're starting all over from scratch? Like I was, what? What if you're not satisfied with just doing another job? Sure, you gotta take a job but

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you're not satisfied with doing just another job. Like what if you wanted? What if you said, Hey, what if I had the majority of my time and that time was feeding into the activities that accomplish a greater purpose?

Speaker 2: [00:10:08](#) Well, how the heck do you do that? Is it even possible? Can you be in control? Can you, is it even possible for you to be in control? So ridiculously in control? Um, yeah, I'll do a whole, at least I'm thinking I'm, I need to do a whole separate series on this because people have actually been asking me like, Mike, how do you account for your time? How do you make it so that you don't, so that your week doesn't fall off the cliff, the cliff of bipolar disorder and maybe ADHD and all that stuff that pretty much screws you over big time and it makes you feel more defeated and, and all of that like, yeah, it's real. This whole calendar mastery is the next step beyond what I'm talking with you about today, which is today is, is about getting a clear and a compelling vision to guide your life.

Speaker 2: [00:11:14](#) It's going to guide your life whether or not the world is stable. Okay. That's the important part. Like with with, with a mental disorder, we can't count on a world that stable. We just, we can't count on it. But back to my original problem being tired. Okay. I, so I don't even consume the news right now, but the bits and pieces of news that I get are like, yes, good things are happening and people are helping each other. And those on the front lines are exhausting themselves doing life saving work. But I'm also aware of how incredibly things are, and I'll tell you what that weighs on me. No doubt, no doubt. I'm tired, I'm tired, and when I get tired I have to ask, is this my body telling me to slow down and rest or is this my wake up call that bipolar depression is kicking in?

Speaker 2: [00:12:19](#) And I'll just say, you have to be pretty dang experienced in your mind and in your body. Eat heck, even in your spirit, you have to be pretty experienced to know the difference between your body telling you. It's time to slow down and rest or between like getting on the alert that, okay, wait, wait a second. I know this bipolar depression is kicking in. Tired, tired. I'm, I'm unusually tired. So maybe this is helpful. Here's a little test that I use. Okay? I actually default myself. I default to the side that says my body just needs a break. That's my default. And the reason I personally default there is because, and I just know this about myself, I'm a workaholic. I would work around the clock if it were possible. And because I'm, what's just typical of me is, is bipolar mania. Like I'm, I can typically shoot into bipolar mania

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and that means I can actually w I can actually work around the clock if I'm being reckless.

Speaker 2: [00:13:37](#) But that's just where I have to start. Like I have to give myself permission to slow down to rest, to be bored, to nap, to get a full nine hours of sleep, I have to give myself in. Okay. Uh, go ahead. A green light to rest. I have to give myself in a way my work life. I have to give myself permission to ask for longer deadlines. Like I got to ask my clients, Hey, is it okay if I get this to you on Thursday instead of Tuesday? And I, and I try not to impress them so much with like these crazy fast turnarounds that I love to be known for. Like, cause I'm the workaholic. I want to turn things around super fast. But here's the thing, because I know that about myself, I have to go like on purpose and say, Mike, rest, just rest.

Speaker 2: [00:14:36](#) But you see, here's the thing. This week, here's what I'm evaluating for. I might be slipping into a bipolar depression and the proof of that is when I take a nap, when I get some sleep, I feel as bad or worse than before. Like I know it's my mental illness. When I'm getting poor sleep, I toss and turn, I wake up, I get up in the morning not leaving my bed. I want to just stay in bed and not start my day. There's that awful sense of dread, which is terrible because I've shown myself, I've, I've proven, I have shown that many, many times. If I just launch into my morning routine, if I just get myself going into my priority work, I'm going to have a pretty decent day. Even with the anxiety, even with that nagging feel of like I'm just pulled into a low, the depressed thoughts are coming on.

Speaker 2: [00:15:49](#) I can have a predictably decent day. If I just launch into my morning routine and move into my priority work, like my priority work is going to be uncomfortable, but I'll get into the groove, I will get into the groove. So my advice, he was just experiment. Like I'm not opposed to, I'm not even opposed to intervening with like I'm going to call this a stimulant, but it's coffee, right? Like so caffeine, like caffeine doesn't trigger me. It might trigger you. It might trigger a whole lot of people and they should definitely stay away from it if you have a bipolar disorder. But it doesn't happen. I don't know why coffee doesn't happen to trigger me, so I'm not opposed to intervening in my morning. I don't typically drink coffee, but I will if it's a slug Fest, I totally will. And sometimes like it's not even just the, the, the chemistry.

