



EPISODE 78: STRENGTH IS MOMENTARY WITHOUT ENDURANCE

- Speaker 1: [00:00](#) What's up real quick. I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician, never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program. You're listening to the Bipolar Now podcast episode 78.
- Speaker 2: [00:40](#) Welcome to Bipolar Now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Mike Lardi,
- Speaker 1: [00:53](#) Word it to ya. Hey, it's Mike with you. Glad to be back today. I have been deep, deep, deep into development land. There are literally all kinds of developments happening in my life. I have got a new clients to work with, uh, with the agency that I do work for lot of food and beverage companies that are looking to sell product direct to consumer. Um, I'm in charge of making them look good. And so that's been developing, I've been developing in the background, uh, several new advances in the programs that I teach. And so that's been a very interesting, uh, learning experience and also extremely hardcore on the amount of hours that I'm putting in. I mean, my apartment right now is it literally looks like a studio. Um, I've got lights set up, I've got angles, I've got seats positioned in very precise places in my apartment to, uh, take advantage of the loft.
- Speaker 1: [01:52](#) Look that I've got going on here, you know, for these, uh, like the challenge, the freedom challenge that's coming up here next week. And also the peace plan for bipolar, which is my, uh, group membership. Um, it's like I try to, I try to do Mike Lardi's a version Michael Lardi's poor person version of these amazing sets that my mentors have, these online educators, people who have these programs that they teach and launch every year. And I'm looking at the level of what they do. Of course, it's in the millions, what they're pulling in, but it's like, you know, I want, I want to bring some of that. Like I wanna bring that nice clean look into my programs. And it's just, it's been really funny to see how I move around like a certain space in the apartment to get it, to have a certain look.

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- Speaker 1: [02:37](#) I hope you can appreciate that. Those of you who know what I'm talking about behind the scenes, I think I've nailed it. I think I've finally got the best, like a cross room pan shot that captures everything and allows me to sit up close and personal. So there it is, there it is. I have, if you've been following this show, you know, that I've had a, kind of a death grip from anxiety recently, it's just been sheer terror. Um, it's, it's driven me to seek site, uh, psychiatry for this I'm, uh, on a low, low dose of Zyprexa. And it's a, um, it's an anti anxiety medication and it's supposedly not habit forming. So my doctor chose that for me. It was amazing to have his support where I'm, you know, I live far away in a rural community and down in the city is where he practices medicine.
- Speaker 1: [03:32](#) And he just got me to link up over the phone with him and we talked through my situation and he understands my goals and my needs and the, the things that I'm facing right now. And, um, I was just so grateful for that experience of being able to just call him up on a zoom call and talk that through and, and make that happen. And of course, you know, the way it works for me is going to be different than maybe the way it works for you. And that's why I never, ever, ever give medical advice on this show, but I just wanted to give you a little window in into, um, that was, uh, that was a change for me, a change of heart, a change of mind. Um, I always want to be my doctor's best patient. That's something that I teach step-by-step inside the peace plan, but you know, I always want to do it myself and, and follow through with the things that that I lead with.
- Speaker 1: [04:20](#) Um, when I'm, when I'm talking to you about like, how, how do you approach getting a change? How do you approach the mindset of, am I too weak to go through life without this? Like, those are real things on my mind, real things on my mind. So today, um, we're building on what was a very fascinating topic last week, which was the topic of community and how to find strength in others and how that is so incredibly difficult and complicated when you have mental illness and that mental illness is real, and it's done some real things in your life. And now you may be, you're looking at broken community in your life and how to get it back. Like that was just, that was a really fascinating look at how to bring people around you, who wants you to be strong, because they want to see you bring more of you into the world around you.

