



EPISODE 57: URGENCY IS AUTHENTIC ENERGY

- Speaker 1: [00:00](#) What's up real quick, I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment, or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician. Never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You are listening to the bipolar now podcast, episode 57
- Speaker 2: [00:41](#) welcome to bipolar now, the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Mike Lardi
- Speaker 1: [00:53](#) it's actually sunny today. I don't know what I'm going to do. I don't know what I'm going to do. It feels so good. Oh, this whole last month has been, it's been a lot more like Seattle and not so much Southern California. They don't take that personally. All my Pacific Northwest people, I love you. I, I get up there every single year. I visit the Pacific Northwest, see my friends, just North of Seattle up in Bellingham actually. And then my grandparents, um, who are, are both now, uh, moved on. Um, they lived over in the Olympic peninsula and so it's just breathtaking to drive through that entire area. That'll tell you what I need me some sunshine. Hey guys, my name is Mike. I'm the host of this show and I'm thrilled to be with you for yet another week. This is the podcast where we explore a life better lived with mental illness.
- Speaker 1: [01:49](#) And so, I'm simply here to guide you through various topics and points of interest along the way to that life. So glad to be with you. I've got some exciting news to share. I've got a very special festival coming up. I was supposed to participate live in this festival. This is the three 20 festival and you can check that out@threetwentyfestival.com. It is an amazing lineup of leaders, authors, speakers, musicians, all aligned to drive the conversation forward on mental health and the importance of mental health. So that's the three 20 festival. It was going to be in Los Angeles, downtown Los Angeles. And then of course this whole coven virus struck and sent us home. So we're going to be doing it from the convenience of our homes. And you can check out the, the roster of talks that are going to be appearing there and all the different festivities, musical events, uh, workshops and breakouts.
- Speaker 1: [02:49](#) All those things are happening at 320festival.com and it's coming up in may. It's going to be May 8th, ninth and 10th and

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

it's all online, which is phenomenal. It's just phenomenal. So I will be speaking on a special panel, my panel and I will talk about and discuss the five signs of the five signs of mental illness and how the power of prevention works in our lives to keep things from escalating and getting out of control. And of course, you know, the worst thing possible is to let things get so out of control that someone like me would feel the need to of course, you know, turn over their life and um, and, and that's obviously something we want to prevent. So my panel is going to specifically discuss the five signs and how to enact the power of prevention in your life. So today's show is about urgency. I, I would consider, uh, urgency to be something that drives my depression and anxiety. It drives it away. It's, uh, probably my greatest ally and my greatest mindset when it comes to depression and anxiety. And so today I'm going to talk about how to get a little more consistent in that kind of urgency that allows us to tackle things before they get out of control. And so I will not hold us up here any longer. Let's dive in. Here we go.

- Speaker 1: [04:31](#) These are remarkable times and not only are these remarkable times, but I just want to stop and acknowledge that you right now, wherever you're sitting, listening to this, whatever you're doing, I want you to know that in remarkable times like this, you are remarkable
- Speaker 3: [04:51](#) person. I am
- Speaker 1: [04:55](#) acutely aware every single day of how handicapped I am during this pandemic. [inaudible] well, you could say I'm doubly handicapped. Actually. I'm handicapped by like the lockdown. That's one
- Speaker 3: [05:12](#) thing. Then
- Speaker 1: [05:14](#) because of the lockdown, because of this whole warping of reality that we are all going through my mental health, my bipolar disorder, like ha has a playground now to run around on and, and like flip my world inside out instead of just upside down. So I am actually doubly handicapped and I'm just saying I recognize that it is remarkable to be able to sit behind a microphone like this every single week and bring you a show every single week. And then I'm thinking your remarkable for showing up every single week and listening to what I have to say because let's be honest, a lot of the stuff I share, it's downright difficult. It's downright difficult. So we're doubly handicapped. Let's just Pat ourselves on the back. Can we, let's just, let's get a Pat on the back for how amazing it is that we are still tracking

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

day to day through the Cove, the Cove ed like let's just, let's, let's get some congratulations going for that.

