



## DLake Running Tips For Masters Of Some



### TRANSCRIPT

00:00 SPEAKER\_04 You're gonna find out that you don't have to be the best at everything to get value out of something I came into a lot of things in my mid-20s with uh, If I can't be the best what the f\* is the point of doing it? And that's actually a really bullst way of

living your life You can do stuff and get a lot of value out of things and be mediocre or be slightly above average and that's that's where the whole Master of some comes from, you know You can be a jack-of-all-trades and be a master of some and you could you can master three four things in your lifetime You don't really have a lot to show for it and and be this kind of Polymath? Boom, which is a whole other thing that we could talk about Welcome welcome welcome to the master of some podcast It's a play on the age-old saying jack-of-all-trades master of and yeah, you get it. You're smart And that's why we should be a good fit I'd like to say I'm a master of a few things as well as Phil who I'll get into in a second This podcast is a new journey where we dive deep into the world of fitness and health and how it relates to everyday life We meaning my good friend and co-host Phil Cross fitness health and fitness And we're on a quest to preach the gospel of what we've learned Experience and our learning to anyone out there that wants to listen Phil and I want this to be a two-way conversation So, please make sure to subscribe rate and comment and hit us up on all the social media platforms with any questions Comments or whatever you might have we want to hear it all. Oh and tell a friend about this Look at my link because if we are a good fit, I promise I promise I promise Oh and tell a friend about this flick him a link because if we are a good fit I promise you will get value out of this. I'll stop my babbling so we can get into it All right, we're here master of some episode 0 unofficially episode 1 on iTunes stitcher or wherever you get your your podcast your whatever podcatchers you have right now You're hearing the sounds of Darren Lake Myself and we've got Phil Cross. Hello He's obviously English. I'm obviously American we met via My girlfriend and the fact that you are a frugal dude and she was Flicking out some free stuff on bicycle market, which is a huge marketplace on Facebook We met via me being a cheapskate. Yeah, she's not cheap northern Englishman frugal. I'm I'm the frugalist. I am the most frugal also and a borderline cheap and Yeah, she was just giving away some free stuff and you picked it up and I remember I went Oh that dude's cool and then she ended up riding with you a couple times with the Triathlon group that she was a part of and she said Phil you know you were coaching that group. She said Phil ran it very well. He was Very vocal very clear and I went this dude's cool and then we finally got to meet and we ended up talking the whole damn wedding which was Kind of cool and kind of rude but kind of disrespectful. Yeah, but whatever that's how we roll So so yeah this this podcast as I told you early on it's about a lot of different shit But it all comes back down to the core which is fitness and health and it's basically a big meta

03:40 *SPEAKER\_05* analogy of sorts of how we live our life the ethos and fundamentals and philosophies that we have and They all can basically relate it to training for an event or doing an event or you know going through an event that That has an endurance element to an inactive athletic Competitive type element to it. Yeah, well, I think with a with an awareness and a an understanding that Any athletic endeavor that we go

through doesn't happen in a vacuum. It doesn't happen in isolation It happens as part of as part of life And the you know how we live The the beliefs we hold the attitudes we hold the relationships we have or ball play heavily into into our into our performance as well From an athletic standpoint, so it's it's gonna go into gonna go in some interesting directions

04:33 *SPEAKER\_04* Yeah, I'm looking forward to it mate. Yeah same and funny enough, you know we we This first episode is about goal setting or as I like to say objective setting but The way everyone lives their life in the way that the people that we look up to and the people that you know We strive to be they all set proper objectives. They're they're clear in their objectives They're also, you know very schedule and and plan Focused and oriented and it's not magic, you know, like a lot of people is not the secret. Yeah They look at successful people and go oh you got lucky Etc etc. And if you're listening if you're hanging on to this, I'm pretty sure you don't fully subscribe to that you know that there is There's a bit more grit and You know elbow grease that goes into being successful and it really is the day in and day out. It's the Tuesdays It's the wind days. It's 10 a.m. It's not the awesome Saturday parties It's that's an analogy by the way It is it is just waking up doing the same thing day in and day out and really knowing what you're doing and why you're doing It having a strong why which we'll get to but before we jump into goal setting because this is a podcast about Objective goal setting but this first podcast is about objective goal setting which becomes super meta like an exhibit meme and

