

Jon Vroman ([00:00:02](#)):

Gentlemen, welcome to the front row dad podcast. While it's common to hear men say family first, most guys are working long hours and finding it really difficult to juggle all the priorities on this show. You're gonna hear unscripted conversations with guys who are as committed to winning at home as they are to winning at work each week, we're gonna share new conversations, digging into the strengths and the struggles of guys, just like you and me to help us level up our dad game, strengthen our marriage, succeed in business and stay healthy along the way. If you're new to the show, I'm John Broman, married to the free spirit known as Tatiana father of two boys tiger and ocean and living in Austin, Texas. Let's get right into our next conversation.

Speaker 2 ([00:00:02](#)):

Jon Vroman ([00:00:47](#)):

Front road ads welcome to the show today. I'm talking to my great friend, Josh Trent, he's the founder of wellness force media host of the wellness and wisdom podcast. He also happens to live here in Austin, which means I get a chance to see him in person from time to time. I've known him for years. He's uh, brilliant mind kind soul. I know you'll enjoy this, uh, conversation with him. We're talking about a lot of things, but a big theme was this acronym that he shared the halt H a LT stands for hungry, angry, lonely, and tired. And we're gonna break that down in great detail. I think he said he got that from the AA community. We're gonna talk about why being a bridge might be a better way to look at things than being a rock, which we oftentimes hear the pros and cons of tracking tools like the aura ring, Fitbit glucose monitors.

Jon Vroman ([00:01:27](#)):

What is the emotional inventory process and why don't we celebrate loneliness? We're gonna talk about all that and a whole lot more during this conversation. Let me give you the rest of his bio here. Josh has spent the past 19 years as a trainer researcher and facilitator discovering the physical and emotional intelligence for humans to thrive in our modern world. The wellness force media mission is to help humans heal mental, emotional, and physical health through podcast programs and global community that believe in optimizing our potential to live life. Well Josh's life is dedicated to supporting humanity coming together as one. And in fact, as I record this, I think he is on a 10 day vision quest. And if you don't know what that is, you should look it up. It's intense guys. One last thing I'll say is that if you're enjoying the show, let us know about it. If you can leave us a review, it helps us tremendously. We want to continue to expand our podcast, go to [frontward ad.com/review](http://frontwardad.com/review) and let us know your thoughts and feelings outside of that. Guys, we're gonna begin here in this interview where I'm asking Josh about why he he's renaming his podcast. Enjoy the show guys,

Josh Trent ([00:02:33](#)):

True power comes from peace and that word wellness force. I realized that in 2015, when I started podcasting, it was coming from like a white knuckling of forcing. And so as I've gone through a death and birth process and becoming a father and becoming a guardian of other life that I'm responsible for, there is a zero tolerance for anything inside of me that I'm saying that isn't true. And so that's why wellness force is now gonna be wellness wisdom, because I really feel like wisdom is what we're all looking for. And I wanna be trusted. I am trusting in myself. So that's why the power that I have now is different as a father. I'm sure we all can relate to this. Like when you're a father and you're embodied,

you feel much more powerful. You don't feel like you have to so much. So wellness force is now wellness wisdom

Jon Vroman ([00:03:22](#)):

That great. Where else have you changed your mind?

Josh Trent ([00:03:25](#)):

I've changed my mind in a lot of different things about the feminine, about women, about what it means to be a father. You know, the, the archetypes, the identity of, of truly what is an embodied father? What is an embodied man? And course I'm speaking from a heterosexual, right? I'm sure there's lots of dads in the world that they identify with. Maybe they love a man or however people wanna identify. I think that that inside of us, John, I used to, I used to like intellectualize this, I would say, oh yeah, being an embodied father, being an embodied man is about balancing the masculine and feminine inside of yourself. But I never really understood that until I was taken to the edge of my patients, to the edge of my, my, where I thought my mind could handle with, uh, Novas birth. And just with all the things that I've gone through in relationship and expanding with, with my woman care. So I would say definitely like how I identify with the feminine and myself. I've had to look at that differe. And then also, how do I identify as a partner with a woman and how I see women and letting go of a lot of limiting beliefs around women,

Jon Vroman ([00:04:28](#)):

Where have you been pushed to your edge? What does that even look like? Or what took you there? And what is, what is the edge?

Josh Trent ([00:04:35](#)):

The edge for me is another thing that's gone through death and rebirth that that is the preframe to the answer for your question is that I used to think wellness was a square or a quadrant. I used to think that being well and being balanced was to the degree that I'm full in mental, physical, emotional, and spiritual. And now I realize that it's actually a Pentagon because Financial's missing. And one of the guys in your group, we did a, in a beautiful podcast, Justin Donald, and we talked about how the wellness quadrant really for all men really needs to be a wellness Pentagon. And so for me, in order for me to constantly fill those five sections of the Pentagon, my edge exists with how much I'm pulling Chi or pulling energy to fill those different buckets, to fill those different areas. And more importantly, where am I out of a, what am I stressing out about?

