



EPISODE 93: YOUR LIFE'S GPS

- 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.
- Speaker 1: [00:35](#) You're listening to the bipolar now podcast episode 93, and on today's show yours truly will walk you through the, what is the culmination of all of our planning over these last few episodes. And that culmination is us updating our life plan and condensing it into a year's worth of goals. Now it doesn't matter if you're a hippie or a perfectionist today, what I'm describing is how to put yourself in control of what is still going to be a difficult year. You guys like I'm not trying to be a downer. It's just that any year with bipolar disorder any year can be a 2020. So anyways, here we go.
- Speaker 2: [01:21](#) 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: [01:37](#) What it do my peoples, what it do? Hey, super quick, right off the bat. Let's get our bearings on straight. My gosh, can you wrap your mind around 20, 21? Can you even see your way forward? Because here I am, I'm still up to my eyeballs. You guys trying to manage my day to day, like 2020 ended with the stroke of midnight, but my scrambled brain it's I mean, it's just, it's still locked into a world. That's filled with anxiety over this health crisis. And I just want to, I just want to breathe. Like I just want to breathe in, breathe out. Just, just breathe like that old song, right? Like, and then like what's supposed to happen next. I don't know. Yes, I do. Now try to do my life. That's what it's been a challenge. It has been a challenge to plot a course through the new year, which is why my whole planning process here.
- Speaker 1: [02:36](#) It's like, this is the thing that's rescued me this year. This is the thing, all this planning, stretching it out. Giving time to think reflex process project. Like your boy right here. He's a planner. He likes it. When there's a plan, he likes it. When a plan comes together, he's afraid of doing, um, unscripted, which is why, like when I shared last episode about the whole thing about me drinking on the job, I was like, this is totally unscripted. I'm going into this without a plan, except to maybe just figure out like, what the heck is it going to take to get me to stop freaking out

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over my job? And so, you know what happened? And this was totally unscripted, but I was like, I can't believe I'm doing this. I was like, no, man, you have to do this. What happened was at work.

Speaker 1: [03:34](#) I got on a random zoom meeting with my two project managers and they were checking in on me. They are seeing like, how are you doing? How are you acclimating to the new software? Like we've got brand new software that we use to track our projects. We track our hours, our tasks, our expenses, like all of that stuff. And they were like, Hey Mike, how's it going? And I'm like, um, I'm dying of anxiety. Okay. I'm dying you guys. So it's like, you know, I had to confess something to them. And here I was like, my heart was pounding. I'm like, dude, you have got to tell them, you've got to spill the beans on this. So I'm like, guys, this is really bad. And this has been getting worse and worse for me over the last month or so. Uh, but I have a ton of anxiety over all our new projects. Like some days I can't even bring myself to work. And I told them that in the last two days I'd been drinking alcohol just to get like, just to calm down enough to finish the jobs.

Speaker 1: [04:45](#) I had to admit it. I had to, I couldn't hide it. I mean, yes, I could have hidden it. I cannot hide something like that. And I'm not going to hide it anymore. You know, it's not complicated. I told him like, Hey, I'm not going to do this anymore. But like it happened. And I'm just, I'm now stuck with finding the way out. And I just wanted you to know that. And they were like, dude, it's okay. Like it's not okay that you drank, but like, but it's, it's going to be totally okay. We have faith in you. They say we have faith in you. And they just asked me, do we need to train you more on how to use the new system? And I was like, yes, yes, yes. You know, and, and they just took my admission and they just moved on.

Speaker 1: [05:26](#) Like they asked how they could help. And we just moved on to talking about the, all the normal things like, is that phenomenal? I told, I told my bosses, I've been drinking on the job. That's where I got to. And so I spent a good part of this last week. You know, I was designing a new work routine for myself, a new mental mindset for myself to approach my work. Like you guys know if you've heard older episodes of this show that I live in a rural area, I don't have access to therapists. Um, you know, there's, there's a rural clinic here, but there's nobody on staff to deal with this kind of stuff with mental health. And, and so, you know, I've gone in the past to try and get help for things like this. And they turned me away because I wasn't in an emergency, you know?