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- Speaker 2: [00:16:42](#) It's like sometimes it's psychological, but usually it's just a matter of staying busy and staying busy on tasks that you find moderately challenging, which is why, and I'll just say this, if you find yourself without a job right now, you've absolutely got to make one up. I don't care if that's learning a new skill. I don't care what it is you need to do for a job, even if you're not getting paid for it, like learning a new skill, learning a new skill. This is the perfect time for that kind of stuff. Like it's great to have downtime if you, if you're suffering from a job layoff or maybe you never quite got into a job and you were just about to apply for a job, again, like I know how it is in this illness, what we're always in some cycle with work. Like we're, we're in work, we're lost work, we're looking for work. It's just a cycle. But the great thing about right specifically right now is that you can, during your quarantine or whatever it is that you have to shelter in place like there, there is no shortage of skills to learn during this time. They only require an internet connection. It's awesome. It's awesome in that way. Think about this. When you get back to normal, when we all get back to normal, whatever that looks like, you'll be in a good position to do something new. It's something that, it's something that you find exciting for work.
- Speaker 2: [00:18:18](#) So anyways, about being tired, exhausted, you know you're tired and exhausted when you're depressed and in this particular case it's just a good time. It's a good idea to get yourself moving. Okay. That was a long introduction to what we're going to talk about today. Today I'm going to show you how to make sure you're always moving forward even when the world is on notice, even when the world is put into a tailspin. I don't want to hold back. So here we go
- Speaker 2: [00:19:10](#) though. One thing I can say has been good during the whole CV 19 outbreak is that it's given me a perfect real world test. I'm talking about a stress test as to how well the power of a personal vision actually holds up and delivers me from fear. I'm loving this like there's not a lot to love about it, but I'm loving this. I'm learning a ton because think about like something as gnarly as a pre apocalyptic scenario that that world situation is about as intense as it's ever gotten in my lifetime as far as like me hanging onto my vision by like hanging on to my vision. By vision, I'm referring to something that I've taught, like I would say it goes all the way back to episode number one but then again I hit on it like pretty hard in episode 10 and then I'll guess like maybe the majority, actually probably every episode of this

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podcast is a result is a result of me exercising my vision and it like extending my view.

- Speaker 2: [00:20:42](#) It's a life vision. I'm exercising it, I'm working it out, I'm pulling it off. You're watching it happen every single week. It's a vision I'm hanging onto it. It's something I do as a way to make life. Um, incredibly challenging. No, yes, incredibly challenging. But like the challenge factor is what makes my life so rich and so seemingly endlessly, I mean they'd literally has been no end in the last year or so of me conducting this experiment that this, this show, my online digital business. Like all of these things have been just rewarding me nonstop. And so the thing I'm going to start out with, and I made some quick notes here to help guide you through this process, but it's like the thing about vision, the thing about a life vision is that it's not by accident. You don't just stumble upon a vision for your life. Vision is a choice.
- Speaker 2: [00:21:54](#) Think about it this way. Vision is a choice. Vision is a choice. Just like victory. Kay, like victory over this. Coronavirus it's a choice. People are choosing to dedicate their lives to figuring this thing out. People are choosing to dedicate their lives to keeping businesses running, to keeping infrastructure running, to keeping government running. People are dedicating their lives. It's a choice. This vision is like victory. It's a choice. Just like defeat is a choice. Okay? Giving up and surrendering is a choice. Of course, on this show, I want to show you how to make the best choice, choice after choice after choice so that you wind up living in victory as basically like your, you default. This is what I want for you. I want for you to default to victory, to living with bipolar disorder, living in victory, overcoming cause when you're defeated temporarily, it's not a big deal.
- Speaker 2: [00:23:01](#) He, you don't, you don't worry. Don't panic. My my like flareup of depression right now. I'm not worried about it because I've chosen to hold on. I make a conscious decision to hold onto my choice of vision and then I hold onto my victory. Oh my gosh. It's so cool. Vision is so cool. Vision is a choice. It's a choice to settle on a specific destination. It's a, it's a precise arrival like I talked about in this week's video on the bipolar now podcast group over on Facebook. It's, I talked about, it's like a, you have an OCD about how you want your life to play out. It's, there's a precision to it. I said, I'm not giving into the term OCD. I'm not going to label myself OCD. I'm not going to go there. Uh, even though it's obvious I'm not going to go there.

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- Speaker 2: [00:24:02](#) I am. I am better than that. I'm a person of precision and every, and everybody laughed and they loved it. And so now I've got a whole group of people who are a people of precision. It's so funny, but life's but your life's vision becomes real and it becomes real. The instant that your precise criteria, they get fulfilled. That means you're all of a sudden you're doing the things you couldn't even do before. It's, it's precise. It's precise. It's not a thing. Like I'm, I'm kind of doing my vision. I think I'm doing my visions. Like, no, it's a precise knowledge that you're out there walking out your vision and Oh look, by the way, here's all these evidences for it. You, you have to have a vision. You have to have a vision. If you want to get beyond an ordinary existence, I recognize that ordinary existence is the goal. If you find yourself living with a bipolar disorder and any other mental disruption that comes along like I, I get it. That ordinary is the goal. But I find, and maybe this has to do with with just the, the tweak in reality that happens when you experience bipolar mania, but it's like you suddenly become exposed to an extraordinary existence and that is part of your vision.
- Speaker 2: [00:25:44](#) Part of your vision includes this crazy notion that you can get beyond an ordinary existence. You actually deserve and will thrive in an extra ordinary existence and you, you get there by choice. Remember about vision. Your life's life's vision is a choice if you want to life where, where the pulse of that life is hot and the opportunities in that life are, I dunno, astounding, like where the boring and mundane parts of your life, those parts of your life are actually just fuel. They're refueling you to do even more amazing and astounding feats that the way this all works out, it's, it's like you feel as though there's a great reason that you've made it this far because not everybody makes it this far. Okay? Not everybody can listen to a show like this. It's just, it's just beyond so many people. But if you feel like you've made it this far and there's a great reason for that, that's the kind of life that's only possible with a vision.
- Speaker 2: [00:27:17](#) Cause guess what? Without a vision, you will always be a slave, a slave to the, it's like a tug of war. It's like, it's like mental illness is constantly tugging on your life and you'll always be a slave to it without a vision. I don't know. Does that sound dramatic? I promise. I'm not trying to punch this up. It's just, it's what I've noticed for me, the discovery of my vision, the discovery of this, of visual conviction over how I needed my life to function, that discovery could only take place in a season of recovery for me. I've shared this on numerous episodes. I, I hope you don't get tired of hearing this, this nuclear bomb that happened in my life