- Speaker 1: [06:23](#) Like it's seriously incredible to me how far along we can get and still manage day to day. Because here's the thing, uncertainty, which is what we're in right now. I don't know if you get any different news from me, but every voice that I hear that says like, show us a model, show us a future for forecast for us. What's going to happen? Like where's the, where's the curve? Are we flat lining? Are we still at the, you know, where are we at? Like what's gonna happen next? When are we going to reopen the economy? All of these questions do you notice? They just get answered with like Wolf, this is what we think we are looking at. But in reality you and I both know it's uncertain. It is so uncertain what we're facing and the road, the path out of this where, where that's actually going to lead and, and in what timeline. Okay. It's UN certain and what I'm telling you as the host of your show and as your friend, someone who struggles valiantly with mental health uncertainty stirs up mood instability.
- Speaker 1: [07:39](#) If you can count on it. Okay. If your moods are wild right now, it's not because you're doing anything wrong, it's just this uncertainty is not how you're meant to live. And not only that, if you have a bipolar disorder, uncertainty throws everything like throw, throws it all in the blender, right? You, you just get thrown in the blender every single day. Everything feels blended up. Crazy spinning like your head is totally spinning. I'll take you back. Just eight years ago, eight years ago, my world was full of uncertainty, so no surprises that my mood started getting whacked out. I had no ability to cope with that. I had no skills. I had no knowledge of mental illness, nothing. I was living with complete uncertainty over what to do in my career. I was living with complete uncertainty over where I was going to live and be able to afford to live.
- Speaker 1: [08:46](#) All of this uncertainty packed into one person created a meltdown. I have never a meltdown like that in my entire life. My moods got so extreme that I wound up manic psychotic and mixed manic walking around in my underwear in my pajamas naked sometimes. Oh, I was just completely at the mercy of mental illness going amuck because of all of the uncertainty. So what I'm seeing is I'm super impressed if you're listening to me on this show and you haven't had some sort of a meltdown during this whole virus because a lot of people are w w we're, we're just not equipped to do uncertainty. Yes. As you go, you get stronger. Yes. As you pay attention to and prioritize your mental health, you get more aware of how to protect yourself.

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

Like yes, you, you can eventually escape the tyranny of uncertainty, which is why overall I've been fortunate that the things I do create mental health for me ongoing.

Speaker 1: [10:06](#)

So when, you know, when, when the Cove comes along and forces everybody to quarantine, like I just roll with it because that's how I'm used to dealing with my mental health. I just, I roll with it. I put various barriers in place and, and hope that they're going to work and sometimes they work really well and other times there's like so much mud sliding down the Hill that it just goes right over the barrier. And, and by by barriers, I'm talking like my medications, my routine, my thinking like all of that stuff is a barrier to prevent mental health. Like the mud of mental health from sliding down the Hill and like going straight into my living room. That's that stuff is working. But I have to actively go every day and clean out the mud that builds up against the barrier. Cause eventually if I don't take care of it, it's just going to slide right over top, all over again. It's like all that work will be for nothing.

Speaker 1: [11:07](#)

So as we talk today about this notion of urgency and how much of a barrier it is to depression and anxiety, what I want to show is that having these handicaps of the lockdown and having the handicap, the double handicap of mental health that's affected by that. What I'm here to say is that it's actually a good thing. It's, it's producing a natural urgency. Now what you do with it could be something completely different. But what I'm going to argue for today is that with all of this natural urgency produced by coven 19 produced by bipolar disorder, produced by anxiety, whatever I want us to, I want to argue for the fact that we need to use our time wisely and we need to be strategic about our time.

Speaker 1: [12:03](#)

Using the time wisely is a skill that you're going to need when this whole pandemic clears. Okay? Like don't get into any bad habits right now. Build up the good habit of using your time wisely and strategically. Like strategically, think about that word. What are you doing right now that you couldn't have done or wouldn't have thought about doing prior to this whole mess escalating on the world stage? Like what are you doing now or have the opportunity to do now that you can use strategically to advance you when this whole thing and as this whole thing, receipts. Okay. Like how are you redeeming the time? Do you view your time as worthy of redeeming? Like do you want to use your time wisely? Are, are you working through any, like have you set any deadlines for yourself? Okay, maybe you're furloughed right now, maybe you're off work, maybe you're, maybe there's nothing to go back to.

