

Speaker 1 ([00:00](#)):

The pathway to heaven is to be childlike. And so when you're happy and you're in a beautiful, joyful state, life happens for you all ways. They create everything they want, they're plugged in. But what I steal may happen as we get into this traditional education where our ability to dream gets knocked out of us and we learn to be realistic based on the results of the averages. And then we go through this journey in life to where we kind of, I don't want to say awakened, but we realize who we are, that we're spiritual beings having a human experience and that we're actually capable of anything you want. There is no limit.

Speaker 2 ([00:37](#)):

All right, gentlemen, welcome to the front row dads podcast. If you're brand new here, I'm John Broman and this is the show for family men with businesses, not businessmen with family is my guest today is my buddy, Epic, human real estate professional, but most importantly a, a guy who's been with his wife now for 19 years has three kids, two, six and eight and lives on the West coast, but is a legend everywhere. His name is Jeff Leatham. What's up buddy? Welcome. Hey man, thanks for having me. Good. Just give me a fun chat. So we scheduled this because you had a big endurance event. Hmm. Just recently and we wanted to talk about that whole experience. So I want to get into that man. And for anybody out there listening, you don't have to be an endurance athlete to appreciate this show because there's so many things that we endure through right in our lives and athletics might be one of them, but it's just, it can be such a metaphor for life.

Speaker 2 ([01:37](#)):

And so I want to talk about this whole journey and also not just how it impacts you, which is important because when it impacts you, of course it impacts your family, right? You change and you know, it impacts those around you. The uh, the chemistry is real, but I want to talk about directly how it impacted your family. So let's see if we can back this up for a little context for the story. Tell us about your, actually let me redirect her. Let's start with what just happened. Let's just start there. Not in great detail, but just in general, like what just happened recently? Let's start there and then let's back it up as to how we got there. Oh sure. Well, I've been training for the last for a hundred mile ultra marathon and I got my butt handed to me. I really, I had my first DNF that I've ever had. The course was so tough. Hail, sleet, snow, mud, you can go on through lakes that are knee deep. I think it's 25,000 feet of elevation gain. And people were hypothermic out there and the DNF rate did not finish his DNF. If you're wondering, I think 97 people signed up and yeah. And so about 38 miles, my knee got banged up.

Speaker 1 ([02:59](#)):

I tried running and I just couldn't

Speaker 1 ([03:00](#)):

and I could feel it all the way up my hip. And I tried to work through it and there's a, there's a part of me that's like, okay, never quit. I'm going to make it through this, you know, plus people's balls for quitting. And then there's a side of me that had to realize that I wanna be able to run with my children in the future and I just didn't have another 60 miles. And so I had to make that pulling out and it was really interesting. But there's a lot of lessons from it. Yeah. Got served my first DNF. I'm so tempted to go right into all the lessons. I think for a little context here, also a little, let's go back in your life as to where did this endurance stuff start and how much experience have you had leading up to this event because it

wasn't like you gave this, this wasn't your first rodeo when it comes to like being out on the course for awhile.

Speaker 1 ([03:52](#)):

Yeah. Yeah. It started in multiple areas. One I think was the first year that we went to the best year ever blueprint. A house event. What was that? 2013 2012 catch. Very first one. Oh man. Yeah. I don't, I don't actually remember. Yeah, 2013 sounds about right. Yeah. And in the story of you and John and how running that 50 mile ultra marathon, it was very inspiring. And then you played the video. Oh, the iron man, you have to refresh me again. Who is the video is the guy that brought his quadriplegic son through the iron man. Yeah, Rick and Dick Hoyt. Rick and Dick Hoyt. Yeah, I believe we did a guided meditation pastor that and my outcome was that I was going to compete in Ironman someday. And so then I signed up for an iron man and since then know completed two full iron mans and three or four house iron man. Then got into ultra marathons. You know, the rest is history, but also my wife, very a fast runner and she started running a half marathon in months. And just from her doing that, eventually it caused me to shift my desire into becoming a runner. And then I realized I couldn't beat her so I had to go with bigger stuff.

Speaker 1 ([05:09](#)):

So let me just connect some dates here. So 2013 you're at the event, you do a visualization, you decide you're going to do an iron man. How much time transpires between when you actually did it? I think, you know, it landed in my journal that time. And then just watching people do them and, and then somebody reaching out and saying, Hey, I'm going to do this Ironman U N it's just like, okay, let's go for it. And the spark was ignited. So I think I did my first iron man in 2015. Yeah, so two years later. I think that there's just something powerful about that, that oftentimes when we, when we have a realization, a journal, and we set an intention, when we have a breakthrough in our, in our minds, it might take a little while for that to manifest into something and tangible.