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- Speaker 1: [05:15](#) And so, um, this week is going to build on, you know, endurance is one thing, right? It's like, but what good is momentary strength? Honestly, what good is it if you're strong for a little while, but you just can't keep it up. Like you just can't endure. And so that's why today we're talking about endurance. Endurance just means that you are holding on tightly to the things that are going to last beyond this life. And so yes, today this episode, it's all about you. You are the hero of your story, and I love that about you. And so you are going to make it through this life. You are going to endure with literally what you have already inside of you and maybe a little help, but that's just me. Let me get real.
- Speaker 1: [06:02](#) I go through seasons like 20, 20 goes through toilet paper and sanitizer. I go through seasons like 20, 20. It goes through toilet paper and sanitizer, like, right, I'm getting the sentiment. I'm seeing it left. And right. There's been posts inside of our podcast group on Facebook. I'm like looking at people who say my gosh, I don't know if I can make it another day today. It literally took everything I had to just get through. And this is not an isolated, you know, sentiment. This is, I'm seeing a lot of activity in the group talking similarly, like I'm, I'm overwhelmed and I'm just trying to cope.
- Speaker 1: [06:50](#) I think, as I look around me in a world that has had to endure what we experience with the uncertainties and the ups and downs and the triggers and the irritation and the frustration, like we see, we see the world coping with that and they, now they know like a little taste of what it's like to be in our world. And I'm just seeing all these things. I'm seeing my neighbors, I see how they organize their day. You know, nobody has work and I go over there and we chat and I'm amazed at like, I'm amazed at how they cope. I'm literally amazed, like, yes, there's alcohol involved and I've tasted some very fine beers, uh, over at my neighbor's house. But it's like, you know, everywhere I look, I see coping mechanisms like just today, I caught a break from some client work and it was not quite dinner time, but I was not quite hungry.
- Speaker 1: [07:50](#) I just wanted to get out for a drive. I drove over to the local seven 11, and it was just a late afternoon. And here I was sitting in my car and I had just gotten a little energy drink just to ride me through the rest of the day because these, these freaking energy drinks have become my little go-to, it's something I'm

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going to work on. I don't, I mean, my doctor was surprisingly didn't even care that I was using that as a coping mechanism for my energy levels being so low. But, you know, it's like, it's, it's not something I'm proud of. So anyways, I'm sitting there at the seven 11, not proud of drinking my energy drink, and I watch as people come and go and go in and out and people come and drive their cars up and pull away and a gentlemen drives up, he's got a nice mid range car.

Speaker 1: [08:35](#) He gets out, you know, slacks, a nice shirt tie and goes, inside, comes back out with alcohol stuffed under his arms and gets into his car. And, you know, it's like, it's interesting to see, um, how different cultures, how many different cultures live up here in this rural community up here in this mountain. And you know, this, guy's probably middle-management somewhere and he's on like this hamster wheel. Like we're all on this wheel. I'm not above it. It's tiresome. And I see a guy like that, you know, respectable individual park, his car jet inside, come back out real quick, alcohol, you know, wine bottles under your arms. Like I'm not above it. I see it. I feel it. I I'm like I'm there with my neighbors. You know, we're, we're toasting one another to another day of survival. Uh, but today I can honestly say I had a turn of events today. I actually had joy somehow by some turn of events that are invisible to me, my peace returned to me.

Speaker 1: [09:49](#) Uh, I, I have so much peace today. It's really phenomenal. Like I know people support me in the background with their prayers. I know people in this show support me in that way. And in other ways that are, that are applicable to them. And it's like, I'm, I'm somehow receiving all of that. All of a sudden I'm, I'm seeing, you know, people call me, like I had a, uh, a great phone call with one of my lifers life or Phillip and life, or Phillip is one of those guys who loves to ask all the hard questions, like all at once. Right. And so you're like, Oh my gosh, that's a hard question. And then he follows it up with another hard question. And then he probes deeper into that question. But it's like, I put that guy on my life or squad for that very reason, because he loves to dig and investigate and figure out like, how are we going to get you healthy, Mike?

Speaker 1: [10:42](#) How are we going to get more of you more online, more healthy all the time. That's what I'm curious about, Mike. And all my lifers do the same thing in their own unique and wonderfully designed ways. I have another friend that I set up a little get

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together with coming up here soon. And this friend has a TV show. This is Ben. And Ben has my back. Like you wouldn't believe. And it's like, Oh man, I can't show up for this guy. The way he shows up for me. Is that okay? Is that okay? Like, but, but Ben is one of these types, right? He's he's another, he's quickly becoming a lifer. Like he's, he's got some incredible goals. He's got a wonderful creative project. You know, he's got a kid's TV show called captain Ben and the magic ship. And he self produces this thing.