EPIISODE 57: URGENCY IS AUTHENTIC ENERGY

- Speaker 1: [13:15](#) Like what urgent deadlines have you set in place so that a new plan can actually get you back on your feet. Again, deadlines are incredibly powerful. They, you can look at him a one of two ways. You can look at a deadline is something that you need to escape and so you just Dodge and get around and push off and make sure you delay any deadline that is just looming right now. Or you can think of it as something to embrace so you can either escape a deadline or you can embrace a deadline. And I want to S I want to say like let's be a people who take their deadlines and utilize them. Deadlines make us use our time wisely.
- Speaker 1: [14:10](#) I want them pull this away from just the realm of your work, like whatever slave drivers go on in your company or wherever it is that you work, whatever. You know there's deadlines every single day in work. But I want, I want to pull this conversation away from the primary area of work cause that's not the only thing that you need to have urgency for. When I think of urgency, when I think of the actual like healthy application of urgency, I think about a dinner meal. I think about that dinner meal that happens maybe everyday if you cook for your family or you know, maybe it's like, maybe think of it more along the lines of, uh, an annual party or you know, a super bowl or Christmas, Thanksgiving, you know, all of these, like whenever we get together or if you throw up or if you're an entertainer, like if you love to throw parties and have people come over, this is what I consider healthy urgency to feel like.
- Speaker 1: [15:14](#) So my family gets together and what we do is we divvy up who's going to make what and some people prefer to make this and some people have a great recipe for that. And so that's really cool, right? Like your family and you're going to get together and everybody's bringing their own thing. And so all I gotta worry about is my part that I'm going to bring. And the urgency is just, you know, that day before you get it going, you put something in the oven or you mix it up or whatever, you gotta go to the store. Some people, all they like to do is go to the store and get soda and that's cool. We need soda. So the urgency is just that sensation of like the party's coming up, I got to do my part. And then you bring your part of the meal to the party. And when you see everybody, you know, scooping your dish up or taking your Turkey or whatever, like it's, it's a cool feeling. That's urgency. That's what healthy urgency feels like.
- Speaker 1: [16:21](#) Okay. And your mental health. The last thing I want you to feel as you listened to this show, or if you're in the bipolar now podcast group on Facebook, like the last thing I want you to feel, if you are in my family here, the last thing I want you to feel is this urgency of like, Oh, there's just too much to get done. And

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

it'll never get done. My mental health is too big of a problem to ever tackle and get done. That's not what I want you to feel like every day. I want you to feel that dinner meal urgency. Okay? You're what you're creating in your mental health. You get to enjoy and what you're creating in your mental health. Like others get to enjoy that. They don't enjoy the sick version of you. We all know that, right? Like there's, there's so much shame in thinking like, I just wish I could show my family that I'm healthy.

Speaker 1: [17:24](#)

What I'm talking about is when you, plus when you place and put an urgency on treating your mental health, like the greatest project you could ever start on every day, every single day as you learn to redeem the time, your sense of urgency is going to keep you a step ahead of depression. And it's gonna like it's going to take the anxiety and work it out. Like urgency is the working out of depression and anxiety, right? Anxiety is, is waiting to be worked out. And if you don't touch it and handle it and and and massage it and work it into smaller, manageable pieces like your anxiety is, is not going to go away very quickly. Especially if there's a lot that's driving that anxiety, which there always is. It's always a confluence of factors, multiple things going on driving that anxiety like what I'm talking about with urgency is when you have an urgent mindset to take care of business, doesn't matter how small that business is, don't worry about what other people are doing, okay?