Speaker 1 ([05:58](#)):

So I just wanted to honor that. That's very, very cool. What was that like, by the way, your first iron man experience? The first half iron man, I bumped and uh, it was a death March towards the end. I think I tried to throw myself in Quito two days before it. I was eating sausage and steaks and everything. So I didn't know anything about nutrition and I learned a good lesson. And the beautiful thing is I hired a coach. It's for the school, which was that same course just double three months later and I was able to get through it easier. Yeah. And so yeah, the first one was very tough and then they just progressively got better as anything. You do it enough, you get better at it. Yeah, absolutely. So now fast forward to this, this event. Take us into this one a little bit.

Speaker 1 ([06:45](#)):

I want to get into the actual experience and then I want to zoom out and talk about how this, how this worked with your family, how this worked, how you talked about it with everybody. But let's get into the actual, the event itself. Take us, take us through the journey a little bit on what happened. Exactly. Yeah. Before I jump into there, there's something that's really important. I think we've got to make sure we cover, it's this challenge lifestyle I've been living. And so what I found is when I set these really big goals, an iron man or a hundred mile ultra marathon, or in this case I have a 200 mile or ultra marathon, it forces me to do the work and be accountable. So when I show up, I don't die, which then gives me

more energy, keeps me fit, keeps me doing the work, and it has made it to where my floor now, it was my ceiling.

Speaker 1 ([07:42](#)):

Maybe a couple, maybe a year ago. Like right now I can go, if you were to tell me, Hey, go run 50 miles right now. I don't think there's many people that can do that. The old me [inaudible] but it's just cause the goal is so big. So I just really want to knock that home. You know, even Gary Keller talks about, I've never hit a goal that I've said, but when you fall short, it's so massive. Most, right? So I just wanted to, I want to bring that home. That's very important. Talking about it. So we trained for it and the race started Friday, last Friday, uh, on the ninth at 8:00 AM and did one lap and well there's things I'm learning through the training and one of them was inflammation. My body, while I was training, sometimes they would lock up and it'd be the difference I'd have to lock versus being able to run.

Speaker 1 ([08:32](#)):

And a couple of weeks before that I ran 27 miles and I just grabbed some mustard and hammered down the Buster and some tumeric and I can literally feel it. The pain go out of my legs. And so what I learned was how implemented I was because gluten or whatever it may be, and that was the difference maker of making my runs more pleasurable. So tumeric has been my new secret weapon. Yeah. So going into the race, you know, my body coming down like mile 25 [inaudible] is four loops at 25 miles. I felt so good. I felt [inaudible] my energy was good, my nutrition was great. [inaudible] body was just feeling amazing. And then we went back out for the next lap and I think I was just messing around too much, kind of pretend being a dork and like pretend like I'm skiing. So I was having so much fun and I tweaked something in my right knee.

Speaker 1 ([09:20](#)):

Mm. And whereabouts? 38 39 miles in and I took a step and I just, I couldn't move like my, my right leg would just lock up and I did like a sharp shooting pain. So I tried to walk it off and run again and then just kept coming back over and over and over again. And so I had to make the decision to pull out. I thought I could do some serious damage to myself. Okay. Do was that tough for you? Let's talk about that because I'm guessing saying no or stopping God. Let's get into the decision making process there because I hear you when you say, I want to be able to play with my kids later. That's smart. I think there are moments I believe when you should say no, but take us into the mindset there because you're also the type of guy that you're like, I will power through mind over matter.

Speaker 1 ([10:06](#)):

Like how do you juggle those two competing thoughts at times it was tough for me, right? Because it was so miserable out there with the windshield is 22 degrees. It is raining. I mean we had 50 60 mile an hour winds. Trees were blowing apart around us. It was, it was dangerous. I was secretly hoping they cancel and then I'd be like, Oh, I was going to accomplish that thing too bad. Yeah. I mean it was, it was Harry, like my buddies were like, this is not safe. Trains were literally falling down in the woods out there. But when it came time where my body just decided to not work, I had that conflict because I'm not equipped. Right. And I've been known to bust people's balls for quitting. Right. And I, I, I told myself not clear. I will not quit. I was just pushing to where it's like I had to make that judgment.