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thanks to manic depression like this. This thing leveled me. The final straw in that whole nuclear bomb was this. I had this massive unending psychotic episode and it completely flipped my life inside out, like upside down.

Speaker 2: [00:28:31](#) Getting over that episode, that series that just is waves of episodes is just over and over. Getting over. That has been, that's been the emotional and the [inaudible]. Maybe even the spiritual equivalent of like, have you ever broken a bone like that? Getting over that was like breaking my legs, like I'm healed and even though I'm healed I'm just, I'm always going to feel it in some way or another. What I'm saying is that season of recovery was super critical for me. It was like a, it was like a make or break. That's exactly where and when that was like that was the, that was the soil. That was the environment that was like what was going on. As I began to discover my need for a vision, because prior to that I was like a kite being driven around in like hurricane force winds.

Speaker 2: [00:29:45](#) I think I could just put it like this to lack of vision is to be like driven around like floating aimlessly in a hurricane with no anchor, like flying around and around driven about in a hurricane. This is the kind of force we're dealing with when it comes to not only our mental illness, but let me just say like, I mean I love living in today's day and age. Um, but the culture is a bit insane if you ask me like even our economy, like so our economy was in the United States, our economy was at an all time high just a few weeks ago. But what I like, what I'm convinced of is that it was a mess and it was a mess long before the whole coronavirus. Like I feel like our culture has been a growing mess for a very long time. I'm no stranger to people in my life who are putting in more and more work and they're getting less and less out of it and you know, they're getting more asked, you've got to do this, you got to do that. We're not going to pay you anymore. You got to give up some days or you got to come in and work for free. Or you know, like people are just, people are over putting in more work and getting less out there. Just getting burnt out.

Speaker 2: [00:31:11](#) I'm aware that people are having breakdowns on the job like, like this is, this is a new normal occurrence in our culture. I'm aware of the single moms. I'm aware of you ladies out there grinding and hustling and trying to keep a career and a household afloat. Okay. That's a, that's a cultural norm. It's what I'm saying is it's insane. It's insane. I'm not talking mental illness. I'm not even talking bipolar disorder. I'm, I'm talking this insane

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kind of activity is what we're terming normal. People are like welcome to the new normal. Like no, it's a new normal welcome. There is no welcome.

- Speaker 2: [00:32:04](#) What? I'm what I am impressed with when it comes to having these strong solid convictions about how you want your life to function. Like what's so impressive about that to me is it it creates arrest from all of that insanity. No vision like having nothing just going from week to week and like I'll take whatever I get like no vision that actually prevents entering in like an entrance into rest by default. No vision by default creates restlessness. Why is that? I think it has to do with having, like I said, it's conviction. Okay. It's solid conviction and it's a conviction that cannot be bought or sold. Okay. Cannot a change in lifestyle for the better. Kent cannot, you cannot tempt vision. Vision holds out vision. His vision remains whether or not your lifestyle increases like th there there's a reason why people do things and they feel energized by them and it's like they're not going to see a pay off in that activity for years, months or years that they're not going to see a payoff.
- Speaker 2: [00:33:47](#) They're going to see a increase in their lifestyle, in their comfort that they're actually remaining in discomfort because they can't be bought to, to exchange their vision, which is great, which is glorious if you ask me to have us, uh, to have a vision for what you are doing and bringing to the world that you can't be bought to, you can't be deferred. Okay. I, this is, this is something that I'm just trying to say for myself. I rest, I rest in my vision and that's because my vision is for a new world of mental health and I can't be bought or sold. Like nothing can deter me that that's why I can rest. It's like you're not going to get me to take some crazy job just so that I can have a new car in a bigger house. You're not going to get me to bind to the American dream of more stuff equals better life.
- Speaker 2: [00:34:55](#) Like you're just, you can't, you can't pull me off of my vision. I'm, I don't rest until I see this new world developing and happening as a result of my inputs. Like nothing can pull me off of that and since I can't be bought or manipulated, it just, it gives me nothing but rest. I know that every single day I'm working towards this vision and I'm working on specific tasks. I'm working on tasks inside of the vision. These are going back to the precision, right? Like these are precise projects that I'm involved on right now. So my vision of a new world for mental health, I'm okay if it doesn't come true in my lifetime. Okay. I'm not guaranteed even tomorrow. So all of these amazing visions

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in my mind that I've like been crafting for a really long time, that I'm now beginning to exercise. I might not even see it come true, but that's okay because I have every right to believe that it can come true.