Josh Trent ([00:05:23](#)):

That's wasting energy. What am I experiencing in life? We had a very challenging birth story and, you know, out of respect to, to my partner, I can't go into detail about it, but it really knocked us on our and being in the NICU for 10 days and, and going through a lot of stress with sleep deprivation as a father, walking him, the house, having him, you know, I'm a first time dad. So learning about the, the real, not just uncomfotability, but the true attack on the physiology that we experience as new dads. Totally. It is surreal. No one can ever prepare you for it. You could read it in a book and I have tons of dad books, you know, but, but you'll never actually know what it feels like and how you will have to rise to an edge. You didn't even know existed until you start going through weeks, even months of consistent sleep deprivation and, and the science.

Josh Trent ([00:06:16](#)):

I actually, since you listened to the show on wellness wisdom with, with Dr. Loran, when we are not sleeping, John, and we're not getting enough deep sleep, our brain is swimming in its own excrement. And that's kind of a powerful thing to, to, it's kind of a gross thing, but it's true. We have these glymphocytes these cells, these divisions in our brain. And when we sleep this, these lymphatic channels get cleaned. Part of why we deep sleep is that we clean our brain. So the answer to your question is showing up with a dirty brain from excessive stacked sleep deprivation was the greatest edge I ever have faced. And, and actually still sometimes continue to face as a new dad. As, as a first time, dad, you, you don't know who you are until you've gone through sleep deprivation. And then also since you've increased your responsibility in those five parts of the Pentagon, for sure,

Jon Vroman ([00:07:08](#)):

Dude, several things showed up for me as, as you shared all that. And thank you for opening up and talking about what's not going well. Cause from the outside, looking in, dude, a lot of things going great for you, you know, and that's, and that's a, that's good as it should be. There are, are a lot of things going great for you, but it's, it's easy to miss sometimes what you don't see behind the scenes where you're fighting through a lack of sleep. And then the byproducts of that, what happens as a result of that? So a couple things, one, we talk about like the things we thought we knew about parenting before we became a parent. You're like, you can't read that necessarily. You have to go through. Nope. I, I love, I had somebody come to my house few years ago and they didn't have kids, but I remember they tried to give me advice about raising kids.

Jon Vroman ([00:07:46](#)):

And I was like, I was like, oh, trust me. Like, I understand I'm not even angry at you cuz I had a lot of ideas about what a perfect parent was like before I was a parent. Uh, a lot of that has evolved after going through it. Number two is I think that, well what helps a lot to men when they're younger to get where they are is burning the candle at both ends pushing the boundaries. I think about times where, you know, I was doing these ultra marathons, but ultimately I was doing them ultra unhealthy, you know, so many of like my victories were done in such a, an unhealthy way. And the, the longer that I'm here experiencing life, the more I realized the power of the pause, the power of rest and just understanding how to measure twice and cut once and just be a little more intentional and not so well, I'll just, if I don't have an answer, I'm just gonna stay up all night until I find one versus you know, which is what I used to do.

Jon Vroman ([00:08:36](#)):

If I was ever behind on work, I'm like, I'm just gonna pull an all nighter and uh, uh, and then I'd wake up the I'd come out the next day and I'm like, oh guys, I discovered something great. If you're ever behind on work, just stay up all night. And by the way, it's like, I remember bragging about how I'd go out. I'd I'd, I'd be up all night. And then the next day I'd run 13 miles. That was great short term. But long term I was, I was crashing until I had the charity and the business, the front row dads and the speaking. And my wife is like, you're more of a moment maker for the rest of the world than you are for our family. And I was like, you know, those were the type of like, so I handed off the charity I handed, I stopped speaking and now for Rhodes is my only mission.

Jon Vroman ([00:09:16](#)):

And now I try, I, my badge of honor that I wear is like my sleep score on my aura ring. You know, it's a, it's so interesting how, what we care about, what we measure, because the other thing I'll say, Josh, and I'm, I'm curious about how this lands for you is emotional intelligence. Cuz you strike me as such a grounded person. The thing that most people know if they've listened to my show for a while, is that that's the thing I've struggle with the most. So I'm, I'm, I'm a super nice person. I am in my heart. I love people. I love my wife. I love my kids, but dude, I have lost my over the years. And a lot of it was because I was just burnt. And like you said, if I wasn't sleeping well and I was, my brain was, was garbage. Then what was coming outta my mouth was oftentimes garbage. So my question ultimately, as a follow up to the that is did you always seem so grounded and centered and I, I have a hard time picturing you losing your mind, but do you struggle with emotional intelligence in that way of like keeping your emotions in check and not, you know, I,