Speaker 1 ([11:01](#)):

I wasn't going to finish in time. Right. It's just, it wasn't possible based on where I was and could it jeopardize my ability to run with my children when I'm older. Yeah. And I didn't want to, I didn't want to risk that for my ego being mr. tough guy. Right. And so I made that decision to that very simple thing of like what is the ultimate damage being done here? I mean one set of damages, like I'm going to wreck, I'm going to wreck havoc on my muscles and I'm going to be sore for days or weeks. That's one kind of like price to pay for endurance events. The other one is where we start to know the difference between, and we talked to Mike, our kids about this, like is this a pain like my joint, my ligament, my tendon, you know, I'm going to, I'm going to rip something apart and do massive permanent damage or I just feel sore.

Speaker 1 ([11:55](#)):

I just feel tired. I don't want to continue on. I mean as it come down to that is as simple as not always simple to know, but it's as simple as trying to determine, am I going to do permanent damage here? Is that really what it comes down to? And I tried for a good 30 minutes to just see if I can stretch through it and run through it. I just knew it wasn't going to happen. Yeah. And so I had to make that decision and so I went back, got the car and my two running buddies went ahead without me. Yeah. But I knew like they were taxed too. And so I went back to the shower and went to the top of the mountain with my dad and call them and they were done too. It's probably the toughest. Well, there's a lot of stuff people out there and they said it was the toughest a miler they've ever done.

Speaker 1 ([12:42](#)):

I mean, you're talking to 50% DNF rate. Yeah. 38 miles. And what was your, what was the time then? [inaudible] nine hours, I'd say. Yeah, eight hours. Yeah. [inaudible] here's the beauty in it is there's about 90 people in there in that room. And I was in rare air, I was around people that are just nuts, some of the toughest people. And uh, I appreciate that. And I found there's a whole nother level of fitness. I thought I was, I thought I was in good shape. I've been training hard and there's another level. And there was one guy we saw after and he finished in 27 hours and I just asked him to said what he been doing training. He says the months leading up to it, I was doing 30,000 feet of elevation and running 60 miles a week and 30,000 feet of elevation a week. And I realized [inaudible] probably where I fell short was I wasn't doing that kind of elevation training.

Speaker 1 ([13:43](#)):

And so I learned that these a hundred milers are a lot tougher than just a hundred miles. And I have a 200 mile, they're coming up that's double a hundred thousand feet of elevation in August. And so it's a good benchmark for me, kind of like my first half iron man too. It's just show me that, Hey, now it's time to hire a coach. Yeah. It's time to learn from somebody that's done this. And so I'm going to track, tell him the guys that were like the top one through 10 become their buddies, go meet them and learn what they know so I can accomplish this thing. I, I'm not going to quit and it's just going to make me stronger. Yeah. Right. Let's talk a little bit about how you balance this on. No, that was a promise we made at the beginning and I want to get there, although I'm tempted to travel down the road of inflammation and all this stuff cause it's all fascinating to me and it's stuff that I've dealt with and still deal with to this day.

Speaker 1 ([14:38](#)):

So maybe we'll have time to circle back, but let's talk about your family man. How do you balance the training part of this? Let's start there. How do you get the time on the road while still being a present father at home and showing up for your family? Well, this is why I do it for my family, right? This is, I

want to be able to run with my children when I'm 80 or 90 you know, I want to be able to, I have two beautiful little girls. I wanna be able to protect them when I'm a hundred right. I want to be able to show them that example of [inaudible]. They should be very like somebody that's just not going to settle for average delicately. I don't want it, you know what I'm saying? I want to set that example of what they're capable of. Well, we are unlimited.

Speaker 1 ([15:22](#)):

There's no limit to what we're capable of. Right. I want to see them, see their dad challenged his limits instead of limiting his challenges. Yeah. And so I do that for them to keep my body weaponized with martial arts and running. And how do I do it? I run to their soccer games, you know, we have to go and run home. I'll, I'll have my wife since we're going somewhere to eat dinner with our friends. [inaudible] dropped me off 10 15 pounds from home and I'll run home. Yeah. I'll run early in the mornings. You know, I'll run late at night. You know, fortunately I have the real secret to my success is my wife. Like, like really? Like she just gives me a very long leash. Mmm. In business and then training and everything. Right. She's just, and I think it helps because you know, she's an avid runner.

Speaker 1 ([16:12](#)):

You know, she's, she qualified for Boston. She's running Boston next next month. Yeah. When you were out there running and thought to yourself, I should be at home with the kids. No. Cause they were there with me. Are you talking about the training program or a training? There are times, yeah. You know, and that's why I try and train with my business the way it's set up. [inaudible] they try and do it while they're in school. Yeah. I prefer to run during the middle of the day. And so I don't really miss them. No. Did you do a lot more walking meetings with your clients professionally? Sometimes they're running with me. Right.