Speaker 2: [00:36:13](#) This is, this is an interesting aspect of vision, but it's like I believe in my vision so much that I would actually go to jail for it. If somehow you could even outlaw humanitarian work, like I would go to jail like and you'd think, okay, the thought of going to jail, you'd think that would like alarm me, right? That I would cause me unrest going to jail for my convictions. It's actually the total opposite. I would gladly, yes, I would gladly, gladly go to jail if I went to jail helping a generation, a generation with mental illness. If I went and if I was incarcerated for helping people put their lives back into their own hands, gladly, I would gladly do that. And why? That's because I have a vision.

Speaker 2: [00:37:10](#) I have a vision that people with bipolar disorder, even severely debilitating types like mine, I believe that anyone can have the types of freedoms that I have chosen to build my life with. Okay. Anyone? This discriminates against no one the life of your choice. That is a radical vision and you'd think it'd give me anxiety, right? Like you'd think, thinking about this kind of work, this enormous project that reverses a health condition that maybe you don't know this about about your doctor, but like your doctor is completely baffled by bipolar disorder. Okay. I've had, I've had my doctors tell me that it is a complete nightmare to work with someone who has a bipolar disorder. Like that's, that is a radical vision to say that I can help someone make the choices and take the steps into a complete freedom where they can build the life of their choice.

Speaker 2: [00:38:29](#) Like for an entire generation to do that. You'd think that would give me things. It doesn't, it doesn't, I feel nothing but peace when I think about this whole future, cause I, I believe it was, it's a future that I was born into. Um, I'm very future oriented and I feel nothing but peace even in an apocalyptic scenario like the coronavirus. Okay. This is a trigger for all kinds of political things coming down the line. And I don't care to dive into that because I'm not knowledgeable in that area. But I just see the dominoes falling on a world scale, like this is going to create something that cannot be reversed.

Speaker 2: [00:39:23](#) So I live in the future, but I was born into a future of peace. Even if the world comes unraveled, even if new Wars break out, even if he called him, he is collapse. I feel nothing but peace because

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I'm connected to my vision. Yeah, yeah, yeah. I have like I haven't, I have no doubt I have anxiety right now. No doubt. But, but that's mostly because I'm here wrestling with all of the changes that I need to make in my, in my own life. Like I need to make changes to get better and better and I need to get, I need to get closer, closer to a vision of who I see in the future, who is my clarity. But, but, but I, I, my anxiety is an out of control cause I deal with those changes that I need to make. I deal with them one day at a time.

Speaker 2: [00:40:35](#)

And that's why when I go to bed at night, I fall fast asleep because the whole work of the day, it was intense but it was fruitful and it was aligned, aligned with my vision. So I know without a doubt my sleep, like my, my whole quality of sleep, the amount of sleep I get, it's remained mostly secure. Can I have a few short patches here and there where my, my sleep is disturbed and I just have to do my best to stick to my standard of sleep, but like the truest that the absolute best refreshment, the kind of refreshment that I'm looking for in my daily sleep routine, like it comes not because I'm sitting around worried, it comes because I'm given a big effort according to my vision, according to my vision.

Speaker 2: [00:41:39](#)

So how do you get a vision that somehow gives you this spectacular life and a good night's sleep, which is what I'm talking about here. It's like free sleep. You can sleep free from worry. How do you get that? Well, let me just share with you how I did it and this is super important to consider. I'm saying especially if you feel like if every day you feel like Corona virus has put your life in a vice grip and you're worried and you're indecisive and you're pacing, let me just share how I took this. It's like a three part process. Let me share you how I put together a vision during a time like this. So when I was putting together my vision circumstantially, it might as well have been coronavirus. Okay. In 2011 nothing was happening on the world stage. That was even remarkable, but in my life, everything had changed.

Speaker 2: [00:42:54](#)

Everything was up in the air. There was no tomorrow, there was no assurance of anything. I felt confused. I felt worried. I felt side effects from all my medications. I was like, I was a mess. I was an enormous mess. But I, through a process, there's three steps to it and you have to do this in order. But through a process, I arrived at the, at the very beginning of a great vision that would now carry me into the health that I enjoy every single week. And it all goes back to these first three steps that I

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took. And here's the thing, like you have to do the steps I'm telling you to do. If you write them down or if you're taking notes today, if you do these steps, you have to do them in order and you'll see that they only make sense if you do them in order one, two, three. But the first step to getting a vision, the first step you need to take is you need to keep your eyes open.

Speaker 2: [00:44:03](#) You going to keep your eyes open and I'll, and I'll add this, you need to keep your heart soft. [inaudible] you need to have a soft heart. When you're looking for a vision, you need your eyes to be perceptive. You need, you need these very, um, you need these. You need to look at things as though like, Oh, I see more than meets the eye. Like I see into things. You got to look around at various, so all around us are shortcomings, right? Like all around us are problems that need to be solved. A perceptive eye, sees the shortcomings, sees the need, sees the injustice, see, looks around like the perceptive eye looks around and it sees something that is not as it should be. And why I'm saying you gotta keep your eyes perceptive you gotta like identify, okay, that is not as it should be. Then say like the next part of step one is you've got to let your eyes make your heart soft.