Josh Trent ([00:10:09](#)):

I struggle to the degree that I am tending to a very, very powerful acronym that is no in the AA circles. I've never had like an alcohol addiction. I've never done AA, but I'll, I'll say this, like there's so many layers to what you just spoke about. Like literally what you just said. We could unpack the physiology, the psychology for quite some time. So cut me off if I'm going

Jon Vroman ([00:10:32](#)):

To no, this is good cuz

Josh Trent ([00:10:33](#)):

I really wanna, I wanna speak not only for, for, from my experience, but also I know that when I'm sharing this, I am 100% confident that there is a dad watching or just a man watching that maybe hasn't gotten to this point yet or doesn't have the awareness of this. And that's my intention with sharing. Like that's my pure intention. What I'm gonna say is it's H a L T it's called halt. And if you're hungry, if you're angry, if you're lonely or if you're tired now, those are very base things. If you look at Maslow's triangle, like at the bottom of the triangle is like safety, security, then there's, uh, procreation. Then there's meaning then there's service to others. So it's this, you know, a very, very specific triangle at the bottom of the triangle is angry, lonely, tired. Hmm. If I am experiencing one of those, uh, pieces and I'm going through, like, let's say I haven't eaten all day.

Josh Trent ([00:11:27](#)):

Well then yeah, I'm gonna be more edgy than when I'm nourished. If I'm angry because I have not taken the responsibility to sit down and do an emotional inventory practice or be with my self and meditation or breath work and really feel my anger and process my anger then. Yeah. I'm gonna project that onto my partner and other people. If I'm feeling lonely, this is a big one, John, especially for men for so long, we were taught to be quiet, be Gary Cooper and be John Wayne. You know, we don't need to show emotion. We need to brace. We need to be the rock for our family. Well, I disagree. I think we need to be a bridge for our family. I think we need, I think a bridge pivots, but it always is strong. Or you could use the metaphor of an Oak. We need to be like a bridge or an Oak instead of a rock rocks sink in the water rocks are actually very fragile.

Josh Trent ([00:12:13](#)):

If you crack a rock in the right spot, it'll split right in half, not the same thing for a bridge or an Oak. So the last one is tired and we talked about this with sleep deprivation. So when I'm really tired, my brain is

swimming in its own excrement. And so of course I'm gonna project some of that experience onto my partner or the people. So the answer is like threefold to your question. Yes, of course. I still struggle at times with emotional intelligence, but I'll tell you what I am so mindful. And I am so focused on making sure that my ha and L and T are fully integrated, fully processed, fully nourished for that. I don't project that onto my partner and I can look back and, and see a lot of the set in my month of a seven months of Nova's life.

Josh Trent ([00:12:56](#)):

A lot of the times where I was snappy or where I was projecting was because I was not aware of, or I had let my hunger, my anger, my loneliness, or my tiredness, uh, create a story in my subconscious mind. And this is the, the last part of the, of the answer for your question. The, the third layer of this is really like what's going on physiologically in my body. That creates a psychological story. So physiologically my brain is experiencing less synaptic connection, dendrites and axons. Aren't functioning properly, cuz they're swimming in their own excrement. The channels are not being cleaned. I am going to have a harder time and making rational decisions. I am gonna become more overwhelmed, more easily. So there's a physiological process that's happening. And then my mind to protect itself, you know, and really what it is John is it's the ego.

Josh Trent ([00:13:46](#)):

We don't, we don't wanna be wrong. The ego does not wanna be wrong. The ego has two jobs be right and be safe. And so if I am of course, a lifelong journey to integrate my ego. But in those moments where I'm triggered, where I'm experiencing H a L T and I'm under a physiological load to the degree that I am honest with my partner or honest with whoever I'm in the room with about what I'm experiencing, that's gonna take away all of the tension. It's gonna cut any and it's, this is the big one. It's not going to permit. It's not going to allow me vulnerable communication with my partner, with my friend, whoever I'm with vulnerable communication is what takes away the physiological experience that projects a psychological story onto someone else. In other words, if I'm experiencing H a LT, my, my ego, my mind, if I'm not careful will create a story that it's my partner's issue as to why I feel the way I feel, therefore I need to be angry at her, or I need to be angry at my friend. Cause I'm experiencing a physiological come on,

Jon Vroman ([00:14:47](#)):

Man. Nobody's ever blamed their spouse.

Josh Trent ([00:14:50](#)):

So, so there's a physiological condition that creates a psychological story. Yeah. Yeah. And of course there's a layer there too. As many much of our conversation will have layers. There's a processing of trauma and a way of being that we show up as that also is part of the recipe to how we get angry and get upset and, and are emotionally intelligent with our partner. So it's, it's very nuanced, but at the end of the day, it's a story that we create that it's their issue and we need to be angry with them. Sure. And really it's about us nourishing our H a LT.