Speaker 1 ([16:51](#)):

They're on the phone number either. I'm like, Hey, you're going for a run with me. Right. It's maybe awkward, but I'm running, you know? And, and that they're okay with it. But I found it inspires people to [inaudible] and I liked that. I like being able to help others by leading by example and with my children. That's why I made sure that all my races right. I don't know that they, they, they pull me through it like on that iron man or when you're on that half marathon and your iron man after biking 112 miles and swimming two and a half and you've got to go back out and you could see your children. Like I leveraged them to pull me through. Yeah. No, I turn into a big baby cause I'd pick them up at the finish line and I remember those moments when I was a child and my dad was doing triathlons. [inaudible]

Speaker 1 ([17:37](#)):

it's important. Yeah. What do you remember about that? Share a little bit more about what type of impact did that have on you? It didn't show up until later. It shows, it shows up now. I guess I'm a late, no. Do you think though you think that happens with a lot of things where it's like the greatest gifts in life appreciate over time, right? It's like the things that oftentimes we provide, the experiences we provide for our kids, the gifts that we truly give them. I tell the story about the time my dad gave me a letter for Christmas to ever tell you this, where it was like, no, I donated a flock of geese on your behalf, you know, to this family and this, you know, in a very poor village of whatever country. And I remember reading this and kind of being like, Oh, that's nice, so much for my president, for Chris's, you know, trying to be like nice about it, but really internally feeling very disappointed because it wasn't a material possession for me.

Speaker 1 ([18:28](#)):

And I don't think I fully appreciated it at the time. I mean, I, I think I was smart enough to kind of get it, but, but it wasn't until, you know, decades later that that gift really, really started to pay off. It was an amazing value to me. I think that's the greatest gifts. It's like what you're talking about with your dad running triathlons. Are you hugging your kids in the finish line? I think those will show up later in life in big ways. Yeah. It's my way of brainwashing them that telling him just lead by example and yeah, there's just, there's so much benefit to it, John, like when you're running, you know, as out there and even my energy figuring out how to maintain my energy through consistent nutrition and stoking that fire if you can. I have more energy in anywhere.

Speaker 1 ([19:17](#)):

Yeah. I just feel like over the last 200 years have become pretty soft. [inaudible] I don't want us, it's fine to careful how I word this, but I just think we're capable of. Okay. I mean, think about it. Like 200 years ago, man or woman had to move, pack their family up on a horseback over the mountains and it's in a buggy if they were lucky. Yeah. But now we have climate control suit on demand. Yeah. Everything's at our fingertips. We don't really have to work to survive. And for that reason we became soft and complacent. For me. I'm not okay with that. I want to be tough as nails. Yeah. How do you think this has impacted your, your family and what I'm getting at is I know your nutrition might've changed. Did your families change as a result of it? I know you were running more. Did you notice your kids running more or did, how did, um, how else did this impact your family in a positive way? Oh, again, it's really probably started with my wife, right? She's, she was the runner before thought about it. And so she's, she's vegan. There's vegan where eat no meat.

Speaker 1 ([20:32](#)):

No, it's no dairy, no meat. Okay. She's a vegetarian. She's doesn't meat. She eats very clean. I shifted a little bit after watching game changers and kind of came back to me, but I'm definitely a lot more plant based. Yeah. And I'm aware of do you guys do gluten? I try not to. It's hard to avoid, you know, my body, my ring finger like swells up. Like I can tell because I had a piece of bread. And so that tumeric, I assume, right. It's the biggest game changer. My nutrition because my body, like I literally cannot run after a while cause the pain is so bad. Yeah, it's wild. Yeah. That was a big one for me when I said I was geeking out earlier. You're talking about inflammation. I always thought inflammation is what old people talked about. Maybe it is the reality is 44 now.

Speaker 1 ([21:25](#)):

And it was probably a year or so ago I realized I couldn't stand up and put on my sock anymore. Like I literally couldn't lift my leg up enough to put on a sock standing up. And I thought, Oh that's not [inaudible] and, and thanks to my dad, my dad's actually, you know, in his seventies and just got his black belt, super healthy, you know. And he says he still challenges himself to put his sock on standing up. Like that's his, one of his benchmarks. One of his measurements for keeping attuned body. I mean he's, he looks amazing. Like, it's incredible for the guy in his seventies. But for me this was a big [inaudible] over the last year was dealing with inflammation and recognizing that this isn't just some, you know, crazy thing to talk about. It's like it's a major factor in how I feel and perform and taking gluten out. And would you agree with this? That it's not really gluten that we're, uh, having a problem with? It's the glyphosate on the gluten. It's the, it's the toxic nature of the gluten. More so because you hear all the time people say, when I go to Europe and I eat bread there, I don't, I have a problem. But in

the U S I do you hear the same thing? Yeah. And I believe that's it. I think you listened to that podcast with dr Jeb Bush. That is so spot on. Zach Bush. Zach, what was that?