Speaker 1: [18:45](#)

It might take all that you have in an entire day to improve the anxiety and whatever it is that's causing it. It might take all day and you look at that and you say, that's such a waste. It's such a waste. I wasted all day just trying to get a handle on my anxiety, which never goes away entirely. What I'm telling you is don't worry about that. It's worth tackling. It's worth having an urgent care where you take care of business. Okay? That's your mental health. Think about what urgency feels like in the midst of covert 19 okay. Things are disrupted. He probably had something going on that you're not able to do now. Urgency for you feels like this. I got to find something that I can spend my time on and have that be a wise and strategic use of my time. This is something I'm going to do that moves me forward. I'm stuck at home, but I can move forward. Kate, we're, we're all stuck at home. If you're anywhere like me in California, we're all stuck at home. How are we redeeming the time?

Speaker 1: [20:04](#)

Do you sense the urgency in my voice like me doing the things that I have right in front of me to do? Okay. Not all of them make me money right now, but I have things in front of me that are a wise use of my time. I'm going to strategically do those

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

things and move myself forward. Okay. My life plan was disrupted but because I have urgency for today because I have urgency, I know that I can still drive pieces of my life plan forward and if you don't have a life plan and a lot of people don't have anything more than a napkin sketch of their life plan, if that's you and you feel like you don't know where it's all where all of it's going, you don't know the best use of your time and your talent, you don't know what's going to fulfill you like you don't have a clear picture of where you're going to be 10 years from now.

Speaker 1:

[21:04](#)

Like things like this virus take our eyes off the future and like the forces them to just look around us and be fearful. What I'm saying is if you've been disrupted, now is the time to start to get past the napkin sketch. Okay, now's the time to start to get strategic about how you're going to live your days. A life plan doesn't come together in a single day, but you can start it and I have a whole episode. This just reminded me, this just reminded me, it is episode number, I think 42 episode number 42 just look for the one where it's titled GPS. Think about a a guidance global positioning system. Think about how that works on your phone. That gets you to, you know, your friend's house that you've never been to their new house. Like think about how the GPS works. You need a GPS for your life and if you're locked at home and you're just watching TV and playing video games and watching the news like this is the time to redeem the time to be wise, to get strategic. Listen to that episode. It's more of like a, it's more of like a workshop. You're going to take notes, you're going to put together these different buckets in your life that you want to fill. It's, it's a really, really good way to use the time right now. Right now you should have in you in unrest where you're like, Oh my gosh, I do need to be urgent about the destination of my journey. I, I, I need to be urgent. I need to be urgent. Let me be urgent.

Speaker 1:

[22:52](#)

My concern when you hear me say urgency is that you're thinking of a type of urgency that I'm actually not referring to. Like I tried to explain it with the dinner meal and like getting things ready and having the urgency of like, okay, people are coming over at seven we've got to have everything ready. Like an enjoying that party, enjoying that meal. That's, that's how it functions for me in a healthy way. There's actually a type of urgency that I want you to be aware of and that's that. The urgent, the, they call it the tyranny of urgency, tyrannical urgency, like think of tyrannical urgency as an overactive boss. Kate, you got a couple of emails this morning from your boss and a couple of hours later you get a couple more emails and a couple hours later you get a couple more emails and there's so

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

much work to be done in all these emails that 200 hours in your paycheck, this couldn't even like begin to satisfy the overactive boss.

Speaker 1: [23:49](#)

That's, that's the tyrannical urgency that I'm not talking about on today's show. Like, today's show is not like toxic social media. Do you know what I'm talking about? Where I scroll through the feed and I see ads, I see posts. It's like there's, it's like you got to do this thing right now. You've got to post this to me and 30,000 other people right now, or you don't believe in Jesus. It's like shut up. You know? Like, like that toxic social media. That's tyrannical urgency. Can you feel that? Okay. Does your back arch right now with like, Oh my skin is crawling when I experienced tyrannical urgency. Okay, that is not what I'm talking about. That is so not what I'm talking about. When you hear me say urgency, when you remember this show and the point, what I'm trying to introduce you to is a urgency that supercharges your life, a life supercharger.