Speaker 1: [11:30](#) He's in the exact same boat that I am. He's at an early stage in the creative process. He's self producing. He's maxing out his abilities. He's teaching himself skills. He's working himself to the bone. He's got a beautiful family, beautiful daughters, beautiful wife, like, and Ben is like, Ben is that type for me, everybody has a certain type of person that they enjoy the most. And that's Ben and here's Ben. He's totally supporting me. He's like, I got your back, dude. I'm cheering for you. I'm supporting you. My psychiatrist texted me this morning. He's like cheering for you, man. Pulling for you, man. I'm suffering right along with you, man. And, and my doctor is like, he's another one of those incredible individuals. Like everybody has that type that they're drawn to for like their closest friendships, like Philip and Ben and dr. White for me are those guys like dr.

Speaker 1: [12:21](#) White is building an online business for himself as a way to replace his income from psychiatry. That's I mean, that's a pretty big goal. He he's already got it made in my opinion. And here he is struggling to build an online business, right? Like, do we see these people online? Are you guys flipping through and scrolling and seeing the kinds of ads that are being like put in front of your face from, from people who are a couple of steps ahead of me and people like dr. White, like they're out there. They're like, yeah, man, check it out. This is my bank account yesterday and check it out. I just launched this little funnel and all it had was this, that and the other. And we were selling this jewelry and look at my account. I made \$500,000 yesterday and I'm going to show you how to do it.

Speaker 1: [13:09](#) And we'll have you set up in 10 days or whatever, right? Like they're all, it's all the same version of one story. Like, look at me, I'm crushing it. And here's my doctor who is extremely distinguished. He's the director of behavioral health at the hospital. I mean, that's kind of a big deal and he's struggling to

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share his expertise, which is in addiction medicine. He's struggling to create content around that. It's, it's crazy to watch him work at that and say, this is what I'm plugging away on Mike. Like, just hear advice if you're looking at doing an online business. Cause cause there are legit ways to do it. And I would hope that I'm trying to do it legit, but like, listen that it just doesn't happen overnight. Like these people who are suddenly making thousands and thousands or millions upon millions, whatever they're making, like probably they were plugging away on that for seven or eight years.

Speaker 1: [14:13](#) And you're only seeing the tip of the iceberg now. Like they had a lot of sucky times when things weren't so great, but they just stuck with it. They just stuck with it. And that's the thing it's like, I believe the reason I had joy and peace surrounding me today was that I could see that all these people, like we talked about last episode community are surrounding me so that now I can do, I can do the things that I was made to do. Right? Like you are the hero of your own story. I'm amazed at how many lives. This show, like my silly voice. Like my I'm, I'm a weird guy. Like what business do I have to, to help people and share with them how they can live a clear and uncomplicated life with a real life brain disorder. Like who am I to even do that?

Speaker 1: [15:14](#) But I find these stories. People come to me telling me they've been so encouraged, a guy who used to cut my hair. He works at the salon across the street from the gym that I go to. And I went to him for years and he came in the gym and he was like, you know what? The topic came up of the podcast. He's like, you know what? I was in a real dark place and I was deep in despair and I saw your podcast pop up and I listened to it and I was genuinely elevated out of that bad place. He said, you, you told me you weren't feeling the hottest as you were recording that episode. And yet at the same time you lifted me up. You lifted me up, Mike, this is the reason for endurance, right? Like I'm holding on to things I'm holding on to values that are going to last me beyond this life.

Speaker 1: [16:24](#) I got a story of when I was maybe early midway into my recovery journey and that's been a journey of the last nine years after my massive, massive wipe out. Um, it cleared me out financially. It cleared me out in, I had no hope of a career. It cleared me out of relationships. I mean, it bankrupted me in every possible way. And worst of all, it bankrupted my spirit and,

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and broke me to within an inch of my life. So as I was crawling out of that, I would say about a third of the way into those nine years give or take three years. Uh, I came across a book and I was starting to get curious, like, okay, if I'm ever going to be able to support myself ever again, if that's even possible, then I know I still want to get married. And so I started looking for, you know, books, dating advice, and I came across a book and I can't remember exactly what the title is because now the book must have been lost in one of my multiple, um, switches of, of living situations here.