Speaker 1 ([22:45](#)):

I'm hyper aware of it because of the, the intense I'm putting my body through. When you're running a 20 mile day, you can tell based on how, what kind of food you had the night before, how your body works. Not like my running partners can get mad at me because our four hour runs were turn into six or seven hour runs because I decided to have a piece of pizza the night before, like my body [inaudible] it would lock up. Do you mean it would be the worst pain in my Achilles tendons ever? Yeah. I couldn't figure it out. I finally would realize it. Even something like I had pizza instead of I had a gluten free cross and I was able to run the next day. Right. Not the best alternative, but it's a step in the right direction. But once, buddy, I'm telling you once I started taking the tumor, Dawn. Yeah, yeah. It's awesome. All right guys, I want to take just a quick second to talk about something really important now and know you're listening to the show because you want to level up your game at home, but if you to take the next

Speaker 2 ([23:46](#)):

step within front row dads, I want you to do something today, which is text the words front row dads to three one four six, six five one seven six, seven three separate words. Front row dads. It's not case sensitive. I want to send you a few things right away. First I want to send you a recording from a masterclass that I recorded with my good friend and author of the miracle morning. Howe L rod is a father of two amazing human beings and we recorded a show called the five habits of a front row. Dad, I want to send that to you because I think it is well worth listening to. Second, I want to give you 45 minutes of a mind blowing conversation that I had with a woman named Kim and NAMI and the show is titled have better sex, hugely popular. This will rock your world and likely your spouses as well.

Speaker 2 ([24:29](#)):

But I want you to have access to this information. Number three, I want to give you access to 1300 other front row dads inside of our Facebook group where you can ask any question, share any win, and give any resource that you think would be valuable to the community. And lastly, I want to include you in one email I send out each week. It's short. It's to the point and I pull from my life experiences along with the insights for more than 135 members of our brotherhood. I want to give you the best of the best in each email. So all you have to do is just text the words front row dads to (314) 665-1767 and we will get you started today.

Speaker 2 ([25:08](#)):

My wife started giving that to our dogs too. She started feeding our dogs raw meat. Like literally, it's like raw frozen meat on a Patty. We pull it out, defrost it, the dogs eat it, she sprinkles turmeric on it. It must taste like, but the dogs, you know, their taste buds adjust. Yeah. You know, and what's interesting is what I hear Jeff, which I think is so cool and it's something that we can all be paying attention to is when we challenge ourselves and when we push the limits, we almost dial into tune into these things like inflammation and then gluten and whatnot because it's so amplified in our lives. But then that trickles down into our family cause we're like, gosh, you know, sometimes if you're living a sedentary lifestyle and all you're doing is sitting around watching a movie and you are eating pizza and your body's inflamed and it's crashing all around you, you might not actually even notice it because you're so sedentary.

Speaker 2 ([26:00](#)):

Right? Like if you're not moving it, it doesn't hurt because you're just so still. But it doesn't mean there's still damage being done that inflammation is tearing your body apart over time. So if we change our diet because we want to push the limits and we remove like let's say gluten from our diet, then we remove it from our kids' diet. We give them a better chance. And I think that's how a lot of this ties together. Yeah. Inflammation. I'm responsible for all kinds of disease, cancer, diabetes, arthritis. And if you look at people, they're all there. Puffy. Right. Very evident. Well, it's just

Speaker 1 ([26:44](#)):

[inaudible] awesome to finally have nailed that. No, it took me 39 years. Figure that one out. Right. Good for, good for you, man. Yeah, that's awesome. I just don't, I didn't know was that big of a deal? Yeah. Yeah. Did you listen to a lot of audio books out there when you running? Do you, what do you listen to? Yeah, if I'm by myself, I listen to audio books and then sometimes I'll choose music cause it just gets my mood elevated. That'll get me a faster tempo. But if I had my running partners with me, you know, primarily Chris, my business partner and Molly, my other business partner, well we just talk, sometimes we run out of material. So yeah. But it's good to have that accountability partner for sure. What books have you gotten into over the last couple months? You know, recently for the last six months I've gone pretty deep into metaphysics and a Joe Dispenza, Greg, Brayden, and that kind of material.