05:59 *SPEAKER\_05* It's matter on matter. It's matter on matter and then learning. There's the meta side of learning yeah, then goal setting being a being a meta skill and You know anything anything you want to strive towards anything you want to achieve any objectives or? You know ambitions you have in life systems processes And a strong ethos around setting goals keeping yourself accountable and following up is going to be fundamental to making that happen. So Going back to the the theme of master of some or one of the themes of master of some if you're trying to master something Then this is a this is a foundational skill. It's a meta skill that applies across all areas of life So, yep, it's matter on matter on matter with a side of matter

06:46 *SPEAKER\_04* Is I just keep thinking of exhibit memes is like yo dog, I heard you like meta When side your meta so I'm gonna give you some better. I just ruined it I actually if this was a video I would you know, put it up on the screen right now. Yeah. Yeah I'd get my exhibit meme maker. So yeah, so Phil Phil cross actually a little bit of background for him You're gonna find out probably a lot from us if you hang on to this journey Our goal is to do ten episodes. Yeah, and then if we don't hate each other afterwards, we'll go from there So, you know, we have an objective of a quantifiable objective of ten episodes with no knife fights Phil Phil cross is obviously originally from England the London town as Americans like to say I know London is a city but yeah We have no

geographical sense He made his way here about the same time as me six years ago He has an endurance athletic background huge this dude Finished in the mid nine hours in an Ironman if you've never done an Ironman, that's actually extremely fast My fastest was 1045 1051 officially 1045 unofficial so Phil cross is a better endurance athlete than me. I give props where they do I'm gonna I'm gonna argue modestly on that one We'll save that for now you go let you go long and hard much much better than me Phil is also a development performance and technology coach on The mindset side of things again We'll get deep into this but I just had to give you a you know A bit of top line to let you know who we are because you might be like who the fuck are you? You know and and it's cool, you know, we

08:29 *SPEAKER\_05* We've achieved some cool things in in life and we like to share that with you. We're trying to achieve a whole lot more So yeah, if you keep listening you'll find out more. Yeah, and mr. Darren Lake aria award-winning musician producer General audiophile all of the the fancy podcasting equipment. We're recording on now is is his marvelous setup Deep thinker on culture technology And society in general, you know, one of the reasons we're doing this is because every time we get together The conversation is just endless and seems to flow So I think I think you know that speaks to that speaks to a lot of the interesting ideas this man has And and a killer endurance athlete himself, you know started more on the kind of basketball and Track side of things like at college and then you know, I'm gonna say graduated to endurance sport because my personal bias but yeah, man, it's

09:27 *SPEAKER\_04* It's gonna be a fun ride Phil so give me a bit of the background on how you view goal-setting

09:40 *SPEAKER\_05* sure We've already touched on goal setting being a being a meta skill skill that applies across Many aspects of life and I think There's a there's a stat. I like that come for it comes from the Tony Robbins Research Institute I'm not sure how how well this stat was validated Or the accuracy of the actual number, but I really like the sentiment. So I'm gonna spell it anyway 95% of people out there are Attentional so they will they will drift through life paying attention to whatever is Cropping up for them at any given moment Not really choosing not really choosing where to go what to do and and these are the people that find themselves in You know jobs that they didn't necessarily pick with partners that they didn't necessarily select Doing things that they don't really like the other 5% are Intentional they set a direction they set course and they they know where they want to go and they set systems and processes in order to in order to get there, so That's a kind of why of goal setting the intentionality in the setting course as opposed to being attentional to to the world and there's also You know an aspect of saying a saying a powerful why behind? Between behind your goals. I think a lot of people don't really dig into Their motivation to come to create compelling goals for themselves, you know They they set something to do and I see this with some of the

athletes I coach quite a lot They'll sign up to a race Because of well FOMO, you know a bunch of other people are doing it So they'll do it themselves and then they wonder why They're not motivated to get out of bed in the morning and do the training and do the work and that's because well They didn't think about why so some very simple techniques in terms of what you can do to draw out your why One I really like I think originally came from the Toyota Research Institute in Japan, but the five wise techniques, so Asking yourself in a pedantic fashion like a child Why five times so I could hear it. It's like why yeah, why yeah, why? Why do you want to do an Ironman? Well, I want to finish. Okay. Well, why do you want to finish? Well, you know if I finish it says something about me, you know as an athlete, okay You know why is that important because You know, I want to be I want to be tough and usually if you dig deep enough It all gets down to love. It's like I want to be loved. I want to be loved by everyone