Speaker 2: [00:45:17](#) You got to let your eyes soften your heart. Say wait a second, that shouldn't be, you know, I saw something today that was really interesting. Uh, today I pulled up my browser and it defaults to Google. And so today's Google doodle was about the birthday of a famous medical scientist. Um, I believe I, I only read the first article that came up, but anyways, the article said, um, she was a medical scientist and it said that her research was what fueled one of the discoveries for a vaccine for polio and polio in case you never heard of it. It's a super debilitating, very, very deadly virus. And there have been various and numerous outbreaks of polio in the United States since even the turn of the 19 hundreds. So what happened was it got really crazy in the fifties and I remember this cause my parents would talk about it like they had friends in their neighborhood who were crippled by this uh, virus.

Speaker 2: [00:46:27](#) But anyways, it kinda came to a Zenith in the fifties and it was a big deal. And then finally they eradicated it in the 70s and so a polio being probably the most feared disease in all of America for a very long time. For decades. This was the disease that everybody's like, it can't be polio. I can't get polio. Like, so anyways, this Australian woman, her name is Dame gene McNamara, she was being honored today with a Google doodle. And the one thing that struck me about her story is that she

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devoted herself. She gave her whole life specifically to those suffering from polio. And so she devoted herself to the research. She, she devoted herself to everything that led to the successful vaccination. And then beyond that she worked with and helped those. She, she helped relieve the suffering of people who had already been afflicted, you know, and it was too late and they were dealing with all these just, it's just crazy what it does to the bodies. It's very debilitating and deadly. So she, her, her work, um, you know, it was like she did a total three 60 on this disease, right? Like this disease and everything it touched. She made sure she was involved. She had a humanitarian vision. That's what led her to do this. Her, her vision gave her inventiveness. It gave her the, the, the ingenuity needed to fight such an overwhelming war. Invisible war, right? Fighting a virus. Her vision gave her that inventiveness. Listen to me now, it's no different.

Speaker 2:

[00:48:29](#)

Right now. People are on the front lines of coronavirus like people are devoting every waking hour of their lives to see it wiped out entirely. When I say, you need to go into the medical field to have a vision that's saying you need to be an inventive genius. I'm saying you need to have an all consuming view of yourself. You got to have this all consuming view that doesn't let you waste your life on lesser pursuits. Think of, I mean, think of this woman who fought polio, right? Like she had an all consuming view of herself. She could not get sucked into lesser pursuits. Does that make sense? You, you need to see yourself. I'm talking when, when this whole virus is over, but we're working on it now. Hey, we're being smart. We're being intelligent about how we construct our lives in this side of this crisis.

Speaker 2:

[00:49:48](#)

Like when this thing blows over, you need to be doing something that absolutely has to get done. Okay. Even if it means you're not the only one doing it or I mean you could be the first one that has to get this thing done. Whatever your eyes, your perspective, I see something that is not right and something has to get done. So even if you're the first one or maybe if you're even one of only a few who are out there actually doing it. And I'm not talking about like the thing I can't stand nowadays is people start companies that just copy everything that happens in an entire industry. This industry is already doing stuff and they're just copycats. They're just like, well, you know what? If they're making money, well then I can too. Like that's not what I'm talking about. Like a perspective.

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- Speaker 2: [00:50:36](#) I doesn't jump on some trendy bandwagon at perceptive. I doesn't just like see some humanitarian aid that everybody's doing that it's like, Oh, that's, you know, like they don't even know those people. Like I'm trying not to get critical of specific bandwagons of humanitarian aid that actually do more harm than good. Not going to jump into that, but what I'm saying is dig deeper. Okay, you're sharp, you're creative. Dig deeper than the trends. Hey, dig deep. Find something. Find something that the world, even if the world is just your own immediate community, something that the world needs truly needs. Now more than ever, that's the whole first step. You got to keep your eyes open and you gotta keep your heart soft. That's eyes open, heart soft. That's how you start. That's how you step into, that's how you get a vision for your life and this vision isn't static. It's actually, it's always in a process of growing and maturing and breaking boundaries. Like you've probably already guessed this about me, at least like you probably guessed that I keep my eyes open and you know what? Like going back to my recovery, what do you think I saw cat eyes open. Heart soft. What do you think I saw?
- Speaker 2: [00:52:17](#) I saw an entire people group, Kate, not just individuals. I saw a people group and they lacked guidance and they lacked assurance that their life with a bipolar disorder would ever work out and satisfy their dreams. An entire people group lacking those two basic things in life. The reason my perceptive I worked so well is because I saw myself in each and every person who couldn't see a future beyond their disease and now check me out. Now I'm caring for people. I'm caring for those folks out there with I'm caring for folks with mental illness. Okay, that's easy, but I'm doing that because I'm keeping my eyes open. I'm looking for and even fuller expression of my original vision.
- Speaker 2: [00:53:32](#) And that's why like today someone tells me, Mike, I was uh, I was riding my bike down by green river and do you remember all those homeless tents that used to be along the 91 like, do you remember all that? And I'm like, yeah, like, did you hear that? They actually rounded up all those homeless people and they bused them, they put them on a bus and they just dumped him in the river bed in San Bernardino. Like, have you seen all the tent cities that are everywhere now? And I'm like, okay, I hear a piece of news like that today. And I'm like, wow, that fits right in line with where I was imagining a new homeless coalition in Southern California. Not even joking, not even a few weeks ago, I was sitting at my dining room table and I was

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sketching out this vision because my heart was just welling up over the things that my eyes were seeing.