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- Speaker 1: [06:16](#) And that, that's the funny thing about mental health is, is sometimes it can be like a switch depending on the trigger. So when my work trigger, isn't going off, I'm, I'm not anxious. I don't present myself as anxious. I, I look and appear and sound completely and utterly confident and healthy. That that's just how it is. And so as usual, I mean, I kinda like this cause of the challenge, but like I had to take matters into my own hands. It's just, I'm used to doing this by now. It's how I wind up with the teachings that I have. Like, I take matters into my own hands. And what I ended up with was setting for myself studio hours every week, which I totally needed. And I like created a daily template for my work. Like that allows me to just pro process my job, start the work, send it off into revisions and feedback, come back to it again, you know, and rotate in the other jobs, like all of these moving parts in my work.
- Speaker 1: [07:27](#) And I created a template for that, that I can just, you know, it's like, there's parts of my job that just repeat over and over again. And I get hung up in my anxiety, moving from one to the next. So it's like, I've got a plan and you know, you know, again, like I'm a very methodical planner. I'm going to test it out this week. We go back to work, I'm going to test it out. I'm going to work on it. I've already determined that there's flaws in this template and I'm going to work on it until I'm the one who's begging them for more work. That's what I want. I want to be begging for more work. We've got tons of clients coming down the pipeline. So there's just no way that I can be out there winging it and like drinking on the job. Like, there's just no way I'm not going to do it anymore. Like I have never once gotten drunk on the job, even as a bartender back in the day, like back when I used to bartend, I never needed to be drunk to do that job. This was just a crazy, mixed up place for me to wind up, which is why I had to do so.
- Speaker 2: [08:43](#) So that brings up two days
- Speaker 1: [08:45](#) Topic, which is
- Speaker 2: [08:49](#) Planning the course
- Speaker 1: [08:51](#) Of your life. When you're at a time planning the course of your life. Easy. This is a show that this is a show that I I've, uh, I've come back two for the second year in a row, um, at the new beginning of the new year. And I want to come back activist because the more I practice what I'm teaching you guys today, like the more I revisit this and dive back into it, like the more it gets better and better. And I get like this feeling of feeling connected more and more to my destiny. So that's why I've

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called this show. It's, it's a GPS episode. And I want to do this every year, right around new year's because it's critical for our mental health. Like it is critical for us to have a good idea of where we're going with all the activities and demands that are placed upon our daily lives.

Speaker 1: [09:47](#)

I'm here to say that we can dare to plan. Even in the face of having something like a bipolar disorder, we can still plan. I, and I know so many people are like resigned, right? They're checked out. It's just been a, it's been a nightmare of a year for them. And here they are, maybe they're new to their diagnosis. Maybe 2020 was the year that like, Oh, surprise, you have a bipolar disorder and you got a diagnosis for the first time. And now you have no idea what to expect in your life. Like, well, here's what I can say. You have to do something. If you do nothing, you'll get nothing. If you do nothing, you'll get nothing in return. That is a promise. But why take that promise when there's so much better ones out there? Gosh, like what about the promise that you discovering your big life's purpose at the same time as you grow in education and experience with your illness?

Speaker 1: [10:55](#)

Like, like what about that promise? Like that's going to unlock all of this potential. It is a promise. Just unlock it, just unlock it. Like I'm living proof that you can unlock potential that you didn't even know you had, or maybe that you were scared that you had like, you unlock it. I promise you guys, I'm living proof. You can discover your big life's adventure. And if you want a life, and here's what I'm saying. If you want a life that wows your friends and your family, I'm here to tell you that bipolar is not going to be the thing getting in the way. In fact, the harder you've struggled means that your victories they're only going to shine that much brighter. That is a promise. Okay. That is something that I can say. I'm living proof. The harder you see struggle, the brighter, your victories, like, but you, you just have to start with something.