12:23 SPEAKER\_04 the pyramid Maslow's

12:26 SPEAKER\_05 Maslow's hierarchy. Yeah, I guess it could play into it a little bit but yeah, it's just it's getting to a compelling reason for people or finding out there's no compelling reason and And Chucking the goal, you know if you if you start chucking like getting abandoned, okay Yeah, just sorry there might be a couple American listeners. Yeah. Oh good. What the fuck does Chuck mean? We took the goal No, just just abandoning the goal Like, you know, if it's if it's not compelling to you then then why why do it? So yeah, and then you know there's a lot we could say on this there's The same goals and being aware of the difference between Behavioral goals versus outcome goals and I think if people take nothing else away from this the difference here is absolutely key So a behavioral goal is something you control It's something you can do every day and this comes down to the fundamental realization that the only thing we control as human beings Is what we think what we feel what we say and what we do everything else is ostensibly out of our control What's an example of a behavioral goal like So yeah for sure. So a behavioral goal could be I'm gonna make sure I Attend all my training sessions in a particular week or I'm gonna make sure my nutrition looks like It looks a certain way or I'm gonna make sure I do my foam rolling and stretching every night So those are behavioral goals. Those are something that are bar illness and injury and things like that Those are those are things that are within your power to do. Mm-hmm Within your power to do mm-hmm an outcome goal is Sometimes not in your power. So I want to go sub 10 on an Ironman Okay, great You can maximize your chances of doing that with behavioral goals and I'm not saying don't have outcome goals But be aware that you don't always control them So the weather the the conditions are you know mechanical on the bike? These are all things that can derail that and through no fault of your own You won't have achieved it but you'll have put in the work you'll have put in the the hours you'll have exhibited the kind of behaviors and Character it takes to get there And I think that in and of itself is worthy of worthy of celebrating

and acknowledging I see a lot of people hanging a lot on outcome goals that they don't control and causing themselves a lot of stress and anxiety when they don't Materialize another great example is you know if you want to get this is health and fitness But if you want to say get a get a promotion at work, that's not in your power to control That's the that's in you know, your boss a decision-makers Hands whether whether you get that promotion or not so you can do all the right things you can you can work your ass off but if you're hanging everything and you're hanging your self-worth and and and your You know your your belief that you're a worthy human being On the fact that you achieve or don't achieve that goal then That's probably not the most psychologically healthy thing going forward. So those are some of the core tenants It's it's the it's the why it's the the kind of how you view the goal the lens through which you view it And then I think something we could dig into and I know you've got some thoughts on this down This kind of systems and processes to keep yourself keep yourself accountable and keep yourself on track to

15:47 *SPEAKER\_04* To achieving it Thank you. That was very thorough and it was clear. There was a lot of detail there, right? No, that's that's that's what this is about is the master of some like we're trying to you know We're we're a jack-of-all-trades and master of some we are not a master of numb There's a there's a few things that I know I've mastered in my life and there's a few more that I want to master

16:08 *SPEAKER\_00* I'm not trying to be the master of one Trying to be a master of a couple things Need more data Aussie broadband keeps you connected with flexible mobile plans to suit your actual life So make your phone plan what you need it. That's the actual Ozzy way search Ozzy broadband today T's and C's apply