Speaker 1: [25:01](#)

That's how urgency works. Like urgency is the power of choice, right? Urgency is like, I'm choosing to do this because it matters more than that and of the 20 things I could spend my time doing today, I'm going to do the one thing. That's the power of choice. That's the power of urgency. Michael Hyatt, who is a online mentor of mine, he has a whole system that he teaches and he, he has like a system where it's like you've got the planner and you've got the training and you go through the videos. I've never taken it. It looks amazing. Um, I've never taken it. I don't have a lot of extra money right now or free time. However he talks, and this is something to look into if this sounds like right up your alley. He talks about this idea of being free to focus, being free to sit down and accomplish the one thing or the however many things you determine are essential right now.

Speaker 1: [26:01](#)

Like to get focused on doing those things and to pulling things through until they're finished. Right? Being free to focus. I, I couldn't agree more that there's a loss of freedom in our culture, the way things were going, that this tyrannical urgency that took over the toxicity of it all. Like, right? Like it took away our freedom to focus on what it is that's actually going to fulfill us and fulfill whoever it is that we're, if we're working for someone who has an employee fulfill the things that they actually want, not just the busy work being free to focus. So critical. I look at urgency, like I look at urgency from a sustainable model. Okay. I know sustainable is like such a buzz word. It's been a buzz word in communities where you know where people are on the bleeding edge of technology and, and,

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

and living and how different ecosystems are impacted by products and like this drive for nonstop progress.

Speaker 1: [27:15](#)

Like it's, it's, it's, it's a word sustainable is a word that kind of gets, you know, a bad rap because it's like everything absolutely has to be sustainable. And then of course that chokes like that just chokes a lot of creativity and in my opinion I think actually I think in generates creativity to have, to have something be sustainable. I really like that. But I think about like these, these electric cars that are so popular nowadays, right? Like we are witnessing an era where we are transitioning away from gasoline powered vehicles and transportation and maybe electricity isn't the final destination for what is like the most efficient and sustainable, um, mode of transportation. But I look at companies like Tesla, right? You see Tesla cars all over the place in California. I can't believe how many Teslas are on the road just given how much they cost.

Speaker 1: [28:13](#)

But it's like the Tesla is a thing. It's here to stay. And what I look at the Tesla as far as like sustainability goes is like, okay, imagine if I now owned a car that I never had to go to the gas station for. All I had to do is run the battery down and then recharge it. And then tomorrow I'm gonna run the battery down and come home and recharge and run the battery. Like that's function. It's sustainable. You know, a lot of people argue that electric cars are actually really terrible for the environment. That's another argument. I'm just saying like as a model for urgency, like that's how my urgency functions. It's like a car. It's like the Tesla. Okay, go, go, go, run to work, run all your errands, run it hard. Okay. Run that car all day. Run it. Have you actually seen how fast these Teslas are?

Speaker 1: [29:07](#)

Did you like, did you know that the acceleration from an electric motor is instant? Like you step on the gas and you're gone. I always wonder how people have self control. Like I'm a total Leadfoot, right? Like I love a love racing. I don't even know how I would handle a car that can accelerate instantly. Like I've seen videos of the Tesla model X. Have you seen, it's like, it's like almost a soccer mom kind of car. Like the way they've packaged it, it's, it's almost like a van and they'll show it on a drag strip next to a brand new Lamborghini, which is kind of a fast and phase. They take off on the drag strip and the Tesla is just like mashing it just mobbing out. Go, go, go, go, go. Like that's how fast these fricking electric cars are. It's insane. Like drag race, a Prius, I dare you.

Speaker 1: [29:57](#)

So go, go, go that. This is, this is my model of urgency. It's like a Tesla. I'm running it hard all day long. I'm running it within its

EPIISODE 57: URGENCY IS AUTHENTIC ENERGY

range. Okay. That's interesting. What is my range? My range is not your range, so don't feel bad if I can't reach the range that I see other people reaching with their battery. Okay. But I run hard. I run hard throughout my day. I go, go, go and of course understand that I'm at a time in my life. I'm in my late thirties I'm in a full throttle stage of life, you know, for, for people who are in other stages of life, it's different, but I'm just saying it's sustainable for me to go, go, go, run hard, drive, drive the way I'm designed to be driven and then recharge. Okay. That's, that's sustainable. I can do that every single day.