Speaker 1 ([27:40](#)):

And it's just fascinates me how, you know, we're six sense four dimensional beings. There's just Oh, another sure wisdom or knowledge or intelligence that we know nothing about with this responsible for everything. Yeah. So let's, let's talk a little bit about that and how it's impacted your, your life at home. What have you been learning from dr Joe? And I didn't recognize the other name that you said, but Joe Dispenza, Greg, Brayden, um, I don't know that name. Yeah, these are like all the original people on the secret. Right. And they just talk about the quantum field and how everything resides in the quantum. If you're able to plug into the quantum field more regularly and download the information, you can manipulate this reality. What's your thoughts? And that's through intuition is through instinct, is listening to the voice within and, and really connecting with your soul, right? [inaudible]

Speaker 1 ([28:41](#)):

and you can do that through meditation. You can do that through plant medicine running. I think when I'm running and pushing myself too, a level of where my body really hurts, the filters come down and I get a connect list. My essence, my soul. There you are. Where you been in the last 39 years? Yeah. Do you, do you talk to your wife and kids about this? Are they into the dr Joe the meditation, this quantum field conversation? Yeah. Yeah, for sure. Now, how do you bring it up with a two, six and eight year old? What does that look like? Well, you know, there's books, the book of Sarah, it was written by Abraham and Esther Hicks. You know, the law of attraction and those, there's some really good books. They're like a children's stories regarding, you know, the law of attraction and how that works.

Speaker 1 ([29:34](#)):

You know, the children already know. You ask them, Hey, what do you want to be when you grow up? There's no limitation. They're little manifestors. You know, even in the Bible he says what the pathway to heaven is. It'd be like child life. And so when you're happy and you're in a beautiful, joyful state, life happens for you. They create everything they want, they're plugged in. But what I feel may happen as

we get into this traditional education where our ability to dream gets knocked out of us and we learned to be realistic results of the averages. And then we go through this journey in life to where we kind of, I don't want to say awakened, but we realize who we are, that we're spiritual beings. Having a human experience and that we're actually capable. Anything. There is no limit. It's fun to dance with that and test that and play with it.

Speaker 1 ([30:26](#)):

What does your spiritual practice look like right now? Well, it's meditation. It's connecting to the voice within connecting to God's source, however you want to call it. Right. Gotcha. I run [inaudible], went to the jungles and done that plant, man. Edison. Okay. I've done it. All right. I don't know. I'm always just learning. I don't, I don't, I don't normally ask this question, but I just feel like, well, first of all, we're really close. I should say that too. They're like, Jeff and I are good buddies, so I could go there with you. But like, I just think like, Oh, what question would I ask you if it's just you and I shooting the shit on a walk sometime, you know? Or on auto run. It's like, what? What role does religion play in your life right now and would you call yourself a religious? I wouldn't say I'm religious.

Speaker 1 ([31:14](#)):

Right. I think religion is a way for humans to try and explain the unexplainable. Yeah. Right. I mean I go to a Christian based church yet, and this may be controversial, but it seems like all religions are talking about the same thing but speaking in different language. Yeah. And then they're fighting over which story is right. Which versions. Right. So my religion if you will, is just my direct connection to source, my direct connection to the voice within what speaks to me. And the more I can connect with the voice within, the more I can get into the meditation. I could slow down and just listen. Yeah. And be guided by feelings, my intuition. Great. Easier and funner. Right. I've been feeling this whole last year or two that I'm so much more attuned to what I want, you know, to what I need and I'm not afraid to ask for it or, or schedule it in my life.

Speaker 1 ([32:17](#)):

I feel so much more. Okay with [inaudible] quiet. Yes. Right. I guess thinking about that the other day, like I don't need music like I used to, I remember riding in the car with my parents and there would be quiet. I would be out of my mind cause I'm like turn on the radio and my dad's like, yeah, I just want to go to church with my dad. And I never him saying that like we're just going to just, yeah, we're just going to listen. We're going to just enjoy this silence. And I was like, what? Dumb ass.

Speaker 1 ([32:50](#)):

Yeah. Now at 44 I find myself just appreciating silence at so much more than I ever have. And largely because I'm trying, I spent a lot of time trying to consume so much. Yes. Right now I am really interested in what message is within me that I can't hear cause I'm so busy listening to other shit. Mmm. Yeah. I feel that. I feel that so deeply. One of my, my buddies, Jesse elder and mentors, if you will, he just took all of his personal development books, donating them to the library. It just went within and we are hit with so much information. You're, you're spot on. What are we missing? [inaudible] right. And in addition, like death is something that fascinates me and not that I want to go there, but the more and more I learn, there is no transition to somewhere else. I also leverage it for me to take big risks.