16:36 *SPEAKER\_04* So Darren Tell me a little bit about your goal setting ethos goal setting is the ubiquitous term Everyone knows what it means. I actually personally like to say objective setting the reason being is because an objective is the umbrella the objective is the the First-order hierarchy, I guess In Tim Ferriss talk Tim's Tim Ferriss speech, which you will hear a lot of reference to Tim Ferriss through the next 10 episodes Oh, yeah, so I look at an objective as I try to and it's not always possible, but I try to Come up with a one or two sentence Quantifiable statement and Example would be so in four or five days. I'm doing a triathlon and I would like to better my Olympic distance triathlon time from two years ago by 3% That's that's actually I try to make it as simple as fucking possible. Yep. That is the objective now I then work backwards from there. So that's my if I was writing a story that would be my conclusion or my end of story my Fairy tale ending whatever and then I work backwards and I go cool. So I've got what 12 weeks ago I started training for this proper, you know intensity training. I said, alright, what are my milestones every month? I need to hit a certain time trial. So obviously triathlon is swim bike run So in swim I said I need to do a sub nine minute 500 meter time trial Which today I finally did it 857. Yes, but I also swim very little the goal is

to swim the least I'm I'm a very much less as more person be more with less and The goal is to swim the least amount possible and get faster because swimming if you do triathlon, you know It's anywhere from 13 to 16 percent time duration wise in a triathlon So I actually try to mimic my training around how much time I do in the race again working backwards Next it was the bike and my goal based on my FTP Which you know most people that listen to this that are hanging on know FTP is your functional threshold power It's basically the amount of power you can sustain if you did a 60 minute time trial race so flogging yourself going all out 60 minutes and I want to hold 95% of my FTP, which would be about 270 280 watts ish For an hour, which pretty fucking epic and I did that in my training And then the next goal is to do us About a 40 41 minute 10k in my head I want to do faster than that, but I'm telling everyone publicly that I want to do a 40 41 minute 10k Which is the run part and all my training mimics that so every month I do some sort of time trial That is my milestone and then every week are my goals and then I have even daily goals. It becomes micro goals So every day I have the same exact, you know, other goals There you have it many goals equal one milestone many milestones equal an objective So that's the modular form of it. So there there we go. We got the vocabulary kind of sorted So I'm gonna refer to goal setting as objective setting, but it's basically objectives are just a whole bunch of goals Now I feel without proper objective setting We are just going on feelings and a great example of that is They start training or they you know, they finish training whatever and they go I Feel stronger or I felt stronger last year and I go cool. Have you done a time trial and they're like, oh no No, no. No, I'm like, well, what's your FTP? And oh, well, I just feel well your feelings are fucking bullshit Like your feelings are absolute bullshit. Yep, and I'm going to go with that I'm going to go with that Like your feelings are absolute bullshit, yep, and I'm gonna get it I'm gonna bring it back, you know, Darren likes to get hyped Yes, I talked about myself in the third person. I do that because I'm slightly crazy but my my issue with the feelings is that everyone feels a certain way and the data and Analytics and the you know, it's not science But it is kind of science will tell you and most people if you do a fucking time trial Beginning of the season middle season end of season you're always within three to five percent of where you were plus or minus. Yep So you actually haven't gotten slower like five percent is a shit looks like a shit load but that's actually not that much like and that could be What were you saying? That could be you not being fresh that day That could be a host of lighting you just having a good day could be the wind behind you because temperature hydration Exactly. So the sleep you had so if you're time-trialing and you know, you're not losing more than If you go more than five percent you get an eight percent loss or gains then something's wrong at that point like either you had a really really good day, which means you you have been actually under training or you had a really shitty day which means you should actually look at what's happening and That again falls into milestones. So your feelings they just get wiped out. I Also personally

think objectives should be quantifiable based on a few things One previous experience so when you come up with the objective that's kind of the story the ending of the story You should base it off of what you did before or something close to it So I've done a few Olympic triathlons before I did an Olympic I did a sprint before I did sprint to do triathlons for to do triathlons I ran a half marathon Iran triathlon like I base all my times off of kind of sort of what I've done and You should also base it a bit off ambition you should be slightly ambitious what's that saying the saying is If you can achieve it easily then it's not a worthy goal It's it's too easy of a goal if you're getting your objective you're hitting your objective You're hitting your milestones your goals too easy, then it wasn't ambitious enough Or on the back end if you're never achieving your goals on you, you know your daily weekly My and then your monthly milestones, then it actually was too ambitious You want to be in the point where I feel like it's it's a 50-50 like every every other race you get it the next Race you don't yeah, because then you're really pushing yourself if you make it too easy. It's not fun It's like it's like games if the game is too easy. It's not fun. If it's too hard It's not fun. You got to find that middle area which kind of kind of easy kind of hard

