



Seven Lessons Learned at the Gym From My Son

Episode #262

Ray: Ray Edwards Show. Episode 262. Seven lessons learned at the gym from my son. [background sound] That would be you, Sean.

Automated Song: The Ray Edwards Show. Live your destiny by design. Start, run, and grow your own internet based business, and create the life of your dreams. You can do it. This is The Ray Edwards Show. Let's change the world and watch your business grow. Welcome to The Ray Edwards Show. The Ray Edwards Show.

Sean: Oh my gosh. I just turned around for the first time.

Ray: You saw what's on the whiteboard? I had some ideas come to me.

Sean: Wow. Last time I saw it, it was empty. Now it's-- [laughs]

Ray: It's filled with notes.

Sean: Yes.

Ray: Maybe crazy notes. I just had a thought. This is kind of nutty, but you know what I think would be cool? Is if we had different styles of the jingle, like if you have like a choral group-

Sean: [laughs]

Ray: -like an acapella group--

Sean: And you do a version of the jingle.

Ray: You do a version of the jingle, or if you have a string quartet.

Sean: Yes. There'd be no words to that one, though.

Ray: That would be okay.

Sean: Yes, would be a new thing.

Ray: Yes, kind of a Baroquish [sic] version of the jingle.

Sean: If it isn't baroque, don't fix it.

[laughter]

Ray: I just love your sense of humor.

Sean: Alrighty.

Ray: Coming up, we're going to show you how to triple your productivity instantly. I'm not a big fan of making overhyped claims as you know.

Sean: No. You're never guilty of that.

Ray: No, I'm not guilty. I'm going to answer a question that is often asked. I get this question, it's couched a little differently these days because people know me and my personal circumstances, but the question is, if God wants us healed, healthy, and wealthy, then why aren't we? It's usually one of those things people have a problem in one area or another and they're asking, "Why aren't we?" I'm going to attempt to give you an answer. It's maybe not the answer, but I think it's a good answer. And then, of course, seven lessons learned at the gym from my son. Have you read ahead?

Sean: I have not.

Ray: Good. That's the best way to do this, and I mean that. Hang on.

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Ray: Not too long ago, a man emailed to ask me a pretty tough question. His question was, I actually taken it right from the email. "I was listening to your message. My wife and I are Christians for many years. We both believe that God will and can prosper us, but we have no more money. I have no job. We have debt. My wife has diabetes. We believe in healing, but we've not seen it. We believe in prosperity but we're broke. We believe in it, but it is not working." Now, that's a pretty tough question.

Sean: Yes it is.

Ray: I myself, at the time that we're recording this, five years ago was diagnosed with Parkinson's disease. I've actually been thinking about doing an update episode on that, because I've had so many people ask me, "You don't really talk about that anymore." Let me know if there's some interest. I don't want to make the whole episode about me, but I think I've got some lessons that would be useful for other people in other situations, but I don't want to be self-indulgent. If that would be helpful, you can let us know.

Anyway, when I get this question these days, it's usually couched in other terms, but I can hear people hinting around it. "You yourself are not healed, so what's up with that?"

Sean: Right.

Ray: Somebody just a few days ago said, "Well Ray, we know. You know, I know that you got this Parkinson's thing, but sometimes God just doesn't heal us for a good reason." Like-

Sean: No.

Ray: -no. Anyway, how do I answered this man who sent this question in? This is how I answered him. I'm just going to read you the answer that I sent to him. "God's will is for us to prosper and to be in good health. 3 John 1:2, it says that but in this world, his will is often swatted by the enemy, whom we know, as Satan. I hesitated to say that because the church lady was just on Saturday Night Live, a couple of weeks ago.

Sean: [laughs] Perhaps Satan?

Ray: I find her hilarious.

Sean: She was so funny.

Ray: There are many reasons why this is possible, and it would take a long time for us to go through all of them and in fact, I don't know all of them. What I do know is Jesus said and I'm quoting him now, "In this world, you will have trouble but take heart, I have overcome the world." That's in John 16:33. Notice that he did not say that because he had overcome the world we would have no trouble.