Speaker 1 ([33:53](#)):

Like I was talking to someone the other day and they're going to invest in, they're afraid they don't have enough money, how they're going to do. And I said, look, you're going to die. So what do you mean? I said, someday you're going to die and it just doesn't matter. [inaudible] this time we have right now is just a little Nick and Aternity. So why not just go for it? Yeah, right. I mean put it all on the line. If it was big deal, like you get back and up [inaudible] okay, okay. It's not that bad to fail. Say go for it. And on the book, the request of the dying, their number one regret is not going chasing that dream, not going after it. So I, I leverage that too.

Speaker 1 ([34:35](#)):

Yeah, definitely. So let's talk about that for a quick second. Talk about the future. So we know that you've got a 200 miler in front of you. What else is exciting you right now? What are you, what are you dreaming about? What's calling to you? I love to play, you know, I'm excited about summer. We're going to have a lot of fun just playing with my family, going on an Epic adventure. Okay. You know, really what excites me. Absolute freedom, being able to do what I want whenever I want, and just go in and have fun. Be a child. Right? And so there's 200 miler. I'm excited to learn how to get through that because it's going to be four times tires, a hundred I already, it's weird because I'm writing the hundreds, hi, I hate this. I don't even know why I'm doing this. And then two days later I'm like, all right, where's the next one? Right. And I'm already looking for him quick little 50 K I'm going to go run a couple of weeks. Right. I just love getting out in the woods. I love getting on nature. I love it. Pushing myself and seeing what I'm capable of. I love time with my family.

Speaker 2 ([35:38](#)):

I love to play luck on motorcycle trips. What kind of bike are you riding? I got a BMW 1200 and then I have a BMW. GS. Yeah. Are you a big fan of the, uh, the long way round. When I bought my BMW, Jon Bergoff was like, you need to buy a GS 1200. I don't even know what that is. I bought my bike and then I watched the long way around. What's it called when you yeah, yeah, my daughter. And then all of this three months, six months, all I can do every day as I'm on Pinterest Googling these GS, 12 hundreds [inaudible] I've been obsessed with them. So I bought one four weeks ago. Dude, that's awesome. I gotta send you a picture of Bergoff and I sitting on that bike, I dunno if you've mentioned this to you, but when that movie was out, he had a BMW and would ride it a lot.

Speaker 2 ([36:42](#)):

And we talked about doing a tour together where we would ride and we would talk and we'd record podcasts from mikes in our helmets and we would just have these Epic conversations and see the, and see the country or some other country, uh, along the way. But, you know, I think that no, it's kind of cool is that if I'm looking for, I'm looking for the theme here, if I'm, I'm always asking myself like, Oh, I love the fact that so many people are listening to this show and that so many people are, I love getting the messages where they're like, that changed the way I think that changed the way my family's operating, whatever. Like I love that. I also love the fact that I get so much out of these shows, right? Like I walked away and, um, you know, I've always feel inspired and connected and just like you're helping me raise the bar in my life.

Speaker 2 ([37:30](#)):

And I think that, you know, watching that movie and having that conversation with Bergoff where we dream, where we have an adventure, it to be in pursuit of, I started reading wild at heart this morning, John Eldridge, right? He says in that book that every man needs a battle to fight an adventure, to take an

a and a beauty to win or something to that effect. You know, it's this idea that, and he actually in the, I'm just starting the book, but he talks about how, you know, a lot of books for men he felt were missing the Mark. But this is a guy who's very spiritual, a Christian Guy who was like, we are, when you walk into churches, you, you look around and you see the men and the men that the churches sometimes saying is like the good guy. The nice guy is a guy who's really bored, right?

Speaker 2 ([38:19](#)):

It's not the guy. He, uh, he thinks that they're missing the Mark there. That in some ways organized religion or Christianity is sort of beating the man out of the man, you know? And that what he thinks is, it's not about, you know, all the words that we talk about with responsibility and presence or duty and all these things, which are great words. Nobody's saying those are horrible things. But, uh, and he's not saying they're horrible things. He's just saying that we're missing this Mark with men sometimes and with our boys, with raising boys and any type of masculine energy. This isn't just about boy and girl, but you know, for men in particular that he's wrote this book for, it was like, we need an adventure in front of us always. And the more that we can scoop our kids up into that adventure, our families, our wives want to be taken on an adventure.