22:56 *SPEAKER\_05* Yeah, the same thing with a sparring partner or somebody play Any sport competitively against if you train them every single time? It's no fun for you and it becomes no fun for them Look, you want to be like you say you want to win half the time lose half the time you want it to be about

23:12 *SPEAKER\_04* Yeah, exactly. So so yeah, so it's experience ambition a bit of research or in my case a lot of research And I know Phil is big on research and you find out new tactics based on your research and your ambition new training methods Etc, etc. And you know you lay down your schedule and your plan. So That's that's where you get your quantifiable, you know objective statement I feel that's it's all Darren There's all Darren logic right now and you know Phil if you can add anything to that

23:41 *SPEAKER\_05* Yeah, I mean Darren logic's good man the a couple of things this kind of build on there and say to use some kind of parlance from From the world of like agile and software development. Oh, yeah, I know this very well You just need to throw this in but but the idea of leading and lagging indicators So a leading indicator is something you can measure now which indicates that your chances of Succeeding or chances of achieving your your lagging indicator. So a leading indicator might be Increases in your in your FTP So if you're testing your FTP on a on a on a monthly basis and you're seeing improvements That's a leading indicator that during your race you'll be able to achieve your your power goal. So You know if you if you know you you know your wattage and you know for an Ironman you want to race at 230 watts for the Ironman bike leg Jesus who's doing that?

24:37 *SPEAKER\_04* Oh, wait, you weigh more than me. Yeah. I was gonna say what's per kilo man?



24:43 *SPEAKER\_05* I'm big dude I'm not that big but but the The the lagging the leading indicator there would be would be your increases in FTP on a monthly basis So exactly what you said, it's like are you have you got something quantifiable? There isn't just I feel stronger that you can test and measure on a monthly basis I also want to throw up another another model around goals being well formed this is based on on the on the work of kind of Michael Michael Hall who's one of the pioneers of neuro linguistic programming and He's got a system for kind of Helping to set goals called the well-formed outcome the well-formed outcome is a bit of a beast and and it's it's a it's a lot of questions and if you really want to Dig into the you know, the the whys in the house of a goal It's a it's a fantastic method methodology. If you just throw that in the internet, you'll you'll find it but the the power model is Is a simplified version of that that I think we can we can dig into real briefly here So power P stands for positively expressed. So is your goal positively expressed? So instead of I don't want to suck at the race It's I want to kill the race, you know instead of I don't want to pass the test It's I want to I don't want to fail the test. It's I want to pass the test So it's a positively expressed goal. It's towards motivation not away from motivation

26:06 *SPEAKER\_04* This that I call that playing to win. So Michael Jordan I'm gonna go to basketball analogies and kind of dumb it down Michael Jordan He said every shot he took he knew it was going in. Yep So if you guys want to know with basketball if you don't know about basketball shooting 45% from the field is is pretty good 50% you're like in elite. I think the the best Field goal percentage which is just shooting anywhere is like 55% shooting above 30% from the three-point line is phenomenal That means that most the best shooters are missing more than they're making it Yeah, but Michael Jordan said every time the ball left my hand it was fucking going in like it was already going in his head Yeah, so he was playing to win and then I tell people I'm always telling myself this I actually told you this earlier today I was like, I am NOT actually I didn't tell you this I told my girlfriend I said I'm glad that you're confusing me with not it same thing same thing. I Said I am NOT Sorry, I am playing to win. I'm not Playing not to lose. Yep, which when you play not to lose it's hard to explain this but when you play not to lose you're thinking of ways of how to Mitigate and and make sure that you don't fail the worst Like and it actually you you stop taking the big risks Yep, and you don't take the big shots and you scared and you're trembling when you shoot the ball Yep, and therefore your chances are gonna go down versus having that like I'm gonna fucking crush this shit feeling Yeah, and emotion and then you end up performing because your brain is a direct, you know indicator or a direct influencer of your body and This is a whole nother discussion. We might go down the rabbit hole of this for a later date