Speaker 1: [12:04](#)

And I'm saying you have to start with the, wow, it's gotta be the wow factor. Pursue the, wow. This is the saying of my online mentor. His name is Michael Hyatt. And like, he can't even imagine how much those words. I mean, to a person like me who thought their life was over yet. They gave me a name for all this insanity. And I thought my life was over and Michael, hi, it comes along. He doesn't even know he's talking to, to Mike Lardy. And he says like, Mike, start with the wow. Start with the wow. You guys start with, wow, it's a new year. Make it, uh, wow. I write this down all the time. Like I write down my name even and all like draw a line right underneath it and put, wow, right underneath my name. Like I just, I do this in my journaling.

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- Speaker 1: [13:02](#) It's who I am. I bring the, wow. I bring the word, I bring the word wow. To life. So, so you, okay, you can get to this place. You can get to this place of wow. In an astonishingly short, short amount of time. I believe it. That's why I'm here with you every week. I believe you can be the wow factor in your own life. It just takes a little work. Just takes a little persistence. And that's what I'm going to show you today. The ability to not only set goals, but to also focus on them is one of the distinguishing features. That's what I say. C sets apart. Those who drift with their bipolar disorder, uh, from those who can, I mean, they can chart any freaking course. They want like setting goals. Is that important? Again? Let me just remind you as we tackle this subject of being goal getters, like I'm not a typical person. Okay. I'm a planner.
- Speaker 1: [14:22](#) It's not typical. I mean, I'm just, I'm, I'm not, I'm not just any planner. I'm like an obsessive planner, but I believe that setting goals like, and being, becoming someone of plans is going to be important for even like, so I know there are plenty of free spirited. People who listened to, to this, you know, there's a show like this and it's like, you're like, Oh my gosh, Mike, you're obsessed. I so could never do that. But it's like, I believe it's important. Even for you. Like, if you love to float along, if that's you like, I'm an obsessive planner, but here's, here's the, here's like the pushback for that. I'm learning to relax a little bit. I'm learning to set my plans and then let life introduced to me. You know, there's, it's just going to introduce unexpected twists and turns, right? Like that's, that's part of what's makes it fun when you're free spirit.
- Speaker 1: [15:19](#) It is. Cause you relish in the unexpected, you know, part, part of what maybe drives you is, is like freedom. If you're free spirited, like maybe you love the freedom of letting life just reveal itself to you and, and create these magic moments. And what I'm, what I'm saying is, is like I'm coming to you. Right. Okay. I'm learning to get that. I've got a perfectly meticulous planner and it was just, it would, it would cause you to laugh to see how many times I have to reroute myself from one week to the next or, or sometimes even from one hour to the next, you know, and I have to be okay with that. Whereas the free spirited person is going to like welcome these interruptions, like welcome chance encounters, welcome going to places where that kind of stuff is almost guaranteed to happen. Like, what I'm saying is today be challenged by the ability to set and achieve your goals.
- Speaker 1: [16:26](#) Like don't just drift, you know, especially if you don't like where you've wound up, what I'm also saying is yes, like me obsessive planner, Mike, I'm being challenged. You know, there's a tension here. I, I recognize it. I like it. I like being challenged to release

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perfectly made plans, especially when something bigger is happening that I can't control like that. I love that. But in order for me to feel secure, I need plans. It's just my design. I need these plans. I need them deep inside of me. I need them top of mine. I need them in my subconscious. Like I need to feel them deeply and imagine them as already happening. Like I need to live today through where I want to be tomorrow. So if that's not, you then just take this episode, you know, as, as my personal challenge to you to put bigger plans and limitless goals and put these things in your subconscious, okay.

Speaker 1: [17:39](#) When that happens, you won't need a planner. Like, you know, like I do, like if you feel your goals and you see them in your you're going to arrive at what you want. Okay. Just like all of us planners who struggled to be flexible, who struggled to let life happen. Like we're going to arrive where at where we want to be, you know? Oh gosh, it's really cool. If you're looking to take notes today, this is where you'll want to do it. Um, I'm also going to include a transcript of this episode at the website for this, which you can find, um, I know Apple, uh, music allows you to do that or Apple podcasts, I should say. Um, but I'm sure there's a link at other podcast sites where you can link to the website for the show. That's where the transcript is going to be.