Speaker 2 ([39:07](#)):

I talk about that. A couple of years ago I felt like my wife and I were going possibly get divorced. And one of the things that I realized was I became too practical. I became too boring. I became too organized, you know, and, and that, and I needed more spontaneity. I needed more like who I used to be in my twenties a little bit back in the relationship. Not that I want to go back to being 20 years old, but to reignite something within me. Yeah. Anyway, I just want to say thank you to you for choosing the adventure. Thanks for sharing it with the front row dads. Thanks for being a strong leader in your family and in your community and doers. Better people for, for being in your presence. Think I owe you a lot to it as well. You inspire me too. Start this journey right when I first met you is 37% body fat, 196 pounds.

Speaker 2 ([40:00](#)):

I didn't know much about girls, right? So she didn't know it. Some of your DNA is in this sickness I have of running, so thank you brother. I'm glad that God, that it all intertwines somehow. I'm so glad to hear that. Hey, real quick, Jeff, I know we're going to wrap here and uh, and get about our day, but before we go, man, can you take a minute and tell anybody out there listening why you chose to join front row dads? You're so busy, you've got this incredibly successful business and real estate. You've got your family, you've got these adventures, you're not short on friends, dude, you've done all sorts of incredible things. Platinum partner with Tony Robbins and like all these things, right. You know, and, and I'm asking that because we are going to open enrollment three times this year, one in March, one in June, one in December.

Speaker 2 ([40:49](#)):

So March 4th is our next open enrollment. For anybody out there who's thinking about whether or not they should step up and step into front row dads, what's your story? You know, not even advice to them, but why did you just join? Yeah, man, you know? Yes. If you were to strip everything down, right? [inaudible] what's really important in this, it's your relationships with your family, your wife or your children, your friends and most importantly your wife and your children. Like I can lose everything. It doesn't matter. My wife and children are non negotiable. I appreciate the fact that you've created this. We have men that really focus on what is most important

Speaker 1 ([41:33](#)):

in life and that is our lives and children's

Speaker 1 ([41:35](#)):

children. And it can easily be neglected if we are not intentionally focusing on them because we can get addicted and wrapped into the business chasing squirrels. So I just, I appreciate the fact that this cocoon, if you will, keeps me grounded on the most important thing in my life. Yeah. That's why I think people should join it. Yes. It focuses on why we do everything that we do. Yeah. Thanks brother. I appreciate you saying that. Anything else you want to mention to the guys, including where to connect with you if they, if you happen to be in the, in the Northwest, where can they track you down or online? Yeah, hit me up on Facebook. I'm pretty active on there. Do I need anything? Reach out and just sure. Whoever's watching. I really appreciate the opportunity to hopefully serve you and give you some ideas on how to expand. I want to know how many marathons are going to be done as a result of this.

Speaker 1 ([42:36](#)):

Dude, well, I'm excited to hang with you in April. It's going to be great to have you at the retreat. That's going to be a really great group and I'm excited to have you there and, and hang out with you a little bit. Uh, if you get a chance to come in early, by the way, we're doing like a family day on Monday. Yeah, that's going to be great. Awesome man. All right Jeff. Hey, thanks buddy. Really appreciate you. Um, anything else that you wanted to say? Anything we missed? Anything? Well, yeah, I think we covered it all. Cool. Thank you for allowing me to have this conversation with you. It's always, that's always great. Let's chat again after in September, right? We'll follow the adventure. That's cool. Yes. All right buddy. Much love. Thanks for being here. Thank you.

Speaker 3 ([43:17](#)):

Hey guys, if you haven't already done so, go right now to [front row dads.com/facebook](http://frontrowdads.com/facebook) and join the conversation that's happening right now on line. We designed this group for guys who are entrepreneurial in their thinking that are high performing guys with low egos. We're looking for the dads that believe in teaching their kids how to think, solve problems and be real leaders. We're looking for guys who believe in being family, men with businesses, not businessmen with families. We're looking for the fathers who have great knowledge but also believe that they have so much more to learn and we're looking for men who want to add value by sharing their wisdom and those that are willing to ask the questions that we all need and want answers to. That's [front row dads.com/facebook](http://frontrowdads.com/facebook) or simply go to Facebook, type in front row dads and you'll get to our group and what we put in there links to all the podcasts and videos and other resources that you can't get access to anywhere else except for in this group. We want to give you the best ideas to help you with your marriage, balancing work and family life communication strategies with your spouse and also your children, travel ideas and even suggestions on the latest gear that would save you time and help you be more effective. We've got updates on upcoming and so much more. Go right now to [front row dads.com/facebook](http://frontrowdads.com/facebook) and join the conversation. I'll look forward to connecting with you there.

Speaker 4 ([44:45](#)):

[inaudible].