Speaker 1: [30:51](#)

Like my recharge, my recharge is amazing. Like I've got on the daily, right? Like hashtag daily I got sleep. Okay. How about on the weekly hashtag weekly I got the Sabbath. That's a a day of rest. That's an entire day where I don't have to show up as anybody. I don't have to do anything important. Most of the time, you know, I don't have to actually accomplish anything on the Sabbath because it's a day of rest. This habit is a weekly day of rest and then beyond that I do what is known as the sabbatical. Okay. Hashtag annual. Every year I take an extended break. I never used to be able to do this. I never used to be able to get away from work. I always used to have to work paycheck to paycheck, but now I put time on my calendar to go somewhere to go somewhere far.

Speaker 1: [31:52](#)

Okay. Like I talked about in the beginning of the episode, the Pacific Northwest, Oregon, Washington, that whole area, British Columbia, like just gorgeous. I escape to the Pacific Northwest on my calendar. Every single October is just annual for me. Right. Like it's a sabbatical. I take a week off. I could take another week off. I want to visit a, a mentor of mine, a coach of mine. He moved to Colorado. Okay. Guess what? I'm going to put up a week of time on my calendar wherever I can. I'm going to go see my guy in Colorado like I'm going to get away. I don't even have to have money for this stuff. Listen to this, like you can take a sabbatical. You can get a, depending on your work situation and you can have other people pay for it. Like my family loves so much. The fact that I am like healthy enough to take vacation, to get away from all this work that I'm pouring my life into and if I can't make the entire cost of the plane ticket and the trip, they're going to kick down, they're going to totally kick down and they're going to love doing it.

Speaker 1: [33:07](#)

That's part of the perk of working on your family dynamic, like working on how much you show your family. This is what I'm willing to do. These are the lengths I'm willing to go through to show you that I prize my health, my mental health. I'm, I'm willing to demonstrate that this is, this is what I actually want. I

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

don't want the cycle of crazy anymore. I want to pull out of that. I want to prioritize who I am becoming as a person of increased capacity for mental health. That's me. And so here, this is an encouragement. Like if you feel like you don't have the money to get away, ask for the money. You know, your aunt might love to contribute to your plane ticket. And wherever I go, I'm never staying in motels, right? Saving hundreds of dollars, thousands to stay for an entire week at a, at a hotel, even a crappy hotel.

Speaker 1: [34:02](#)

We're talking thousands of dollars by the time it's all said and done. Stay with somebody, you know, go somewhere. Is it, have people have people planted across this great nation or whatever country you live in, have people that you can go to and visit them. So this year I've got three sabbaticals on my calendar. It's awesome. Awesome. Well what I want to drive the point home here is not, Oh look at my, he takes vacations. How nice for him. That's not what I'm, that's not why I'm here sharing this. Like I'm sharing the fact that you can have urgency and you can sustain that urgency because you're recharging. You can actually sustain the high amount of work. If you're in a stage of life like me, where it's work, work, work. If you're in this stage, you can sustain it. Okay? You can go hard. You can go full throttle through this time in your life and it's sustainable because you're recharging, you're resting, you're getting that Sabbath.

Speaker 1: [35:08](#)

You're taking that vacation, right? Every day you're getting a recharge. Every week you're taking a day off. Every year you're going somewhere that you can remember and be glad that you did. Like having that much recharge built into my frameworks. That means you can squeeze a lot more out of me. Like if you're my employer, if you employ Mike Lardy, you can squeeze a whole heck of a lot out of me and guess what? I'm going to keep coming back for more. I'm just kidding. It was like my construction job. Okay. My construction job was hysterical because it's like like, well, do you want to take this job or should we take the day off? I'm like, no, let's do it. Let's go. I'm ready for more. I was ready. We always completed jobs. I always came back, hardly ever got sick, like it's sustainable to drive, drive, drive like the Tesla, right? Like you just go, go within your range and then drive home and recharge every single day. It's all you gotta do. It really isn't any more complicated than that guys. It's just not complicated in in all of this.