27:53 *SPEAKER\_05* Oh, we will we will indeed but that that mind body connection that that you know Your focus your language and your physiology or being congruent to achieving, you know Putting yourself in a peak state to achieve something is it's

definitely something we can get into but mate I couldn't have said it better myself and Michael Jordan's cooler than Michael Hall. Sorry Michael Hall If you're listening, so the second element there is oh and that's outcome. Do you own the outcome? Do you have control over achieving the goal or not achieving the goal? Is it dependent on somebody else doing something? So that's oh W is what so what does success look like? This goes back to a lot what you were saying down which is you know, do you have quantifiable metrics and measures? Do you have a success criteria for what the goal looks like when you achieve it? Will you know success when it when it comes or doesn't? E and this is the one people I think just just Don't pay enough attention to but is ecology. So does the goal sit within the context of your life? Well, we'll trying to achieve this goal destroy your relationships. Will it cause you to lose your job? I'm speaking to you iron man athletes like a lot of people don't realize the commitment that some of their goals Legitimately take and and get real with themselves about the sacrifices that are required for other parts of their lives And if you're cool with that, that's awesome If there are no sacrifices, that's awesome But if they're real sacrifices and you're honest with yourself about that then that's something you very much need to take into account And the last one are is just resources, you know Do you have the resources to achieve this goal? if you know if it's gonna take a \$20,000 worth of investment in tests and training and learning and whatever to Achieve it and you can you don't have two cents to rub together then probably find a new goal So just going through that model is a really nice way of kind of checking in with yourself that that it's gonna work for

29:56 *SPEAKER\_04* You in the context of your life All right, we're moving on to the one of the last segments, which is my favorite where I'll play red team and I'm gonna be an asshole. I'm gonna be the antagonistic dickhead that Listen to this podcast and just starts hating H8 and just hating Just just throwing shade at everything right now. Yeah, and you know, you're out there we see you. Oh, yeah Yeah, yeah, yeah, it's cool. You know haters are motivators. So it's all good. But the first thing, you know, most people would say is Objective setting is too hard. How do I keep? Motivated to keep objective setting which is counterproductive, but I've heard this from people. What would be your answer to that? I mean What's your experience with it? Have you tried it like like how much experience have you had with objective setting? What what came up for you that made it hard? I Like that. I like that. All right. Here's another one. Why do I need to track all of this shit? I Hate the metrics. I hate the analytics. I hate technology. It's too much It takes the fun out of things. It's not natural

31:12 *SPEAKER\_05* Okay, if it's not natural, you know, how's not tracking it working out for you? if chances are chances are anyone who's looking to Set a goal or reset a goal For something they want to achieve if they're resetting a goal that means they didn't achieve it the first time So if they didn't achieve it through not looking at data not tracking anything Not not keeping themselves accountable and looking at measures

and metrics then Okay, like how did that work out for you? Maybe it's time to time to try something different

31:44 *SPEAKER\_04* I'm not I'm not like the real hater. I'm just no no no speaking. So like like harshly. I'm just projecting real

31:51 *SPEAKER\_05* but you know the If it means and I guess the cost-benefit analysis there is if it genuinely sucks the fun out of something for you How does achieving the goal stack up against the the enjoyment of the journey for getting there? Is the is the end is the end result more important to you than the fun of the journey if the fun of the journey? Is why you're doing it then don't track anything

32:17 *SPEAKER\_04* Fuck it, you know, just just just do the activity have fun and then rock on you do you? Filcross everyone that that right there. I have nothing to add to that.

That's exactly What what I think I'm actually gonna say my my kind of rebuttals to the hater to myself After this so this is kind of one of the last ones I'm not an organized person this all seems too much and I'll get frustrated with all the particulars early on

32:43 *SPEAKER\_05* Yeah Like what like that's that's kind of like is that that fall under the other one? Yeah It's what's more frustrating is is the the not achieving the goal again if it's if it's a resetting of the goal if they Frustrated themselves with this before is it is it more frustrating to? To not achieve the goal or is it is it more frustrating to Perhaps do something that's unnatural or not palatable most people get frustrated with not hitting the metrics and I think the frames and the beliefs and and and the You know the lens through which they they look at maybe not hitting a benchmark or not improving month-on-month Is is problematic to a lot of people achieving the goal? You know? I see a lot of people not wanting to do say You know a time trial like a monthly time trial because they don't feel fresh that month It's like dude. It's just a snapshot of where you are right now It doesn't doesn't matter you don't have to PB everything But that's a that's a frame a lot of people carry through to this stuff so and it's not It's not just the measures of metrics, but having to think about what your beliefs and your frames around them are as well