Jon Vroman ([00:15:20](#)):

So let's talk about, and I don't know if we'll be able to get through all of them, but I naturally wanna say, all right, hunger, right? What do you do to pay attention to this? What is regulating your hunger look like? You know, some guys are like, I'm intermittent fasting, I'm hungry all the time. Or other people are

like, nah, I just don't experience hunger pains at all. What are you eating? How often are you eating? What are the cues that say, Hey, I'm about to get hungry or there's benefits of being hungry in and of itself. So yeah. Walk us through that one a little bit about what are the solutions look like to keep you on track or get you back on track?

Josh Trent ([00:15:56](#)):

This is huge because the first part is we have this mechanism in our body and it's the, the satiety mechanism. So we have a hormone that's secreted by the lining in our stomach and also in our system of digestion. And it's called leptin. Leptin is a hormone that's released that signals the brain that we're full. Ghrelin is a hormone that's released when the stomach lining shrinks. And when our blood sugar drops ghrelin is released to signal our brain to eat food. So the ghrelin leptin axis that normally would be functioning perfectly when people are jacked up on too much caffeine or when they are sleep deprived, especially it throws that seesaw that that synergistic mechanism, it throws it out of the window. Science has shown that I think it's upwards to 350. I would be surprised to say, it's probably more like 500 extra calories are eaten in a day where you don't get enough sleep and that's because your ghrelin increases and your leptin decreases.

Josh Trent ([00:16:54](#)):

So that's the first frame. Cause remember we talked about the, the physiological experience, creating the psychological story. Well, literally the reason that, that you feel hangry or that you have trouble regulating, am I hungry or am I just nervous and wanting food is because of this leptin ghrelin seesaw. So how do we care for the leptin ghrelin seesaw, especially as busy as we are, we make sure that we're spending time breathing and checking in, as you know, breathwork is, is something that I've been involved with in studying since 2016. It's the only leverage on we can pull that allows our, uh, autonomic or our automatic nervous system, which by the way, digestion is part of that. It's the only lever we can pull to modulate our stress. And a lot of times when, and I've known this because I, I used to be 280 pounds at one point, a lot of times what many people that are driven to extra food or driven to extra calories are experiencing is a mismatch between leptin and ghrelin.

Josh Trent ([00:17:48](#)):

And then of course, really what that's created by is, uh, unprocessed trauma or too much stress, having so much stress that the mind literally just needs a calming or, or, or a grounding. And so that's the first part for everyone to get honest about is, okay, do I even have an understanding or do I have an intuitive practice that allows me to feel when I'm hungry to actually feel physically when I'm hungry? Or can I be honest with myself and be aware that right now I'm eating because I'm nervous or because I'm anxious, there's an intelligence there that, that gets sharpened over time, but it can only be practiced if you care enough to be aware of it. So in other words, you literally have to put in your, or use an app. There's so many different things you could use to, to put this awareness in front of your face.

Josh Trent ([00:18:34](#)):

So that's a focal point for you. But the number one thing I would say is if you can do six deep breaths and we did this before you hit the red button, if you can do six circular breaths, two second, inhale four second exhale. And at the end of that, if you calm yourself for a minute, so we're talking like a two minute practice here and you still feel the sensation of hunger and you notice that your mind is not racing well, then you're probably hungry. But if you immediately get up from your desk or get up from your workspace and you go to the food and you notice you're not breathing, it's probably more of an

anxiety or depression or an overwhelm thing is no shame in that. But that's the edge of intuition that that's the first part where you start.

Jon Vroman ([00:19:14](#)):

Mm. Can we put hydration under hunger also, is that, can I sure sweep into that category? I wonder how much just even being dehydrated affects people in their mood and their tolerance of whatever's not going well, because they're just not hydrated properly.

Josh Trent ([00:19:31](#)):

Yeah. I mean, I, I, I love these little glass jars. If you're watching on YouTube, wherever this is, I always have glass jars because number one, it's 24 ounces. So I fill it up multiple times a day, so it increases my movement. But the second thing is, is we use a Berkey and the Berkey's really cool because it's the, in my opinion, the best filtration system out there, but people don't know the, this, it strips the minerals out of the water. So you're not getting trace minerals with the Berkey, cuz it's literally pulling everything outta the water. So I use element packets. You don't have to, you could just use salt and lemon, but I use element packets because what you're talking about is true. Yes, we're dehydrated, but actually we're low on sodium. And if you look at some of the shows that we've done, or just look at Rob Wolf's work or, or Dr.