Speaker 1: [18:32](#) Uh, but here is what I do. This is, this is the final no component. Okay. My annual planning started five weeks ago. I know that sounds nuts. I told you I'm an obsessive planner, but I spread it out. What we're really talking is like 30 minutes a day, an hour a day. Like not even really all that much spread out weeks. And so, um, not, not hours and hours and hours and hours, like, you know, just spread out. So here's the thing I do in my annual planning. I use the notes app on my phone. These are my tools. It's, it's the notes app. Um, I use, uh, uh, lay flat journal, you know, a journal that just it's easy to write on because it goes flat on the table. That is going to be where I store all of my hands, annual planning from year to year.

Speaker 1: [19:20](#) And I use Michael Hyatt's best year ever your best year ever, uh, training that I've taken numerous times from him. Um, I use that and I've condensed it now. And uh, and then I also use, um, some kind of a Michael Hyatt junkie today, Michael, it has a planner called free to focus and the free to focus planner. It's not cheap by the way, it's like 40 bucks. But for those of you who are like super geek planners, this is where you're going to put your GPS, your life plan. And then you're going to break it down into these annual goals. And then he helps you break it down into weekly goals and then daily tasks. So it all you moving in the same direction. You want to be aligned to the future that

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you prefer. Right? Great, big adventure of your life. If you're a planner can live in a place forever two week, like Michael, Hyatt's free to focus planner.

Speaker 1: [20:16](#)

So that's, uh, that's what I do. Again, I'm just super obsessed, but if you've listened to the last shows, last few shows, you're going to know that I was, you know, giving thanks back in the end of November and then kind of assessing what needs to happen in the new year in light of my life plan, my GPS, like whenever you hear me say life plan, just think life GPS, life compass, North star, like that kind of stuff. Right? GPS, like you determine where you want to go. It just spits out the turn by turn instructions. Okay. So I use my GPS for my life. I use like GPS on my phone, like the app, right? Like I use it for when I'm heading into the unknown, like yesterday, I just drove down to San Diego. I was on my way down to Solana beach, which is in North County, San Diego, California.

Speaker 1: [21:11](#)

And I had no idea how to get to my buddy's house, you know, and life is kind of like that, right? Like my goal was just to be with my buddy, but the tool that gave me step by step directions, that's the GPS. It's so cool. Now, now, like, this is what you're going to do it, especially if you spend enough time with me on this show, you know, like I'm obsessed with helping people identify where they want to go in life. So I re so I wrap up my year, like every year I wrap up the year, um, in Thanksgiving, you know, um, I'm like sitting down and writing letters and thank you cards. And I'm wanting people to know that they made a difference in my life during the year. And then on the heels of that in December, I take each one of the four weeks and I focus on just one small accomplishment each week, you know, like an hour to two hours worth of stuff for the whole week.

Speaker 1: [22:07](#)

And so in the first week of December, I'm hashing out my annual report. You know, I'm, I'm generating a report for my business and this goes to my money people and my lifers as a celebration and also just a snapshot of where the business is at and where it's come from. That's the first week of December, second week of December, I sit down, I determine all the critical skills that I'm going to need in the new year. And I'm, I've got an eye on like, okay, how can I earn more money and get better at my job? Like, there's a never ending cycle of improvement here. Like, so what are those critical skills? You know, like I'm, I'm looking to increase the dollar amount that I can charge, you know, my clients, right? Like the better I am, the more I know, the more useful I am and the higher level skills I can offer, you know, to, to their customers, you know, like, that's, that's a good thing.