Speaker 2: [00:54:27](#)

Okay. So I had perceptive eye and a soft heart and all of a sudden vision was coming to me. And I started sketching out a plan, just a series of models and have this big notebook full of crazy ideas and all kinds of other crazy ideas are in there, but they all springboard from my original heart for the the world that is impacted by bipolar disorder. Okay. But here I am, I'm creating a humanitarian model for homelessness in the inland empire, which San Bernardino is the most impoverished city in all of California. And that's where they dumped these people who even knows them, who knows their names, who knows their story. Okay, but do you see, I hear news like that and it fits because I took the time and I expended the effort and I, I wasted the creativity. I shouldn't say wasted, but I like I, I S I had a glorious expenditure of activity and effort on this vision and now it's growing like, do you see how this homeless coalition would be a perfect natural extension of my commitment to the population that has our disorder? Like, I don't know. I think it's perfect. There's a, there's a freaking mess going on out there and I'm this wild little dude with a vision for how it could be addressed and all it takes to start is an open eye and a real heart and then, and then you make a plan.

Speaker 2: [00:56:23](#)

So that's step number two, make a plan. You have got to make a plan. Once you know your vision is big enough and real enough to be worth your entire life, that's a big deal. Okay. Your entire life, is it big enough in real enough? Is it a worthy vision? Maybe. Maybe you got to research at this point. Okay. Step two is making a plan. So part of planning is research, right? Okay. So like maybe you need to test and research and you've got to defend like your case. Right? Like in the case of, of the woman that was being honored in the Google doodle and she, she defended a case for the vaccine that she helped to develop. Like that's what the labs right now are hard at work doing on the Corona virus. Like it's just part of the plan. You've got to, you've got to create research, test and defend.

Speaker 2: [00:57:26](#)

That's part of it. And maybe maybe you need to have a conversation, like maybe there's someone in your circle, someone you have access to in person or online, like someone has insight into your ideas. Okay. Even as original as your ideas might be as wild and creative and explosive as your ideas might be revolutionizing. Like there's people who have insight into your ideas. So get in touch with them and then however it

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needs to happen, you got to craft a plan that gets it done. So think what is the end goal of this vision? What like is there a product associated with this vision? Is there something that this product or goal, is there something that it absolutely has to achieve? That's how your plan gets made in my case. So I've got this big goal and it's, the goal itself is there has to be a way for anyone, anywhere to access training for bipolar disorder and to have a group support environment.

Speaker 2: [00:58:47](#)

And all of that takes place online. And then that somehow has to translate into a, um, I radically more focused and fruitful life offline, like outside in the outside world. Can we do all this stuff online? We train, we support, we grow, we develop. But there's like, it has to result in a measurably more effective life in the outside world, in the everyday life. That's what caused me come up with the plan. So the plan for that goal, it became this online experience, like this immersive online experience for the management of mental illness. And that's my plan. It unfolds even more from there. But I had to get started somewhere. And so that's what getting started somewhere is what leads me to step three. Okay. And step three of the vision of getting a vision. Step three is the scariest part. You actually have to do something.

Speaker 2: [01:00:03](#)

Step three means you actually have to put your vision out there. You've got to work on it. You gotta put it together with your own two hands and your head and you're in your heart too. But he means you have to risk. It means you have to try and then try some more and then fail and then come back and then come do it some more and risk some more. And I uh, won't get you too worked up over this, but there's, there's something you can do that actually does make this less intimidating and scary and, and the thing that I suggest is like to, to do something with your vision, you, you have to start small and that small thing is to what I call do a non fatal experiment. You, you just got to unleash something that won't kill you. Okay. You gotta let's say you have a fantastic and difficult vision.

Speaker 2: [01:01:04](#)

Let's say you want to get into, um, healthcare, fantastic vision, difficult vision, okay, let, let's say maybe let, like, let's say you want to do something entrepreneurial. Maybe you have a crazy super creative vision like, but it's hard. Hey, you want to launch a product or service or maybe you want to have some other maybe even want to nonprofit. Okay. If your, if your vision is like, like I said, like healthcare, like a nonprofit, like a business, like a product. Like if it's hard to do, if it's hard to pull off, it's tough to

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execute. You are in the right place and the way you get started, the way you launch is with a nonfatal experiment. It means you try something that's not going to jeopardize you or ruin the entire vision. It's just an experiment. It won't take you down. It's not gonna damage anything.

Speaker 2: [01:02:11](#) If you fail at it, it's not going to take you down. You know, the perfect example of this in my case, like my first attempt, my experiment at this podcast was actually starting out a, a written blog about like same topic, living with bipolar disorder, but it was written. Um, I was scared to death to put my voice out there. Um, I'm not like a, I'm not an opinion person and I'm not an opinion shaper. Um, I don't enjoy being heard. Like I, I'm a listener. Like if you and I were to sit down in a room, I would hope that you would do most of the talking. So this podcast seemed insane at the time, but I had a nonfatal attempt at this podcast by doing it in a very, um, it's, it was a much more accessible format, which for me was writing and that's how I got my start in this field.