Sean: Right.

Ray: He said that we would have trouble, and also that he has overcome the world and we should take heart and another way to translate that is, don't be afraid. This tells me that Jesus supplies us with the ability to be unafraid even in the face of trouble in this world, and it also tells me that he knows that we're going to have things that is possible to be afraid of. If he didn't know that, it wouldn't be in the book.

What do we do with this? What do we do about the fact that God wants us prosper and we're not prospering? That he wants us to be healed and we're sick? I think we can take a clue from the subject of sin. Now, don't run away screaming, just yet. Hear me out. God says we become, "Dead to sin," in Romans 6:11. Yet as far as I know, every Christian still sins, at least, occasionally.

Sean: Every once in a while.

Ray: It's God's will that we don't sin, isn't it?

Sean: Yes.

Ray: And yet we do. This does not mean-- if some people have thought and taught, it does not mean that we can conclude that sin is God's will, after all. It doesn't mean that we should stop trying to not sin. It doesn't mean we should sin all the more so that grace can be bigger and more effective. By no means. It simply means that we're in the process of getting closer to a standard Jesus sets for us.

He showed us that there is a better way to live and that he has the power to help us. Frankly, I don't know why it has to be so hard, at times. Why doesn't every person I pray for, get well? Why doesn't every person who comes to the Lord remain faithful

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to him? Why do we have these troubles at all? Why do I still have the symptoms of Parkinson's disease?

Here's my answer. I don't know, and I'm okay with that. This is a mystery, but this much we do know. People do get healed. People do prosper. People do remain faithful to the Lord. I have physical complaints of my own, yet I pray for other people and they are healed. Not every time, but often enough that I know that it's more than a statistical anomaly. I have a choice to make in that moment. I get to choose whether I will criticize God and withhold my faith until he tells me why, or I can choose to simply confess that God is good at all times and that there are things I don't understand.

Now, notice I'm not making up reasons why God is not doing what I think he should be doing. I'm just saying, well, he's good, and there's something here I don't understand. When I choose to praise God even in hard times, then I also choose to pay attention to what he is doing and to pay no attention at all to what he is not doing.

Automated Ad: Now, simple hacks that make life cheaper, easier, and faster. Ray's tip of the week.

Ray: I made a promise to you at the beginning of this episode that I will tell you how to triple your productivity instantly.

Sean: Yes, you did.

Ray: I'm going to live up to that promise. Let's talk about what it means to be productive. Being productive is more about eliminating resistance, and I'm speaking in aerodynamic terms. What is resistance? It's drag. It's why we make cars more sleek. It's why we make airplanes more sleek, because it reduces the drag-

Sean: That's why we make spaceships more sleek.

Ray: Yes. If you reduce resistance, you can be more effective and efficient. Here are three simple practices that in my experience will triple your output by reducing resistance to your productivity. Now that is simple. So, you're going to hear them and you're going to say, "Pth. Okay. Tell me something I didn't know." All right. Maybe you did know it. Tell me if you're doing it. Then we'll be even.

Number one, do one thing at a time, for a focused block of time, and use a digital timer, to the exclusion of all other things. Like, if you're going to write, write for 33 minutes, set a timer for 33 minutes and do nothing else but write in that 33 minutes. Don't check your Facebook, don't check your email, don't answer the phone, don't chit-chat at the coffee pot. Does anybody have a coffee pot anymore?

Sean: I don't know.

Ray: I don't know, either. Just do that one thing. Don't be distracted. Always his mind on the future, this one. Never his mind on where he is, and what he's doing. That just came to me.

Sean: Did it?

Ray: It did.

Sean: Wow.

Ray: I feel-

Sean: It sounded so good.

Ray: It feels like ancient wisdom.

Sean: I feel like-- yes.

Ray: You feel like you've heard it before?

Sean: I feel like I've heard it before. [laughs]

Ray: I see.

Sean: I feel like it's one of those things that has been around for a long time.

Ray: Yes?

Sean: And maybe even come from a place far away.