Josh Trent ([00:20:11](#)):

James, I think it's Nito or nickel Latino, just look up the salt fix. That's a really good book he talks about not only is, is the water in our system low, but really it's the sodium. And so sodium as you know, John in a battery, in a car, we're, we're a battery dude. So if I'm low on sodium, then my body's gonna find sodium from somewhere. It's gonna find sodium from food. Maybe it's gonna, I'm gonna crave something salty, right. Or something that may not be, be good for myself. When really you probably just need to fill a 20 ounce glass of water, put some hydration in it, put some electrolytes in it and then wait five minutes. And I bet you, you probably won't be that hungry or go take a walk or just do something to, to get your mind off of the fixation off of the myopic view of I need to eat right now.

Jon Vroman ([00:20:53](#)):

Yeah. I, I, so that resonates with me a lot, especially the waiting five minutes. I remember when I was doing the longest water fast I did was, uh, was about six days. And I remember the thing that happened was I would, I, I would get hungry and then I would just say, I would say, let me just have some water. And uh, cause that's all I could do. And then just get back to work or whatever. And oftentimes it was like, the hunger just totally went away. And it was just, I think I was more inhabit of being hungry than I was actually hungry. So is it the habit of being hungry or, or the hunger and using it as a distraction? It's like, no, this is what I do when I wrap up this part of my day, I eat. So

Josh Trent ([00:21:32](#)):

Yeah, you're speaking truth because there is, there is something to be said about human ritual. Like for example, in the mornings I love an espresso. I just do. It's like my thing, it's, it's a it's I enjoy it, but I don't do more than two shots. I'm never having like three and four and five shots of espresso. And I absolutely never have more caffeine for the rest of the day. That's my nervous system. Y'all can figure out what's best for you, but I love the ritual of that. And of course, you know, you know, the caffeine blocks adenine, so we feel more energetic. And then also it suppresses our appetite. So I'm not getting as much growlin produced in my system, but if I'm not careful, and this is something I have to be mindful of, I

might go till two or three o'clock before eating and my blood sugar's gonna be so low that I'm probably gonna be famish and eat too much.

Josh Trent ([00:22:20](#)):

So what I like to do is I like to really focus on protein, protein, and fat, actually protein and fat and a little bit of carbs. And the very last thing I'll say is for this one, just from a health perspective, Christo Reio is a master at nutrition. She's the founder of the whole journey. She's been on the show a couple times and she talks about food combination. And I didn't know about this till really I would say three years ago is when I started practicing it. When you eat, you need to make sure that you eat your carbs. If you're, if you're doing heavy carbs fruits, especially fructose from fruit, you gotta eat it separately from your proteins, you can do fruit and protein. Like you can do fructose and protein, but you don't wanna have a bunch of carbs and a bunch of fructose and a bunch of protein it's too much for your digestive system.

Josh Trent ([00:23:03](#)):

And essentially what happens is the fructose gets backed up and it starts to petrify. And you have a lot of digestive disorders in that way. So the way it would look would be if you were having a snack or having a meal, you'd have like some chicken breast and some berries. And that would be it. You wouldn't have chicken, breast berries and chips or chicken, breast berries and potatoes right now, if you wanna just have carbs, just have the carbs, but just have 'em by themselves. Like don't eat them with the fruit and with the feel like

Jon Vroman ([00:23:30](#)):

Sometimes intuitively we know this, like you just had some pickles, no don't drink milk or something like that. That just, you imagine these two not doing well together in your stomach. You just went for it. Yeah. Hey, grab this thing here real quick. Speaking of glucose. So my, I had somebody send this to me and I don't know much about it, but like right. This is a continuous glucose blood monitor, right? Or continuous, what is it called? Yeah. Yeah. Okay. There you go. Thank you. Continuous glucose monitor. Yeah. That's it. Have you used these before?

Josh Trent ([00:23:59](#)):

I've used a few of them. I, I don't know what model that is. I've used the,

Jon Vroman ([00:24:03](#)):

Is it useful?

Josh Trent ([00:24:04](#)):

Yeah, it is. I'll tell you where I figured out the food combination for me as well was by watching my spike. So we, we, we've all heard of like the glycemic index of foods where, you know, a banana might be a hundred popcorn, 75. So different foods on some chart that's created says, well, if you eat this food, it's gonna have your blood sugar raised this much, or it's gonna impact your blood sugar this much. But you know what? Science and their grand wisdom has forgotten. Every single one of us has a certain, uh, proclivity or a predisposition to lean a certain way based on a certain food for factors that we don't understand. In other words, you have to just go through the testing process and see which foods affect me and which foods don't from, like a glycemic index totally perspective. So the big one for me, when I used Nutrien actually was the CGM I used.