Speaker 1: [36:22](#)

The whole big idea for today is that urgency is something that you do for today, have urgency for today. You gotta do this and you've got to have patients for tomorrow. When you can couple those two things. It's a potent mixture. Okay, trust me, I do this every day. I have urgency for today and I am patient for

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

tomorrow. Just go there with me. It's peaceful. Okay? It is absolutely peaceful. Two squeeze today and be willing to wait for what it produces tomorrow. One of the things that came to mind as I was sketching out this whole show today is that when it comes to peace, having patients for tomorrow through the urgency of today, when it comes to your piece, you are going to lack peace simply because you lack urgency.

Speaker 1: [37:37](#)

You lack peace. Because you lack urgency. Urgency is something that's, it's unique. It's a driver. I call it a tactical unrest and we live in a culture where everybody is in a state of unrest, but I'm wonder if they're being tactical about it. I actually, this is ridiculous. I can't believe I'm going to share this. I was on the phone with a buddy and he was like, Mike, you're doing huge things like this is just going to, this is going to explode, and I'm like, I'm really not worried about that. Like it's not even if it happens, you know it's going to happen by design. But I thought about like he said he's, you know what, like everybody in the world right now is focused on becoming a billionaire and I was like, that can't be true. That can't be true. Like then there's no way the world is focused on making \$1 billion. There's just no way. Like there's no way because they're not being tactical. Like if that was truly urgent for them, if being a hyper wealthy person was urgent for everyone in this culture, then what do you think things would look like? Right? Like obviously there's no urgency for that, for that, that desire there. There's zero urgency cause there's zero tactical. I can't find, I can't find a single person in my life who is actually doing something tactical about their unrest, about their sense of urgency around becoming a [inaudible] billionaire, as if that even mattered.

Speaker 1: [39:23](#)

I'm a billionaire. Like, okay, now what? So, so it's just interesting. Like it's interesting to hear someone say like, I noticed that everyone is preoccupied with getting rich. Okay, well that's nothing new. That's all of human history. What I'm telling you to do is to simply have that urgency for today because that's going to be what? Like again, I got to go back to the beginning. I don't take antidepressants. I have never taken an anti depressant. I've had much depression in my life. I have had much anxiety in my life. I'd never taken an antianxiety medication. Never not saying they're terrible and and, and like constructions of the, of a medical and pharmaceutical industry. I'm not saying that there's a time and a place for certain medications, but I live with such urgency that I literally don't need an antidepressant. Okay. Once I crawled out of my depressions and learned about them and learned why they happen and could like figure out and connect the dots in the pattern as to why I was getting depressed so much like once that happened, you know, my urgency returned

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

and my urgency and my mental health is to avoid the need of ever having to ask my doctor to prescribe me an antidepressant or anti-anxiety.

Speaker 1: [40:48](#)

Like I, I haven't upped or lowered any of my medications in the last six years. I haven't touched him. I started getting strong. I showed my doctor that I could be consistent. I took care of my life. It took care of all the chaos. Starting to live in a manner of peace. I have an upper lowered my medications in six years. You want to get to a place. If you're choosing to be medicated, you want to get to a place where you can say that, right? Like everybody starts off on beginner world, I'm taking tons of medications. I have five medications. Kate will eventually, as you get more advanced in your mental health and you learn more and you do more like you're, you're going to lower to the lowest therapeutic dose. It's just, it's inevitable. You're going get it to where it doesn't interfere any longer.

Speaker 1: [41:35](#)

Like I knew that I wanted to get to a place where my medications didn't interfere with my daily life. He didn't, he didn't drag me down. It didn't make me, you know, there's so many side effects to my medications and one by one they started getting lowered as I proved to my doctor that I was their best patient and that can be trusted and that I was going to be consistent. And then I had a new way of approaching my mental health. So those dosages just kept going down and down and down, and now they're at the minimum. Okay. That's what I wanted. That was my urgency. I wanted to be advanced in my mental health. Okay. I wasn't content with living in beginner land forever just because it was work to get out of beginner land like I wanted out wanting to be advanced, so it was urgent to me to take care of my mental health. I'm hoping the same is true of you. In fact, I know the same is true of you. If you listen to the show, I know that's true of you. You want to be advanced. You're leaving beginner land. You have urgency, you have urgency. Urgency creates adventure.