Ray: I think you're right. Kind of stirs up music in me. [humming]

Sean: I don't think this is making people more productive.

Ray: Number two, check email once per day.

Sean: There we go.

Ray: Just once. I know this is not new information, it's been around a long time. There have been books written about it. There have been courses made about it. But, ask yourself this question, just be honest, it's just you, nobody else can hear what you're thinking. Well, no people can hear what you're thinking. How many times have checked email already today? Did that make you more productive? Brendon Burchard has a saying-- it makes me laugh every time I hear him say it. He says, "Your email inbox is just a convenient place for people to put items on your to-do list."

Sean: Nice. [laughs]

Ray: He's a smart guy. Number three, the number three technique or practice that will make you three times as productive instantly: Accept no incoming phone calls and return voice mails only once per day. You don't have to have an assistant to do all this. I have an assistant that helps me with these things now, but when I didn't, this is what I practiced most of the time. Didn't take incoming phone calls. It used to drive people crazy. "What do I have to do to get to answer the phone?" Be my wife, my son or my mother-

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Sean: [laughs]

Ray: -otherwise I'm not answering. Return voicemails once per day. And here's the thing, for these practices to work, you cannot do them half-heartedly.

Sean: No.

Ray: You got to be a fanatic. You got to bring intensity to the game. Jeff Walker says, "99% is hard, 100% is easy." Meaning, if you're not going to eat carbs, it's hard to be 99% committed to that idea.

Sean: Right.

Ray: It's much easier to be 100% committed because you just know it's not an option. It's not an option to have the pecan breakfast roll.

Sean: [laughs] Really?

Ray: You're not always successful Sean. Every now and then, we all sin. Try these three techniques with full-on emotional intensity for one week. Just decide, "For this one week, I'm not going to break these rules," and see the difference in your output in your productivity. And if you want to go beyond productivity and become more effective, not just more efficient, in every area of your life, you might want to attend the webinar with Michael Hyatt this week. And you can register for it at www.rayedwards.com/bye-webinar.

Sean: Webinar.

Ray: How do you spell webinar?

Sean: Webinar. W-e-b-i-n-a-r.

Ray: Well done. We'll also have a link in the show notes, if you want to go to www.rayedwards.com/262 You can just click on the link in the show notes, and that'll take you right to the webinar. There's no cost to attend, you do have to register, though, to get on board, and these usually fill up, and they're free and they are better things than the people charge money for. I think that about covers it.

Automated Narrator: And now, our feature presentation.

Ray: All right. Seven lessons learned at the gym from my son.

Sean: I have not read these.

Ray: That's cool. I've been on a personal health quest, and thanks to Michael Hyatt's 'Five Days to Your Best Your Ever' program, I've achieved a lot of goals over the last couple of years that I've been unable to crack for all my life. And one of them is a weight loss goal. I am down 53 pounds now, but part of how that happened was, what I ate, and part of how it happened was I went to the gym. I'm sorry to disappoint you if you're thinking there's a way to lose weight going to the gym.

Sean: Yes.

Ray: But, on this personal health quest, I've been very proactive about taking control of what I eat, and equality and the frequency of physical exercise that I get, and I want to be clear about something right at this moment and that is, I recently kind of hit a plateau with this. What I mean by that is that I stopped going to the gym, and I started being a little more loose in what I ate, and fortunately, I have not gained back any of my weight. I'm still 53 pounds down.

I've stayed steady on the weight, but I realized, as I get ready to go through 'Five Days to Your Best Your Ever' again, I got to finish what I started. I've still got 50 pounds to go. Actually, 52, if I'm honest. And I'll be honest, instead of lying.

Sean: That's a good strategy.

Ray: It's a good policy I've heard. Possibly the best policy. I've lost 53 pounds, I had to buy new clothes, I had to buy new suits because I was kind of looking like Tommy boy.

Sean: Right.

Ray: Fat guy in a little coat.

Sean: Except, it was the other way around. You had to buy new clothes cause you were getting smaller.

Ray: That's right.