Josh Trent ([00:24:56](#)):

I loved Nutrien because it gave me real time feedback. And what I found was John, when I would eat like carbs alone, my, I would spike and I crash. But when I would eat like some berries or an apple and some protein, it would be this beautiful rise and this beautiful drop. Yep. And so I learned that right away and you know, what was interesting rice for me, even when I would eat rice and protein, I would still spike. So I knew that rice affected my blood sugar way different than potatoes. It was very, very fascinating because if you look at the glycemic chart, they'd be like arguing with you, but I actually tested it. So I think CGMs are good. Well,

Jon Vroman ([00:25:35](#)):

Why I think this is so relevant is, I mean, look, I, I, I have enough experience now after six years of this front row, dad thing to know that guys have problems losing their. Even the ones that are really even keeled in public, you know what I, their companies and at the church, all this stuff, it's like behind the scenes, I talk to their wives. I know they're like, oh, he comes home. And he's like, ah, the everywhere in the house. And you know, it's. Yeah, yeah. So it's a very different, but so I say that not with, uh, judgment, but both compassion. Cuz I have been that guy many times. Let's be honest. Okay. So, and I've said that for years, I'm never hiding the fact that like this thing I, thing I've wrestled with, what I'm wondering is if somebody did a study, hooked up these dudes to these CGMs, followed them around with a camera and they're like, you lost your at 4:20 PM. You lost your, like what correlation would there be between their blood sugar since we're on still the hunger of halt. Right. I said, I don't know if we'd get through all this. Sure,

Josh Trent ([00:26:29](#)):

Sure. It's very

Jon Vroman ([00:26:30](#)):

Deep. But how much would be correlated to that? If we were that aware and you said it right, there's a consciousness to this and that when we are finally aware of like, oh, I can see that this is happening at this time of day, I can pair it up with the fact that I hadn't eaten or that you know, and, and dude, I've gotta tell you this, Josh, I'm slightly going off topic here a little bit, but talk about like awareness of you. You're a Ora ring fan. Right. I heard you talk about, okay. So I, I love this thing, but I never loved it more than just recently. So here's a little bit of a story. So I quit off golf for three years and then four months ago I decided I would have a glass of wine. And that led to like now I have wine and beer.

Jon Vroman ([00:27:10](#)):

And like, then it was, I was going out and every time it was like, well, I haven't had that in forever. So I might as well have that now. Well, over the course of these four months, I noticed that my sleep monitor my HR V so my body was in stress was just crashing over four months. It was just going down and down and down my heart rate, my resting heart rate at night was going up and up and up and up and up. And so I, what I'm trying to do right now, and the reason I bring that up is I'm trying to look from a, a, a broader view. I'm trying to zoom out on these things in my life and not just figure out how, how I felt today when I did blank, but try to see a wider range of data points in my life to say over a period of time, what is it like on an average?

Jon Vroman ([00:27:53](#)):

My health, my attitude, my weight, my body, the inflammation, all that stuff. I'm trying to see it over a wider range over a period of time. You know what I mean? So I, that, because I think it's important for all of us. Cause you can't do all this. You can't run out and get an no ring and a glucose monitor and be checking all these things all at once. But I think that it's important to probably start tracking something initially and have some data points for this in your life, because I think this makes a big difference to your family in a lot of ways, cleaning your attitude.

Josh Trent ([00:28:25](#)):

Yeah. And also it becomes an external locus of control. If you look at behavior change or, or human psychology, we put an external framework outside of ourselves for internal accountability. And then the goal of that, the absolute goal of having an aura ring or having a CGM or having any tool that you like put on in your body is that eventually you don't need the tool. That's the catch. That's the double edged sword here is that I like right now, I'm not wearing the or ring I'm, I'm just like, I'm, I'm taking a break because I became almost, it would affect my mood the next day, even more because I'd look at my sleep score and I would say, oh my gosh,

Jon Vroman ([00:29:04](#)):

You're supposed to be at a

Josh Trent ([00:29:06](#)):

Nova was up. I, you know, and so we have to be cautious of this. Like there's always a paradox and there's always, there's always another side to the story when it comes to these behavior change tools and a long time ago, you know, I thought when I first started the podcast, actually that I was gonna go into the field of like behavior change and wellness technology. And then the more I, I dove in myself and the more I saw the people that were like the front runners in that industry, the more I saw that they weren't healthy, they weren't happy. They weren't really embodying their brand. And also what I started to notice in myself is that my mood would paradoxically be changed if the tool that I put in place for the external framework of accountability, didn't show me the right data. Mm. And so I, I do think for a short term, 30 days, 60 days, maybe 90 days use these tools make your changes. Really, it's a connection with your soul. It's a much deeper conversation. And I hope we get to the alt man, cuz the H is big, but like alt is really important. You know, let's

Jon Vroman ([00:30:08](#)):

Go, there, let's go there. The only thing I wanna slightly disagree with what you just said and, and we're really good buddies, so I can do this. Please

Josh Trent ([00:30:15](#)):

Disagree, come on.