Speaker 2: [01:03:10](#) It's, it's how I got the podcast going. It's even how I got the membership going. Okay. My digital business started with a non-fatal experiment, so, so, um, yeah, like the experiment itself was, it, it was still difficult to, to blog every week, but like the non-fatal part was like, it wasn't critical to like the success of my life. It just helped me understand this need to put together content on a regular, you know, like, like a weekly schedule. So I published my blog once a week, just like I publish now, this podcast every Thursday. So it was nonfatal if it failed, actually it did fail. Uh, if it failed, uh, it, it, it really, it didn't take me down. Like it actually gave me more because it failed like it, it gave me the skills, it forged me like to be able to have these skills of being great at communicating and being great at delivering trainings.

Speaker 2: [01:04:18](#) Like I was, I was testing all these things out on the blog, my coaching, like all of that stuff tested out on the blog. So yeah, I couldn't, like, I couldn't jump straight into the project, which was the bipolar now podcast, which is one project of many in pursuit of my vision. But it's like that non-fatal experiment of the, of the written blog that truly did launch everything that you're now seeing and hearing. So that's why step three here where we're talking about putting together a vision, like step three is a step that you can repeat. Just like you can come back to step two and plan. Just like you can come back to step one and see needs and have a soft heart. Like you can repeat these

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things over and over in order as you evolve your vision and then press further into it.

Speaker 2: [01:05:15](#) And he can't tell. It's a total. It is. Oh my gosh. So okay, reel it in. Mike. Let's, let's just simplify these three steps. You've heard me say that the first step is to keep your eyes open, to keep your heart soft. And what that is is that's discovery. You are actively discovering the vision. So you can write these, these words down. I made them all, what does that call the alliteration when every word starts with the same letter? So these are all D words. So the first one is discovery. That's step one. Remember that's where you're looking and feeling for needs. So there's discovery. And then I said you have to have a simple plan. You have to make a plan for what your vision is going to look like practically speaking. So here's your second word. That word is development development. You've got to develop the vision.

Speaker 2: [01:06:25](#) And then you heard me say that the third step is to perform a non-fatal experiment. And so this word you want to write down is deployment. Deployment. You are actively deploying your resources to accomplish a piece of your vision. And deployment is these are all resources of your time, your talent, your treasure, your money. Like these are all investments that you're making in your vision. Like these, this is deployment. Like you're putting things, you're actively putting resources into place to accomplish some small piece of your vision and you're going to keep doing that. You're going to keep putting your unique, your gifts, like your talents, all these things that feel so awesome. Oh man, it's, it's awesome to put gift and talent, gifts, times, resources of gifts and talent, time, money, like all of these things. That's, that's why I'm not a fan of you getting the government to pay for everything you do.

Speaker 2: [01:07:36](#) Um, so just be careful here, like if you get the government to pay for your staff and your school and your business, I just don't see, I just can't really see like that, that kind of pride of ownership that you're gonna get when you put your own resources into it. Like when you raise the money yourself, when you do it with your own money. I mean I actually did both like so like just, you have to be careful. Like my junior year of college I, I got a grant from California, like a kind of Pell grant from the state to pay for my college education. But initially I was putting up my own money and I was doing that using all the tips and paychecks that I made as a busboy in a restaurant. And I was also a mechanic and so a part time mechanics.

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- Speaker 2: [01:08:25](#) So I had this work ethic built into me by the time I got that state money. So like the money just helped me go farther. But when it came to this online business, I launched it with a mixture of both my own paychecks and also some money that I'd actually raised from my family. So with my family, it's like I had to put in the time I had to convince them that like this is the vision, this is my conviction, this is what I want to do. And then of course people in my family work in healthcare. So I got like immediate input from them and they know firsthand like they know from working in the system how devastating and also how complicating bipolar can be. So I came back to them many times and I kept showing my concept of like I was moving this plan farther along and this plan for an online training in this coaching plan, like all of these things were evolving and I kept coming back.
- Speaker 2: [01:09:27](#) I kept saying like, this is the way to go. This is the way to go. This is what people are looking for, this is what people are needing, this is what they're asking for. I just kept driving closer to my vision and that vision, as I said earlier, like the whole thing that drives me is helping people discover a life that is less bothered by mental illness. And I want to see that happen for millions of people. So my family was like, dude, go for it. We want to see what you can do. So you know, they hooked it up. I got some money and that's how I incorporated my first real business. I did all the paperwork, I paid the startup fees and the costs, and then I, I, so you can keep doing this stuff. It's rinse, repeat or whatever you call that.
- Speaker 2: [01:10:19](#) Like you just keep doing these steps, the three steps over and over and over. You just, you just keep discovering and developing and deploying over and over and over. And it's like, you know, I had a non-fatal experiment and that non-fatal experiment is now the bipolar now podcast that that's how this podcast was born. Right? Like if this podcast fails, it doesn't submarine my entire life. And like it's fun. It's an adventure. I look forward to this. I look forward to spending time with you every single week. I look forward to these super long episodes and challenging myself to make shorter ones sometimes too. So it's like my vision of making life radically better for those with bipolar disorder. It's actually opening up all kinds of doors for me.
- Speaker 2: [01:11:11](#) And maybe the thing I love is that my vision is something that's been worked through so many times, like through and through and through it then and it's already like within a year's time it's

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already evolved into something so much better and even bigger than my first impression all those years ago. And you know what? That is a major boost that pumps that like pumps my blood full of morale during this whole crone of Ayers. It pushes me. It's, it's energizing like, like I'm energized and this is crazy. Okay, I admit it, but I'm energized at the possibility of a national economic depression because I'm at rest. I'm resting in my vision that like it's going to happen. That's why I'm like, I'm not stressing so much over the day to day stuff, like the 24 hour news cycle. I'm not even stressing over what pops up next on TV or on my feet or what, you know, it don't bother me. I'm settled.