Sean: It was-

Ray: I did have that mixed up.

Sean: Yes.

Ray: In my mind.

Sean: In the garden of your mind.

Ray: In the garden of my mind. [sighs] So funny. So, lots of success, but it came with a lot of work too. I've tried to take control of my health in the past, and frankly, I didn't have a great deal of success. Not long term, I would kind of, yo-yo it up and down, and met with various levels of failure. And this time I decided to try something different. I decided to enlist an accountability partner that I absolutely did not want to disappoint, and that accountability partner is sitting across me right now. It was you, Sean.

Sean: It was me.

Ray: And you're a great accountability partner, and coach, because you are unrelentingly truthful in your assessment of how I'm doing.

Sean: [laughs]

Ray: "Hey dad, when you do those squats, you need to go all the way down. Keep your back straight. Oh, you kind of cheated that one." That's true, isn't it?

Sean: Yes. But the truth is, sometimes I had to gauge your emotional disposition.

Ray: To see if I was willing to hear that?

Sean: Yes.

Ray: Okay.

Sean: So, I wasn't always giving you complete feedback.

Ray: That's true. But it was better feedback than I was getting from anybody else.

Sean: That's true.

Ray: And it continues to be. Lately, it's been, "Hey dad, when was the last time you went to the gym?" You got a great sense of humor, you're a good teacher, and you'd been at the gym for quite some time, working out for several years.

Sean: Right.

Ray: So you knew what to do, and I needed somebody who knew what to do, and who would hold me accountable, and also who knew all my tricks. Because people who don't know me, I can kind of flim-flam them, and maybe, even intimidate them, and then I'll tell them, "You know what, I don't want to hear." But not you. Okay, so here's the seven lessons I learned.

Sean: If you were as committed to this morning workout as you were to that doughnut, you'd be puking out of your ears, pukerilla.[sic]

[laughter]

Ray: Oh my gosh. I forgot all about that. Seven lessons I learned at the gym, from you, Mr. Sean. Lesson number one, first you have to show up.

Sean: I'm glad I started you at the beginning. [laughs]

Ray: Well, it's the hardest part.

Sean: It is, it really is.

Ray: Because it's so easy to talk yourself out of going to the gym. "Oh, my back kind of hurts this morning", "It's kind of raining".

Sean: "I'm not feeling well", "I didn't sleep well".

Ray: "I got a lot to do."

Sean: Yes.

Ray: "I need to go to the gym", "No, I don't think-

Sean: "I'll go this afternoon."

Ray: "I'll go tomorrow", "I'll start on Monday".

Sean: Yes.

Ray: "Free coffee tomorrow."

Sean: It's always free tomorrow.

Ray: If you don't go at all, it's pretty much a guarantee you're not going to get a workout?

Sean: What?

Ray: Yes, that's another quote from Yoda.

Sean: I don't remember that one.

Ray: Go not to the gym, workout you will not get.

Sean: And, you remember Yoda's gym was him.

Ray: That's true. But, I'm not a little green guy who can do-

Sean: No.

Ray: -Kung Fu. If you don't go at all, you're not going to get a workout, and even on the days when I don't feel like I want to workout, you would encourage me and you do encourage me to get moving, get into the gym and that always turns out well. There's never been a time I went to the gym and said this is a bad idea afterwards.

Sean: That's true.

Ray: And so, showing up is way more than half the battle.

Sean: Yes, it is.

Ray: And this applies to more stuff than just working out, by the way. This applies to every area of your life, think about this in terms of your job, your career, your business, your relationships.

Sean: Sometimes the greatest resistance is in the first step.

Ray: That's good. Lesson number two, and think about how this applies to other areas of your life, not just working out, but this is what I learned at the gym from you. Intensity matters. It shocked me to learn that I could do the same exercise, with the same weights, but the amount of focused mental intensity that I place on the

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exercise makes a difference in the results I see. If I consciously focus my will on having an intense workout, it produces more sweat, and more pain, and therefore more results. I don't really understand why that is true.