Jon Vroman ([00:30:15](#)):

Is that for me? The aura ring, the biggest win of it is actually being able to see the year early because I could see that, oh man, in this season, in the summer, it was really high. And then in the spring it was like here. And then in the, I could see like right around October, right around Halloween, right around Christmas time. And being able to watch a 12 month trend was actually really powerful for me. So I'd only say that from a, but you're right. I fully agree with you powerful. Well, because I could see that, like for example, in the summertime, my HR-V was going higher, which I wanted, my heart rate was going

lower. And I'm like, why is that over a, what was happening in the summer? Oh, well dude, I'm, I'm laying at the pool an hour and out of the day I'm

Josh Trent ([00:31:03](#)):

D

Jon Vroman ([00:31:03](#)):

From a, I'm definitely getting vitamin D I'm, you know, it's a different workload for me. My kids are outta school. I'm getting so I can start to try to figure out, well, what is it about that season? That's really good. And I also don't think that means that I have to make the rest of the year exactly like that. But I could appreciate the fact that my summers are rejuvenating in that way and that, Hey, I'm gonna make sure the summer's rejuvenating. Cause I know that when the kids go back to school and the sun goes down and it's a little darker more often that maybe I will feel a little more stressed and like the holidays are tough and I might eat a little more sugar or whatever. So I need to understand maybe the seasons and cycles. So anyway, I just wanted to say that for me, that's been really valuable.

Josh Trent ([00:31:41](#)):

It's potent dude. And to pay you back real quick, I just have to tell you the way that you're doing it is actually the noble way because you're looking at it from a lens of being your own parent. And I know you've probably explored this concept on your show and we've heard it from young and we've heard it a lot. If I can parent the child inside of me, then I can parent the children outside of me with more, ease, more grace, more fluidity. So the child in you, cuz we all have it. We all have an inner young man, right? I don't care how experienced you are as a dad. He is always asking for something, whether it's more rest or more food or more joy or more love or more connection. So I think sometimes these technological tools, these pieces of wellness tech, you have a really good mindfulness about it because you're experiencing it from joy, not from guilt and shame, right?

Josh Trent ([00:32:26](#)):

So your macro view of your years or your seasons is really healthy. Not everyone is like that's right. And I think that's what I was speaking to earlier. If we can have a healthy view of the data and make mindful decisions that maybe just include us noticing we're stressed out, noticing our HIV is dropping and taking a day off and clearing the schedule and like sitting in the park, putting your hands on your heart and like loving your inner child or being with your children then good. Then the date is actually doing something for you.

Jon Vroman ([00:32:52](#)):

Yeah. But I haven't number of friends who got rid of their arming, cuz they're like, I'm just tired of waking up and being like, oh, looks like things were your dear day is gonna be pretty. Apparently. You know,

Josh Trent ([00:33:02](#)):

It's like, I know, I

Jon Vroman ([00:33:02](#)):

Know smash the ring on the ground. Okay. Let's talk about the a, so let's talk about anger, right? That's what are you angry? Is that correct?

Josh Trent ([00:33:11](#)):

Not in this current moment. No.

Jon Vroman ([00:33:13](#)):

Right. That's the question though, is, is in, in that moment, if you're checking in on the halt process, it's what anger are you feeling in your body? Is that correct? Is that the question that we should be asking if we're trying to become aware

Josh Trent ([00:33:26](#)):

A hundred percent and, and look, I know there's a lot of ways that we could describe emotions, but the more and more and more I have guests on the show that their whole business, their whole way of being is emotional intelligence. The more I find that there's anger, sadness, grief, and joy, that's basically it, that's what we experience. And so we experience these things. Anger is a lot more powerful than despair. So if you look at Hawkins has a beautiful scale, it's called the Hawkins frequency scale and he measures emotion and hurts. Hurts is how many times that a molecule or an object move moves. So guess what, John, and this is really interesting. I'm curious what you might guess and what everyone with us might guess. What do you guys feel is the lowest frequency, the lowest human emotion that we could ever experience in this world?

Jon Vroman ([00:34:14](#)):

Contentment? The, the

Josh Trent ([00:34:16](#)):

Lowest, the absolute lowest.

Jon Vroman ([00:34:18](#)):

Yeah. I was trying to think of something that wasn't so obvious, but

Josh Trent ([00:34:21](#)):

Okay, okay. It's shame. Oh yeah. So shame resonates at 75, 200. It's not until you get to 250 Hertz or movements, frequency that you experience courage. But you know, what's about 1 75, 200 is anger. Anger is a sacred vessel that allows us as fathers that allows all human beings to get out out of despair, to get out of depression. And by the way, the opposite of depression is expression. So there's a way to practice sacred anger. That's not ungrounded abusive, hurtful anger. We live in a world right now, men that it really, it makes me sad. And it makes me upset because men are be being sedated. Men are being squished to not be angry, to not express themselves, to be politically correct, to call a woman, who's feeding their child a chest feeder instead of a mother. This is the narrative. This is what we're experiencing in the world.