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- Speaker 1: [23:07](#) Like I, I'm amazed that I have a job where I only have to work 20 hours a week to make all my bills like that. That's something I've never been able to do in my entire young adult life. And so, you know, I sit down, I say, all right, what are the new critical skills? What is this never ending upward cycle of improvement? Like I'm, I'm, I'm obsessed, I'm obsessed with personal evolution, right? Like it's just fun. It's just, it's interesting. It's like, I love it when I can do things that would normally make me scared. And I, and I'm doing like, even by doing this show right now and having a with you, like, I was scared to death to do that just two years ago when I was thinking about launching this show and what it would mean. And so like, I love it.
- Speaker 1: [23:57](#) Like, I I'm, I'm constantly engaged in a personal evolution. Like I can just play with my life. It's fun. It takes the fear away from doing things that are like, they are scary. So that's what I do in the second week. In the third week I review my life plan. That's where I revisit my GPS, uh, overall in my life. And I do that probably once a quarter, I crack it open and I make sure I'm still aligned. And so, um, but you know, every year I update it, I make it more understandable. I make it more actionable. I get a clearer and clearer picture of my life. And that's a picture that no one can take away from me. Okay. I live, I, I, this is sound, this is going to sound weird. I live out of my preferred future. I live out of my future.
- Speaker 1: [24:53](#) I make daily decisions from my future self. Is that weird? I never used to do this that's because I never had a GPS. You guys, so, so that's week three, and this is what I'm revisiting today at new year's and what this show is all about. So, um, you know, we're, we're gonna, we're gonna put the finishing moves on this work, this beautiful, brilliant work of having a life's GPS. And then, um, in a week in week, number four, I get to do the same GPS style work, but I do it specifically for my business. And so, um, if you own run, operate or plan on doing, so if you own or operate a business, you definitely want to establish, like, use the same rubric that I'm going to show you in just a minute, like crafted GPS for your business. Like, like how many people can only see past, you know, the next product or the, or the next sale sales cycle, right?
- Speaker 1: [25:57](#) Like you have to have a GPS for your business, my company, um, like it's going to eventually have its own culture. It's going to eventually have its own staff. We're going to all have connections. You know, we're going to have industry connections. We're going to have people connections, like celebrity connections, all that kind of stuff. Right? Like we're going to build award-winning products together. We're going to

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craft award-winning experiences for people. So like, that's, that's the thing that I do in the final week of December. And I do these things every year. I just come back and I come back with one special purpose to, I want to translate my life GPS into a single, like a single year. I want to translate it. Like w what it would take this year to have an, uh, another step towards that destination, that goal. Can I just break it down into a single year?

Speaker 1: [27:05](#) Like, like maybe you've had, maybe you've heard, it said like, without craft, without, without a goal, like, if it's not a goal, you're just making a wish. Okay. Like, unless you have goals, you, you just simply have a wishes. And that's kind of how I look at how most people approach, you know, they're like how they want to advance in life. It's just a series of wishes. It guys, it's, it's the goals that are what are going to stimulate, like the actions. Okay. The actions necessary to achieve that goal. Right. And, and you know, me, if bipolar disorder is in the mix, and if, if a diagnosis is a part of your dilemma, like it's going to take big actions to overcome that dilemma. Like, I will not sugarcoat this, not for anybody like bipolar, bipolar disorder is, um, I mean, you can ask anybody who's successful at it.

Speaker 1: [28:12](#) Like, it's just, it's not for lazy people, you know? Like it's just not for lazy people, but I get it. If you look at the, just the term goals and like goal setting and trying to wrap your mind around this, like, I, I know what it's like to think, like where it will, where on earth do I even start? You know, I've tried goals before and didn't work out so well, you know, or it sounded good for about a minute. Like I'm keeping all this in mind. Okay. W when I, when I nowadays, when I want to set a goal, the first thing I'm going to do, the very first thing I'm going to do, I'm going to dive into my life plan.

Speaker 1: [28:58](#) Okay. The life plan, isn't something you throw together in 15 minutes. It's the life plan is a dedication. It's like a dedication to thinking big about your life. And you, you want to make these thoughts match up to your values and your visions. Okay. Again, maybe those visions are what you would think are a wish, but if you have convictions to make them reality, you're going to need a goal, and you're going to need to write this stuff down. And so when I do that, what I do, and I just, this has completely revolutionized the way I make plans and goals. I take into account something known as life accounts I take into account. Uh, the person who introduced me to this concept is Brendan Burchard. He's a performance coach, um, in the online space. And he puts on big events, um, hugely motivational, tons of energy.