33:49 *SPEAKER\_04* That's interesting that you know that's interesting that you don't have to PB And I guess that goes back to my earlier comment on the whole Like oh, I felt like shit, and that could be 2% off Like you don't know because you didn't know what you did last month absolutely So you know like you said you don't have to be fresh It's just hammer out the time trial see if you're you're getting these these one two percent gains these incremental gains I Guess my my whole my rebuttal to this would be Like you said if it's not if it's not the fun that you want But you like hitting those targets and those those KPIs of sorts yeah, then Yeah, you should be tracking this shit And you know we have all the technology like there's so many easy ways of doing it like you actually don't have to write in A notebook anymore you've got Strava you got all those other I just use Strava, but does Garmin connect because you most likely have a Garmin training peaks

training peaks There's so many ways to do it so easy, and you actually don't have to look at your data you can actually like kind of skim over it every every week or every two weeks and kind of look at the Topline or the bullet points of things so what what would you say? This is kind of a? Actual task that could pivot to our closing statement. What would you say are some actionable tasks to get someone that? That's thinking about Goal setting objective setting that wants to do it and doesn't know how to get started and or the hater Out there the shade thrower Yeah, like that's just like fuck this shit like what's an actionable task?

35:22 *SPEAKER\_05* Firstly to the shade thrower and the hater there's plenty of other podcasts Good luck with yourself Make sure you subscribe and rate and comment though before you leave give us give us five stars and I chai tunes. Yeah fuck off No, we love you all The to the person who doesn't know Where to start and and who's maybe feeling a bit overwhelmed right now? For me, I'd suggest with the the five wise just to get clear on your motivation about something you want to achieve Have a have a session with yourself write down your goal Ask yourself why as many times as it takes to get to you know five's just the ballpark figure Five's just the ballpark figure but as many times as it takes to get to the edge of your map You know to to where you're like literally I can't think of another reason beyond this And then is that compelling enough to to to motivate you to to to run hard at that goal? And I think that's step number one the systems and the processes There's a lot of different ways people operate and and get motivated Find out what works for you. You know, some people are all or nothing, you know, they're they're abstainers They can you know, they can't moderate themselves there You know if I'm giving up chocolate there has to be no chocolate in the house Whereas the other people are like, you know, I can have one square of chocolate kind of kind of people that that's me Yeah, I'm the I'm the I'm the no chocolate in the house if I if I'm giving it up But what about 99% dark chocolate though? Yes, why I don't give it up It's got like two grams of like carbs in it man. I don't give up chocolate chocolate is a health food Yeah, good chocolate

36:56 *SPEAKER\_04* Yeah, by the way, you gotta tell me where the hell you got that from cuz I'd looked at my grocery store They didn't have it. They had the brand but they didn't have that 99% they had 78. I think was the highest

37:06 *SPEAKER\_05* They sell it at the Harris farm. Okay, cool. All right. Sorry guys. That was Quality podcasting Yeah, just just just start there just start there and then and then You know, if you don't know how you work, you don't know how best you operate You don't know what motivates you experiment with stuff and and the the fundamental question to ask yourself You know at your check-ins is how's that working for you? So how is your strategy that week working for you? Whatever your strategy is whether it's numbers whether it's feelings whether it's whatever like set yourself a goal That's motivating have a weekly check-in for yourself have some kind of measure of success

for that week and ask yourself How's that working and you know what if it's not change your approach?