Speaker 1: [17:34](#)

But it was somehow related to this idea of like being naked. And I remember, I remember it was a red cover on this book. It's just fascinating book, fascinating author author was talking about being real by being naked to the person you're trying to date, like put it all on the table, let them see the raw and vulnerable you. And that actually makes you more attractive than you could ever imagine. What's kind of the point of that book. And that whole book, um, led me to rediscovering myself. It really led me to rediscover my values and what I stand for and like what, what I choose to be made of it was, it was a very powerful activity that I did. And, um, I actually created a version of this that has to do with mental health and the stigma, or I should say stigmas that surround this label of bipolar disorders. And so, um, that's part of the freedom challenge that I'll tell you guys about later on in the show today. But part of that, part of that original activity for me was in finding and discovering and digging deep and getting close to the deepest core values that I choose to live my life by. Like I still have that list. I'm looking at my journal from six years ago. It's a very tidy journal.

Speaker 1: [19:04](#)

It's very designed. I think I took a, I took a lot of pride in journaling back then, cause I had a lot more free time. And I look at this list and I'm seeing maybe, uh, uh, maybe 40 50 probably. No, I wrote it down 74 values that I live by. That's pretty good. Right? Like for a guy who's feeling depressed and can't look after himself and is wondering if he'll ever be marriage material like 74 life values is pretty good. Well, the guy got me to whittle it down to five and I thought I'd just, I just thought it'd be kind of interesting for you to hear what that's like because six years ago, and I can look at all, five of my core values are authentically me because I have not changed. I haven't diverted, you know, not even one ounce to the left or the right of these values.

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- Speaker 1: [20:04](#) So let me share them real quick. This is interesting top core value for Mike RD in 2014, no surprise was Jesus. So Jesus is like, you know, I'm not Jewish or anything, but he's my rabbi. And I try very hard to walk and copy, you know, walk with him and, and copy everything he does. And faith for me is like the rudder in the ship, right? Like, so Jesus points my ship towards the destination gives me the GPS and now I'm, I'm in the ship and I have to steer the rudder. And so I, I steer along the way as I receive inputs from above. And that's just how I live my life by faith. That's, that's why I'm like, that's why I'm a strange dude. Right? He's just, you just do life different when the direction is not something you're entirely in control of. And so that's the first one. The second one is leadership. And I think at the time leadership Rose to the top of the pack because it was a counter action to cowardly living.
- Speaker 1: [21:17](#) And I want to say that even though it took me seven years to get back out on my own, on my own two feet, paying my own rent and all that other stuff, right? Like leadership was the way I weeded out cowardice in my life. And I don't say that lightly because I was living bravely. I was daring to have a future, but I knew inside original Mike untouched, Mike unpolished, Mike is cowardly. He's just cowardly. I know that about myself. And so I actively weed that out through acts of leadership. It's a way of me challenging myself. This is just the way I'm wired. Like I'm wired up for leadership. And for me, it's interesting that it gets rid of the ugly stuff, the weak stuff, the next thing, core value, number three. And again, these, these are things that lasts beyond this lifetime. I'm clinging to these things. They last, they have longevity. They helped me endure. So the third thing is, and this is the subject of next week's podcast. But the third core value for Mike Lardy is creativity.
- Speaker 1: [22:41](#) Again, this is a really exciting exercise that I'll share with you inside the freedom challenge, but creativity popped up as number three. And I know that I thrive whenever I have something creative going on. I'm an artist to the core. If you tell me to make something, I can literally make anything you want, which, which is really cool and fun for me. And so creativity is a way for me to stay a step ahead of things like depression. Um, it's like, I can tell the moment that I don't have a drive or a desire for something creative. Like I couldn't sit down and just make a drawing or write a note to somebody and use calligraphy in their name or think through a future art series that I want to

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put into a gallery. You know, once I have the time to be able to not so 100% focus like a laser on my business someday, I will be creative outside of my business, but I have to wait for that day.

Speaker 1: [23:42](#) But creativity is huge. Creativity is massive in my life. Number four, the number four core value is attitude. I have learned to check my attitude, especially when it sours. And I've been, I've been in a place where like things have become so sour and I tend to start talking in a sour way and it frustrates me and it makes me want to turn around and do one 80 and be like, no, I choose better. I choose my attitude. I'm in control of that. This is tough. You guys, this is so tough to have a posture where you say, I'm literally in control of my attitude, but this is, this is like the whole world of coaching, right? Every life coach is going to try and get you to switch your attitude. You know, attitude of gratitude, attitude of gratitude. Like I, I can think of, you know, like certain people will have these talk shows and they're like, you know, gratefulness is the antidote to anxiety. So what are you going to do about your gratefulness today? You know? And it's just like, they, they zero in on attitude. It's super important, which is why it's number four for me. And then number five. Ooh. And this is a good one. Oh my gosh. So the number five core value out of 74 values that I wrote down, number five is none other than freedom.