Speaker 1: [42:48](#)

Urgency makes it so that today, even though there's probably nothing special about today, my urgency creates an adventure where today is not exactly the same as yesterday. I have so many friends who are just, you can ask them how they're doing. It's like same old, you know what? Like, I don't want to just, I don't want to swear on this show too often, but it's like same old stuff. Okay, what are you doing? Same old stuff. How's it going? The same old stuff. They have no urgency. They have no peace. They lack urgency. For me, the adventure of my life just keeps expanding because I have this urgency. Like today I am urgently going about my business and that's going to ensure

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

that it's not exactly the same as yesterday. And that creates a really cool thing that creates interest. Urgency creates adventure and adventure creates interest. And what I got to wonder is could you use a bit more of that interest during this whole crisis?

Speaker 2: [44:23](#)

All

Speaker 1: [44:23](#)

right, so who's amped up to clean their room right now? Oh gosh. I hope you can see the power of urgency. Shoot, I hope you can feel it. I mean, connect the dots with me. Urgency is what's going to create a real and authentic motivation. And I know that this is like the first thing to go out the window soon as life's issuing us a challenge I'd love to say is that this whole coronavirus situation has created out of it like a, I wish I could say it's created a nation. I wish that like the U S could be a nation of highly motivated people coming out of this, but of course it's just, again, it's not reality like I'm not worried about that. I'm just concerned that you're going to go back to the whole tyrannical. Remember we talked about tyrannical urgency, like the overactive boss.

Speaker 1: [45:28](#)

I'm afraid you would go back to that and and just go back to everything you knew and felt before we had this big hard reset because here's the thing. When the economy opens back up, I'm willing to bet. I am willing to bet that it will be a race to see who can start making money again faster and faster. Like I just, I get a sense people are going to get sucked right back into those jobs, the same old jobs that just use them up. They're going to trade their time with their kids are going to, they're going to trade all that in. They're going to do that so they can do what, like answer more emails and make more deals. Yeah. It's just human nature. What I would love is for you to, I would love for you to discover what we spent most of the time today talking about, which is that authentic urgency. Okay, remember like life supercharger. Urgency because, because the days of our lives get this, you guys, the days of our lives, they are numbered.

Speaker 1: [46:42](#)

They're numbered in the things we do now are going to ring out for eternity. So when you go to answer for how you spent your days, you kind of want to be affirmed. You, you want to answer, well, you don't want to be rejected. At least I don't. So, so take an urgent look. Get serious about this. Like see yourself. Do you see rest KTC pace. Think urgently about this. Like what do you see? If not, it might mean that you're being driven around and you're being driven around needlessly. So I just think it's time for people like us to be about better things. I want us to be about

EPISODE 57: URGENCY IS AUTHENTIC ENERGY

- better daily business, whatever it is we're taking care of. And I also want us to be about
- Speaker 3: [47:43](#) better rewards, better rewards. So they were days.
- Speaker 1: [47:51](#) Okay, Mike, we did get heavy. Um, yeah, check it out. Next week, our new episode, it's going to be all about how being stuck at home with family is a just a way to go crazy, but I don't want us to go crazy. Uh, we're probably not going to have to be quarantined forever, but there are some fascinating opportunities right in front of us to use this whole time, this unique period of history to use it for longterm benefits. So don't want you to miss it. I will see you here. Same time, same place.
- Speaker 3: [48:30](#) Adios.
- Speaker 2: [48:36](#) [inaudible]
- Speaker 4: [48:36](#) thanks for listening to the bipolar now podcast at www.mikelardi.com
- Speaker 2: [48:51](#) [inaudible].