Sean: I don't either and then on a practical matter, I can't even remember who or where I learned this, if it's from a training video or someone at the gym told me, but you know like when you're working on those machines and they highlight the muscles that are supposed to be working?

Ray: Yes.

Sean: I discovered, and I shared this with you, that if you just think about the muscles that you're supposed to be working-- you don't even think about the exercise, you're doing, if you just highlight them in your mind like they do on those drawings-

Ray: In the garden of your mind.

Sean: -In the garden of your mind, you get a more intent workout on those muscles. I can't explain it.

Ray: You're right, you did tell me that and I do that, and it is weird. What is your brain doing?

Sean: I don't know.

Ray: Number three lesson that I learned at the gym from Sean. Emotion--

Sean: Wait, timeout. Can we go back to number two because of the intensity matters-- because these are the ones that we run into a lot?

Ray: Yes.

Sean: One of the things that we learn from Shinhotaka.

Ray: Shinhotaka, man, he rocks.

Sean: He rocks. Is that if you can talk while you are working out--

Ray: You're not working out.

Sean:No. Now, that doesn't mean in between sets and stuff like that if your sharing, "That was a rough set" or something like that but when you're actually physically doing the exercise, if you can carry on a conversation, then you are not working hard enough.

Ray: If I saw two ladies at the gym-

Sean: Like on the elliptical machine-

Ray: -like on the elliptical machine and they were talking, while they were exercising--

Sean: They're doing almost nothing.

Ray: -and one of them was filing their nails.

Sean: They're doing almost nothing. It's not even just filing their nails if they're even looking like they're keeping up a good pace but they're are carrying on a conversation, not working hard enough people, I'm sorry.

Ray: You need the intensity.

Sean: You need intensity.

Ray: Lesson number three, emotion follows motion. Now, this is not a new thought but I have proved it to be true for myself because a lot of days, Sean and I have set off for the gym, and I was not in a great mood. Perhaps, I was a little downcast, maybe I didn't sleep well, maybe I wished I could do anything other than get my butt kicked at the start of the day.

Sean: [laughs].

Ray: But every single time, and I do mean every single time that I show up and do the workout, I finish feeling emotionally happier and stronger than I did when I started.

Sean: Yes.

Ray: Every time.

Sean: Every time.

Ray: And if you tend toward depression, like if you are depressed over some recent event, like an election-

Sean: [laughs]

Ray: -exercise is truly the best medicine, along with stop thinking about it.

Sean: Yes, and laughter and all those things.

Ray: It's a pretty radical prescription, but try it. Lesson number four, that I learned at the gym from Sean. The effectiveness of accountability and coaching depends on the relationship. I have hired coaches and trainers at the gym before, sometimes it worked well, other times not so much. One thing I have learned while being coached by you, Sean, is because I'm committed to the relationship, I simply don't want to let you down, and I can't just fire you.

Sean: [laughs] That's true.

Ray: See with other people I could just fire them and never face them again.

Sean: Right.

Ray: I can't do that with you.

Sean: No. That's true.

Ray: When you work with strangers or even casual acquaintances that you may like, there's still no deep committed relationship. It's easy to dismiss the trainer that you never have to face again, it's easy to tell a friend I'm not going to do this anymore. If you've never been able to stick with a training program, I highly recommend getting a partner, or an accountability buddy, or a coach, or ideally, all three, that you already have some kind of relationship with, someone that you cannot fire and forget. This is true of things other than working out at the gym. Keeping to a budget, being disciplined about not drinking, if that's a thing for you. That's why those kinds of relationships work.

Lesson number five, progress usually requires pain. I'm not encouraging you to do something stupid and seriously injure yourself, but if you're lifting weights and you are not feeling any discomfort, if you're doing cardio and you're not sweating buckets, if you're not pressing hard against resistance and feeling pain, if you're able to chit-chat and gossip while you're exercising--

Sean: If you're not feeling the burn bro.

Ray: If you're not feeling the burn bro, do you even lift bro?

Sean: Do you even lift bro?