Speaker 1: [25:22](#) And I don't think I have to share too much on that for you to know what I'm talking about. Freedom, freedom, freedom. That's huge. To me, it's so huge. Like these, these values that I share with you, these are what I choose to be made of. I choose them. These values are what make me the pivotal character in this gigantic unfathomable story called life. Okay? I'm a pivotal character in this story. And now I recognize that that is my life. And I prize it. I prize every day that I get to exist, man. If, if there's, if there's ever anything, that's going to give you endurance.

Speaker 1: [26:21](#) It's prizing your life. And you do that through having values, you make them visible. You show yourself what you're made of. They go deep inside of you. These are core values. They give you endurance. My life had become loathsome to me. Have you ever loved your existence? Like why must I live like this? Ugh, but I got in touch with my values. It was incredible. It was just incredible. This is a true story. You guys true story. I see you. Whether I see you show up in my email, whether I see you show

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up in the podcast group on Facebook or any other ways that you guys get ahold of me and tell me your story. He's like, I see you. You're all ready doing it. You're already there. You are all ready. Literally skilled. You are finely tuned at doing endurance. Fine tuned. You're a machine. You feel like you're coping right now, but guess what I am too. This is what it means to endure.

Speaker 1: [27:50](#) It's it's not comfy. It's not luxurious, but, but I know one thing about you and I have no doubts about this. I have no doubts about your ability to make it through. Cause remember, last episode always was so good. Um, part of my turnaround started with hearing those words. The end of your story will be greater than the beginning. Listen, here's the end of your heroic story. It will be greater than the beginning because the end of a matter is always better than the beginning. So relax your worry and just endure. You're gonna make it no amount of internet memes. It's going to give you anything more than you already have right now inside of you because you're here, you're still doing this thing. You're still believing in better days. And I love that about you love that.

Speaker 1: [29:28](#) So check it out before we go today. I just thought, I'd give you a peek inside the special event that's coming up. This podcast, yours truly, I've done a of prep work behind the scenes. I've been setting up a special event that I'm only sharing with you because you love this show. And that very special thing is none other than the freedom challenge, the freedom challenge. So yeah, yeah. I know everyone and their pet Chihuahua has a challenge these days. I see it. Some people want to get, they want it. They just want you to get fit others. They want you to build your online business like I was talking about earlier, but what if I gave you a challenge? And what if that challenge was virtually guaranteed to reshape your mental health?

Speaker 1: [30:24](#) Is there a reason I don't know, is there a reason I can walk into any situation like any social setting and be totally and completely calm? Like whether or not people know about my bipolar. Do you think there's any reason for that? Maybe, maybe, yes. What I'm inviting you to do is take me up on this challenge. It's built from start to finish. It's built to tackle your worst stigmas and show you how to put them to pasture for the rest of your life. If you want true endurance, this is going to be a must. Your quality of life is on the line. Now here's the thing it's like I said, you already have it in you to do this challenge. You've

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already made it this far. Now I'm just here to help you go even further. So this is coming up super quick. I've been putting all the finishing touches on this in the backgrounds.

Speaker 1:

[31:27](#)

And I shot a video for you that tells you more about what this thing is going to do. Remember I'm only putting this in front of us listeners so you can get the info and you can join the challenge right now. If you go to MikeLardi.com forward slash challenge, we'll be off and running come Monday, September 21st. And I do hope to see you there. Oh, it's going to be so good. MikeLardi.com/challenge. And of course, before we go, I'll give you just a little sneak peek of next week on this show. Next week we'll be focused on something bipolar disorder is famous for, but surprisingly, we have not talked about it yet, at least not directly, but that is the topic of creativity. And I want to show you how I use it to stay a step ahead of my diagnosis. I can't wait to share. So definitely don't miss it. And remember to go check out that challenge and I will see you here. Same time, same place, adios.