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- Speaker 1: [30:10](#) Um, if you just, if you just want to watch a guy who was like on fire in his life, like pull up one of his YouTube videos, Brendon Burchard, but what he's been busy doing over the last decade is he's tracking what makes people feel their most fulfilled. And like, and he like figures out what makes people their happiest, like at their happiest self. And he's discovered that the reason it's so hard to come up with goals is it's because we have no life. I want to call them life compartments to put them in, to put these goals in. Right? So in order to clear up the confusion, Brandon got together with his team and they identified these 10 compartments. Like there they're 10 buckets, 10 life accounts, where all of your most powerful goals and life plans that that's where they're going to hang out.
- Speaker 1: [31:08](#) And I love this. I've been using these live accounts for years, and I use them to set my goals. I use them to track my progress. You know, I I'm, I'm measuring progress against a greater collection that I have of goals and habits and disciplines that shape my life. And this is eventually how I filled out my life plan was by acknowledging all of these accounts. And so I'm going to share them with you. Brendan lays them out in a specific way. He says that there are life accounts for health, friends, and family. He says there are additional accounts for your intimate relationships, your work, um, or you could call it your mission. And also your finances. He also says, take into account that there are, uh, that there's a place for adventure, your hobbies, spiritual things, and emotional, uh, desires. So, right. Like, wow.
- Speaker 1: [32:18](#) Imagine if you could be shining just glowing in most or all of these accounts, like, what would that feel like? How, how think about this, how easy would it be for bipolar depression, you know, to do what it does so well and like knock you and take you down and kick you all the way back to the bottom of the barrel, right? Like if you were shining in all of your life accounts or most of them, like how, how hard of a time would depression have it, like trying to kick you down the ladder? Just like, imagine, imagine, imagine health, you're thriving, like imagine friends and you're joyful. Imagine family, you know, family and friends like the ride or die. Imagine, imagine that intimate relationship, you know, naked and afraid. Just imagine, imagine all these accounts, all these life accounts, they have just one thing between you and your Supreme joy and that's setting smarter goals.
- Speaker 1: [33:44](#) So when I use the notes app on my phone, I just create a special note. I call it GPS and I just list all 10 of these life accounts. So if you're taking notes, it's health, it's family, it's friends, it's intimate relationships, your work, your finances, your ability to

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adventure, your hobbies, your spiritual concerns and your emotional state of being spiritual and emotional. And then what I do is I take time and I write a big, amazing future self under each account. Like just a paragraph, a big, amazing future, Mike, you know, would you rather take it as small and boring? I mean, maybe it's say it's like, it's for sure safer to take it small, but like, maybe you maybe recently, just with the way last year's events panned out with the health crisis, like maybe you're feeling like there's this wild call. And for those of us who live with a bipolar disorder, like maybe it's time, maybe we decide that we're going to live beyond the confines of mental illness as we pursue mental health. Like maybe you're ready for this to be the year that you just stopped taking whatever life gives you.

Speaker 1: [35:40](#)

And instead you're going to start living it on your own terms. Okay. Living it on your own terms, not the illness, those are big words, right? Like, yeah. They're big words. But the only reason I can back them up is because I've written big, powerful words that define my life and I keep refining it. I keep refining this GPS, this life plan. I keep moving. I keep working inside of this life plan until it's so powerful that I'm gonna, I'm like, I'm an inevitably going to be living it as each. You know, we're in a new here. You guys this year is going to unfold one way or the other. Do you want to step into it with power and inevitability that your life plan is worth living? Okay. So that's what I want for you for today. I want you writing that life plan today. I want you saying, I want you saying this is what I want, Mike. Yes. This is what I want. I've been settling for too long, but now I know now I believe now I take hold of something more.