Speaker 2: [01:12:26](#) I'm settled on what I'm doing. I'm settled on who I am and who even better, who I'm becoming. I'm not, I'm just not worried. If it takes 30 years to become, if accomplishing my vision takes 30 years and not 10 like I want it to be, I need to be a person who goes the distance. Hey, I might not even see my vision come to complete fruition. Who knows? I need to go to the dead. I need to go the distance. I need to go the distance. I need to remain. Mike Lardy needs to be faithful till the very end. He needs to love his own till the very end discover.

Speaker 2: [01:13:30](#) Can you do that develop? Can you make it fun and deploy? Can you make no excuses not to? It's these three steps that keep me pointed in the right direction. Developing as a coach in the peace plan for bipolar, like developing myself, deploying new resources as they become available and then discovering all over again how it could be even better. I teach this stuff. I go on at length with this stuff. I know it's been a long episode, but I have so much passion for this stuff because it's how I avoid the self destruct that comes with mental illness.

Speaker 2: [01:14:35](#) This is how I keep myself from having, um, this is how I keep myself from having an, an impoverished mind. Like there's no other way to put it. There is such a thing as poverty of the mind and it's where so many people choose to live their lives and I'm here. I'm just here to say no more. No more vision is a choice. Victory is a choice. Just like defeat is a choice. But I probably don't need to convince you where you'd be better off. Like if you don't already have a vision for your life, your chances are if you don't already have a vision for your life right now, you're never going to get it. Once the virus is over. Cages being real desperate times like these are the exact environment for forging your mental picture, who you need to be and what you need to set your hand to. That's what I'm saying. Discover your vision, develop it to maturity and deploy your experiment. You don't

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- need permission to do this. You don't even need perfect circumstances. This
- Speaker 3: [01:16:04](#) is the perfect time is the perfect storm to shoot you into the future. Wow. Wow. Wow.
- Speaker 2: [01:16:33](#) I have, I've never taught vision in such a concise way, but that's the whole beauty. That's the beauty of this experiment. Like truly the experiment is like how clear can you make it? How uncomplicated can you make this path? Like it's stuff like this that makes this podcast so endless. For me, it's like, and I hope, I hope you find it instructive. I hope you find it's in, it's just like assuring to you in some way. I hope you're assured that you are not bound to a life of restrictions and pointless pursuits. I'm here to tell you that you were made for freedom and that's all I hope to accomplish with this show is to point you in the direction of that freedom. And even though that that freedom plan requires some assembly. So one quick mention, and I'll make this before we go, but the mention is this, uh, my coaching membership, which is the peace plan is currently open for enrollment and it's only open twice a year, which is in April and September.
- Speaker 2: [01:17:54](#) But this is the place, this membership and the coaching is where we do the whole like some assembly required. Like that's where we do that stuff. And I am aware, I'm, I'm painfully aware of all the uncertainty in these times. And so I know that you checking out in online mentorship is probably, um, well it's probably not high on your list. So, but here's the thing, I'm continually impressed with, like the students right now have this focus and determination and it's just something that, man, is it something you're missing out on right now? I don't know. One thing I'll say for certain is that people, like in these hard times, we become the kind of people we, we, we either revert and go back to life as usual or we will take the advances that we can make now and then we're going to run and run farther and farther into a future.
- Speaker 2: [01:18:57](#) And by the way, let me just tell you the stuff we set up in the peace plan. It's a indestructable future. Indestructable like there's that whole thing. So the decision of course is yours, but I'd like you to peek into the program and I want you to hear about how others are experiencing it. And so to do that, all you had to do is head on over to mikelardi.com/thepeaceplan. And that's Mike Lardi with an “i”. And that's peace plan spelled P E A C E. English. I know English. But yes, all the details, all the

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pricing, that kind of stuff. It's all over at mikelardi.com forward slash the peace plan and uh, pretty much don't mess around cause the doors are closing this week. They're closing Friday, April 3rd and then they won't open again until September. So give it a look.

Speaker 2:

[01:19:59](#)

Okay. So what is the deal with next week? Okay, next week we are diving into more how I keep my symptoms of bipolar in check during these hectic days. So I'm going to show you basically a condensed version of my maintenance plan. And that's, uh, all the things that I do when the immediate future is unknown and it's, uh, either throwing me or threatening to throw me into chaos. So I'm gonna share the version of my plan that's very condensed. And of course, with all of these episodes, these are, um, special times that we live in. These are desperate times that we live in. I know that people are looking for direction and hope and things like that. And so, um, I definitely don't want to disappoint. So this is a show that's going to walk through these days and help us through, you know, the shelter in place, and then when eventually that gets lifted, you know, merging back into, back into life. And so I'm going to make sure that in all of these special episodes that I'm directly hitting on all the actions to take so that our best mental health can actually emerge. So you don't wanna miss it. And I will see you here. Same time, same place. Adios.