37:53 *SPEAKER\_04* So We're gonna wrap that up I'm feeling pretty good how you feeling about that one I'm feeling great man That was that was some good conversation. I like it. Yeah. Yeah, we've been talking about this for a while So it's it's nice to actually get one done and we're gonna be really transparent about everything So this was a goal-setting objective setting episode which is You know the foundation of who we are and we're gonna be really transparent about what we're trying to do with this So this master of some podcast we have ten episodes. That's our goal. That's it We're gonna you know easy wins. Yep, and it's we have never done ten episodes of a podcast together So that alone is ambitious, but rather than saying we're gonna do this for the rest of our lives That that's that's too ambitious because life happens. So We we want you to know about all the the shitty side of things we want you to know that

38:51 *SPEAKER\_05* You know, we're trying to grow this and and you can speak a bit more on that Phil. Yeah Absolutely. So ten episodes. That's the experiment, you know some of the Throwing it back to the goal setting, you know the goal setting frameworks. We've got those we've got those leading indicators. So we want to see Some growth in audience we want to see some positive engagement We're gonna be looking at you know, what you guys think of us in terms of rating and reviewing we The end of the day, we're not just doing this to hear ourselves talk We could sit here on our own have a have a perfectly lovely conversation and and have a good old time and enjoy ourselves We want to add some value to the world. We want to add some value to you guys and you know What if if that's not happening then? You know then then something's not working and we need to we need to hard pivot and do something else so feedback ratings reviews Comments where we're hungry for it because that's how we're gonna know if we're on track for for our goal

39:49 *SPEAKER\_04* cool, um, I I'm actually gonna just jump in and you know kind of speak out of turn here so everyone out there like we've got you know personal objectives my personal objective is fitness related Obviously I want to better my Triathlon time my running times. I'm going into the running season after this triathlon, which is our winter to summer in America which is basically made to September and I've got a couple running goals that you'll find out about I got some social goals that I want obviously financial Goals, I want to be financially independent retire early, which is fire Which is a whole other conversation that I'm excited to jump into But with all of this You're gonna find out that you don't have to be the best at everything to get value out of something I came into a lot of things in my mid-20s with uh, If I can't be the best what the fuck is the point of doing it? And that's actually a really bullshit way of living your life You can do stuff and get a lot of value out of things and be mediocre or be slightly above average And that's that's where the whole Master of some comes from, you know

you can be a jack-of-all-trades and be a master of some and you could you can master three four things in your lifetime and your adult working lifetime and and you don't really have a lot to show for it and and be this kind of Polymath boom which is a whole other thing that we could talk about so we're gonna we're gonna flick it out to to you guys out there the the The thousands of listeners that are out there on the first episode We're gonna we're gonna play to win play to win play not to lose. What are your goals out there? Like what what are your blockers? I'd like to hear from you Obviously, this isn't a live podcast so we can't get callers in but you know, you can subscribe you can rate you can comment Hit us up on social media Facebook Instagram twitter wherever the hell you want and tell us what you're trying to do if you want to record something Your mobile phone has a has a voice recorder record something to upload it You know, we love to play it if if it if it works and you know, it really resonates with us So yeah, let's keep this a two-way conversation. Let's do something that I haven't heard too many podcasts do there always one-way conversations Let's hear from you motherfuckers out there. I I I cuss a lot or swear as you say here um, how dare you Sorry, how dare you? So, yeah, if if I offend you guys I apologize, but that's who I am and I I have colorful language So yeah, do you have anything that that no, I agree man. We we're you know, bringing our bringing our authentic cells to this podcast We're gonna fucking cuss from time to time. So that sounded kind of forced like it did it did It was like you were trying to like yeah Yeah, it did maybe because you have like a english accent. It's a fucking cost might

42:47 SPEAKER\_05 That's exactly what I sound like Yeah, I just busted out of northern territory crocodile dundee accent. No idea what that was It's not where my it's not what my people sound like Um No, no, i've i've got nothing much to add to that

43:04 SPEAKER\_04 Like you say the two-way conversation is is where we want to take this we want to hear from we want to hear from you Absolutely. Cool. All right. Well stay tuned for the next episode when that drops we won't give you any expectations Soon very shortly. Thanks everyone Thanks again for listening and like we've been saying throughout we really want this to be a two-way conversation So please make sure to rate subscribe comment hit us up on social media Throw questions at us comments show ideas whatever you might have again. We we want to hear it all see or hear Get it you all on the second episode of master of some

43:50 SPEAKER\_03 peace