Speaker 1: [37:06](#)

Geez. You're incredible. You are incredible. Okay. It's going to be golden. You watch. So today, just start that note in your phone. Call that note a GPS, call it my big crazy story. Call it maybe to loca. Like I don't care. Start that note and type in all of the life accounts. So here they are health and friends and family and intimate relationship. Okay. And work and finances and adventure and hobby. Okay. And then finally, you, you have the emotional and you have the spiritual, write these things down, write them down and begin to describe your preferred self. You just write them down today. And then tomorrow work on the first one or the one that, that you, you know, that you think you have the most efficiency in right now. Just take one life account and write a paragraph a day in 10 days, you'll have the rough draft, right? It takes imagination to have a life GPS. It takes work. We know that everything on this show takes work and it takes, you know, what it takes. It takes permission.

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- Speaker 1: [38:48](#) I want you to give yourself permission to be this big, incredibly loving and powerful power. We're full human being who changes the lives of the people that surround you. Okay. Give yourself permission to be that person right from that person's eyes, right from there. Kind of thinking, write down who they're spending time with. You can write down what, what that person is doing with her health, you know, with his health, like just write all these things down and don't make it perfect. Come on. Gosh, I'm speaking to me right now. Don't make it perfect. Kate, make it so you can come back and add to it and edit it and create and craft and lovingly construct a person who is whose limits. They just keep erasing and receding. Okay.
- Speaker 1: [40:03](#) Limits just vanished the farther you push into them. Okay. And then, and only then do I write my one sentence goal for each life account in my GPS. Okay. I decide what I want to accomplish this year. And that one sentence goal gets me like it gets put in my planner. That's it? It's so simple. Okay. You just keep coming back to it, writing it. And then your step-by-step actions. Like every week you need to take a step or two or three towards that goal, you know? And you might be more ambitious than me. I don't know. I only work on two steps a week, you know, maybe, maybe two or three goals at a time, max. Um, but I'm not in a rush. Right. I've got 52 weeks to pull this off. Okay. And it just, it's something to help you keep moving. It just, it keeps the challenge.
- Speaker 1: [41:11](#) Interesting. And that's like, that's super key, right there. Stay moving, stay interested. Like that's how you're going to achieve any goal. You can achieve every goal. So let's just take that off the table. You can't achieve every goal, but you can achieve, listen to me, you can achieve any goal, any goal. So nominate the ones you want. Okay. Knock them out. One thing I'm doing differently this year is, um, and this is me being way obsessive still, uh, this year I S I'm obsessed with experimenting, right? Like, and what I'm doing with my life accounts this year is I had this idea come to me where I'm going to assign one of my lifers. And, and for those of you who aren't familiar with this term on this show, a lifer is a person who's just so dedicated to you. Like, they're your rider dies that they're going to be there.
- Speaker 1: [42:17](#) Like they're going to help, help cheer you on and lift you up. Like, they're going to challenge you even when it's not convenient, right? Like th they're not going to let you get away with your own BS. A lifer is just a dedicated friend or family member, or, uh, if you're, if you're fantastically lucky, um, even your, your professional team, like your doctors might, might wind up becoming your lifers. They just might cheer for you that

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hard. So this year I'm, I'm experimenting with this. This is, this is, um, I'm super excited about this. You don't have to do this from the beginning, but if you do, here's how I do it. Uh, for my health account, like I'm assigning health, friends, family, like all these accounts that I just listed from Brendan. Um, I'm assigning individuals. And so for health, I'm assigning Mason, K, the dude is in shape for my friend's account.

Speaker 1: [43:13](#) I've chosen Philip. He's just a knockout loyal friend for family. Uh, I've chosen to be accountable to Jonah. You know, Jonah is gonna help me make sure I'm spending quality time with my family. And, uh, and that's going to be super, super fun. So I got Jonah for family, for my intimate relationship, which is in the works. I'm going to be dating this year. Um, for that intimate relationship. I've got my buddy Austin. He really nails this one, uh, him, just the things him and his wife do are amazing. Um, so that's Austin for my relationship. I've also nominated Austin for my work life account. He's just very, Austin is dedicated, driven, and focused. Like, and I need that to rub off on me. And the reason I'm nominating him for this account is like, um, I'm allowing him, I'm telling him, I want you in this conversation with me around my work. Okay. I need you to rub off on me. It's going to be so healthy. So that's for my work, my mission for my finances. I've got Dr. White. The dude is [inaudible], he's my psychiatrist. Um, for adventure, I've got Jonah again. Um, adventure, he's taken care of that hobby. I've got Daniel. Daniel is so man, he's probably going to laugh when he sees it. I've nominated him for the hobby. He's like, that's all.