Ray: Chances are you're not making any significant progress and I don't mean to go all macho on you because that's the least like me but I really do like this slogan I saw on a marine corps t-shirt recently, "Pain is merely weakness leaving the body". I think that should be on a cling-on t-shirt too.

Sean: Yes. Now, obviously, there's a kind of pain that is not true.

Ray: We're not talking about injuring yourself permanently.

Sean: Right. We're not talking about, "I lifted too much weight and ruptured a disc". That's not okay.

Ray: In fact before starting any exercise program, you should see a physician to make sure you are healthy enough for exercise.

Sean: Or sexual activity [laughs].

Ray: Also if you experience pain lasting more than four hours you should see a doctor.

Sean: [laughs]

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Ray: I'm not going to edit that one out, your headphones came off.

Sean: My headphones came off on that one [laughs].

Ray: Number six lesson, I learned at the gym, from my son, Sean, it applies to more than just working out.

Sean: I'll remember this day. [laughs]

Ray: Most of our limitations are between our ears. Five years ago I was diagnosed with early-onset Parkinson's disease, and my symptoms are managed these days mostly through medication and exercise and diet. There are certain physical activities that are still a little difficult for me like when I'm walking up steps, for instance, I have to be careful because I'm prone to trip over the steps. My brain seems to think that I'm lifting my feet higher than I actually do, so I have to look at the steps and think about it. It's not a big deal unless I don't look-

Sean: Right.

Ray: -then it could become a big deal.

Sean: Yes, it could become a big deal rather quickly, it could hit you in the face. Look how big of a deal it is?

Ray: Yes, exactly. It hasn't happened yet. My attitude, when Sean introduced me to an exercise called box jumps, my attitude was not good.

Sean: [laughs] I still remember this day.

Ray: A box jump involves standing with your feet flat on the floor in front of a box, which is anywhere from 12 to 24 inches tall.

Sean: Or higher.

Ray: That's 24 inches, by the way, that's two feet off the ground.

Sean: That's two feet off the ground. Some people go three feet, four feet--

Ray: That's higher than any stair step. Your task is squat and then jump with both feet landing on top of the box.

Sean: And not falling over when you land.

Ray: Doing it over and over again. When you originally presented me with this exercise, I stood, frankly I was frozen with fear.

Sean: I laugh at it, I knew what you were feeling but it totally felt like a role reversal, like when you were the dad and trying to convince me to jump into the pool, "It's going to be okay". "You can do it, buddy, you can do it".

Ray: I was literally afraid and I knew logically that I had enough strength in my legs to perform the maneuver. I also knew how frequently I trip on stairs, I haven't tripped and fallen but I trip. So I turned to you and said these exact words because I wrote them down in my journal, "The price of failure here seems quite high".

Sean: Yes [laughs].

Ray: Because I had visions of tripping over the box, landing face down on the concrete floor, and injuring myself severely.

Sean: Which, going back on to the whole limitations, we weren't on a concrete floor, we were on a rubber padded floor, but whatever.

Ray: It was in my mind, it was something that was growing in and was already in my mind.

Sean: If you would have fallen, you probably wouldn't have hurt yourself but still back to the point, limitations in your mind.

Ray: I remember that you laughed and you coached me through getting past that mental hurdle.

Sean: It's always good when your coach laughs at you when you're afraid [laughs].

Ray: Well, certainly it will gorge you into taking some action, the action could be stomping out the door, but I didn't. You helped me get past the mental hurdle and I did the box jumps just fine.

Sean: You did.

Ray: Frankly, the whole thing was pretty embarrassing, really.

Sean: I can imagine. I'm sorry for laughing at you but-

Ray: No.

Sean: It was a very funny, interesting, raw moment.

Ray: I laugh about it now. But I did the box jumps and I hung in there and you patiently cajoled and prodded me and laughed at me-

Sean: [laughs]

Ray: -with good humor, again, you knew the boundaries of my emotional limits. You knew what you could do that would help me and what you couldn't, and you got me to do it. I gave it a try.

Sean: Then you did it a bunch of times.

Ray: Bunch of times. It's just one example of a lot of physical challenges I faced in the gym, only to discover I was capable of more than I thought I was, and so are you.

Sean: Right.

Ray: Translate that to whatever it is that seems too scary for you to contemplate right now. Starting a new business, getting into a new relationship, going to marriage counseling, whatever it might be. You can do it, buddy. Lesson number seven, that I learned at the gym from you, Sean. "Embarrassment won't kill you but fear of embarrassment might."

Sean: Interesting.

Ray: I don't like looking stupid in front of other people.

Sean: Oh, the gym is a great place to go if you don't want to look stupid.

Ray: You have plenty of people there who will happily intimidate you into knowing that you are stupid.

Sean: You go over and pick up this weight, unsure of what you're about to do, and then this huge guy comes over and picks up something five times as heavy.

Ray: Or even worse in my case, this thin little girl--

Sean: Oh, gosh. Don't even-- Oh my God. I got my butt handed to me by a girl doing squats the other day. I was so embarrassed. I know that's sexist. I'm sorry, but I was a foot and a half taller than her. When this tiny little pixie [laughs] walks over and doubles your weight, oh my God [laughs].

Ray: I'm not strong.

Sean: I'm not-- Again, limitations. Serious, I thought this was my limit. Obviously, I was wrong [laughs].

Ray: I can assure you, as a guy who has never felt very athletic until now, I do feel athletic now.

Sean: Good.

Ray: It's better to show up at the gym and be embarrassed for a while until you get the hang of things, than it is to let the fear of embarrassment keep you at home.

Sean: There's a whole ad campaign for Planet Fitness on gymtimidation. We've referenced two of them already and it's a real thing but can't let that stop you.

Ray: No. Just because there's a gorilla in the corner grunting as he lifts 500 pounds over his head doesn't mean you shouldn't be there.

Sean: Yes.

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Ray: The fear of embarrassment could keep you fat, could keep your arteries clogged with plaque, and could ultimately shave years off your life. My advice, don't die of embarrassment. That's just silly.

Sean: That's a good one.

Ray: Those are just seven of the many lessons I have learned from you at the gym, Sean.

Sean: Thank you.

Ray: I know this is a little off our usual subject matter but taking care of your physical body is important to every single one of us and it's important to every single area of our lives.

Sean: It is.

Ray: The lessons I've learned have proved valuable in all the other areas of my life as well and they will for you too, especially for setting goals for next year.

Sean: You're not going to be a very good entrepreneur if you're dead.

Ray: No. I don't know any dead entrepreneurs who are performing very well.

Sean: No. You're not going to be a very good husband or wife or partner or whatever if you're dead.

Ray: Don't be dead.

Sean: Don't be dead.

Ray: That's the message and learn from these seven lessons. We have them summarized in the show notes.

Sean: Yes [laughs]. If you found the show helpful please subscribe with the Apple podcast app. That helps us tremendously. Please leave your name. Leave a review. That also helps with your real name and website. We'll mention you on a show eventually.

Ray: Okay. I'm committing. Next week, we're going to do it.

Sean: Okay. You can get the transcript from the show by going to rayedwards.com/262. What's next week about? Oh, wait we just said, it's going to be the show. It's going to be the-

Ray: It's going to be the acknowledgment show of those who mentioned us in iTunes. Also, the title of next week's show is "The mirror and the door".

Sean: Oh. There you go. You have a quote-with-note?

Ray: I do. "Success is not final. Failure is not fatal. It is the courage to continue that counts".

Sean: Nice.

Ray: Winston Churchill. Boo-ya.

Sean: Boom.

Ray: Till next week. God bless you and may he surprise you in a very cool way.

Host: Thank you for listening. This has been the Ray Edwards Show. Find the archives of this weekly show at rayedwards.com/podcast or on iTunes. Contact Ray at rayedwards.com. This podcast copyright by Ray Edwards International Incorporated. All rights reserved. Each week we bring you a message of prosperity with purpose and freedom and remembering that true freedom is available to all through Jesus Christ.

[00:35:13] [END OF AUDIO]