Speaker 3: [44:44](#) Um,

Speaker 1: [44:44](#) But no, Daniel's seriously. Like you nail, you nail like the recreational activities. And I love that about you. And so then we've got the, for the last two, we've got the spiritual and for that one, I've got pastor Josh gray, uh, who's out in Idaho and he is a hero of mine. And I want him in my life, um, more closely. And then lastly, for the emotional category, the emotional life account, I've got Alexander Toby, his name that is not his, I mean, I'm using his full name, but, um, Alex, as we all know him, um, he has helped me tremendously this year with my emotions. And, um, it's just going to be fun to connect with him more deeply over all of these, like thoughts and feelings that, that just like they come with trying to, I mean, I'm, I'm trying to establish myself. Um, and mental health is on the line. And so, um, he's going to be really critical person to be accountable to myself, um, in that category. So,

Speaker 3: [45:50](#) So

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- Speaker 1: [45:52](#) What you've got here is the result of over nine years of my recovery. Okay? These are, these are the people, these are my lifers. They're the ones who've. I mean, they've already told me we're going to take a stand for you, Mike. We're not afraid
- Speaker 3: [46:09](#) To challenge you the reason.
- Speaker 1: [46:13](#) And this is so important is because no one can hold you accountable to your life plan. No one, no one can do that for you like you, you and only you can hold yourself accountable. And that's the greatest thing about it. Now, maybe you don't have a bank of lifers, you know, God has dropped these people in my lap, for sure. But I'll bet I'm, I'm willing to believe that you have at least one person in your life who is cheering for you. What I'm saying is you gotta find that person.
- Speaker 1: [46:55](#) And if you dare like I'm daring this year, bring them into, bring them into this planning process every year. Okay? Like this thing is not going to make itself, but here's the thing like bipolar, doesn't take away all of your agency. Like you are still in control. You decide at the end of your day, like you decide what you will and will not accept for a life. Well, yeah, this GPS thing, it's not going to program itself. Okay. You gotta put in the effort, you got to put in the destination, you got to follow the turn by turn instructions. Like you got to do this every single year. If you're going to make this thing really become what you want it to be. But if you do, Oh, if you do, I promise you, it is so very worth it. So worth it. You just gotta trust me on this one.
- Speaker 2: [48:15](#) All right. So
- Speaker 1: [48:17](#) Is that insanely confusing? Again? The transcript for this will be on the blog page for this episode, episode 93, all you're doing for today is getting those 10 life accounts from Brendan. You're getting them in a note on your phone. You're just going to fill it out one account at a time, just make, make one paragraph in each account, you know, do one a day. And in 10 days you've got the perfect draft of your life's GPS and then just pin it to the top of your notes. And that's it. That's it pin it to the top of your notes. You'll see it every day. When you open your notes, you know, browse it, go back in. And when you feel led to like go in and improve it, make it more clear, make it more understandable, make it actionable. Like that's all you're going to do.
- Speaker 1: [49:12](#) You're just getting that note started. And you're writing down as a heading each one of those accounts. Okay. So that does it for today. Next week, we're going to dive into a predicament. This is

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something that injures so many people who have they've like done the work. They're sharp individuals. They've done the work they've gone through. They've experienced recovery. They have arrived. Like eventually you arrive at a phase in your recovery where you're just in constant management of your bipolar disorder. And the reason I'm calling it like an injury when you get to this point is it's like, you can get to this point. And then there's this feeling that there's just nothing more to get, right? Like you've been so, so focused on getting yourself. Right. But now you're, you're just, you're still confused at why you're like empty inside. Okay. Just empty inside. And that's a tough one and I keep hearing it more and more. So next week you can bet that there will be tons of encouragement and I'm going to come up with a simple word to help us out. So I will see you here. Same time, same place.

Speaker 2:

[50:29](#)

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