Josh Trent ([00:35:16](#)):

And so we have to remove ourselves from that narrative. We have to reconnect with what sacred anger actually is. Sacred. Anger is an expression of our consciousness, our being so that we can get out of

depression or out of a lower form of consciousness, a lower experience. And then of course after anger comes more positive things, right? Like courage and fulfillment and acceptance and then joy. And you can go keep going up the ladder to enlightenment if you want. But the anger part is big because to the degree that I'm not aware of my anger, first of all, have the skills to process my anger properly, have a healthy outlet for my anger. That's not deleterious to myself for, or my wife or my children. That's the degree that that category of the H a LT is going to make me create the psychological story that someone else is making my life terrible.

Josh Trent ([00:36:07](#)):

But I have a news flash for myself and all of us. It ain't them. It's you it's me. We're the ones that control it. So the pieces we can go through are threefold. The first is can I at first be aware of my anger and the big one that I talk about quite a bit, man is just taking a journal. It doesn't have to be complicated. You take a journal, you open up that journal. And in the journal, there's two sides of a page on the left side of that journal. You write 10 things that are making you angry, or you sad or making you depressed. This is the most potent simplistic form of, of emotional inventory that any father or any human being could ever take and your subconscious right now is gonna hear it. And it's gonna say whatever, Josh, that's too simple. But my question to you is, well, if it's so simple, are you doing it? Because sometimes the most simple things can be actually the least easy things. So after you do your breath work, after you do your meditation,

Jon Vroman ([00:37:02](#)):

What's anger for you. I mean like what what's making you angry right now, what would be on your list?

Josh Trent ([00:37:08](#)):

Okay. So, or gimme

Jon Vroman ([00:37:08](#)):

A real example. Yeah.

Josh Trent ([00:37:10](#)):

What's making me the most angry. If I'm writing on the left side of the page is why it's so challenging to scale in business. Why is it so challenging for my business to scale? And why is it so challenging for me to remember, to breathe in the moments where my partner's writing a program and that program is either anger, grief, fear, shame, sadness, something, which that's a whole nother conversation. Because a lot of times when our partner is projecting something on us, it's something that they're or feeling that doesn't really have anything to do with us. So the two things that are I'll I'll do three first thing is scaling business. Wait

Jon Vroman ([00:37:46](#)):

A minute, wait minute, I have 10, sorry. Wait a minute. 20. I'm sorry. No, there was 30 things I'm about. Yeah.

Josh Trent ([00:37:53](#)):

So pick the top 10, but

Jon Vroman ([00:37:55](#)):

No, no, go ahead.

Josh Trent ([00:37:55](#)):

That's really. And what else is there? So the way that I do this attunement here to where I'm being honest with you and not, and not bullshitting is I take a, a conscious breath. So

Josh Trent ([00:38:11](#)):

My business also my own personal health, you know, what I'm struggling with right now is even with my son on my cold, my proud and all the knowledge that I have, I'm at times frustrated with what wisdom does my body, or what wisdom does God want me to know that I'm resisting subconsciously? That, that makes me angry at times because I really, I truly, in my core have the desire for humility. Like I think that the big question that I ask God all the time is I say God, as I go through my day, like, please, please. First of all, know that I'm humble and I'm here to learn. And also please grant me the, the wisdom so that I can embody the things that you're teaching me. So can I be humble to learn them? What is it that I need to know? What is it God that I need to know?

Josh Trent ([00:39:00](#)):

And so that conversation for me sometimes works out really good. Sometimes it doesn't. And I find myself reverting back to childhood patterns of frustration and overwhelm when I'm having trouble integrating the wisdom that God has given me. And that's a big one. So that's something that's on my list. So, and the other one is conflict with my woman, which I think we all have this, you know, to be in partnership with a divine feminine woman is, is very challenging at times. And it needs to be challenging because that's the only way we're gonna grow. I think Wayne Dyer even said this, John. He was like, well, if I, if I pray to God for courage, then going to give me, or God's gonna give me it, doesn't have to be a man. It's gonna give me problems to solve. And so if I want wisdom, if I wanna be a wise father or a wise man.

Josh Trent ([00:39:44](#)):

Sure. And it's impossible for me, for my woman to not present me challenge, otherwise I, I wouldn't be wise. So that's how I start. That inventory process is like, all right. And you know, we're doing it in real time. I'm here on front row dads. Like you're asking me like, boom, right. To my subconscious right. To my heart. Like what makes you angry? Like what you off. Yeah. And what me off is the learning curve in business, the learning curve in integrating God's wisdom into my life and also my patience and, and the way that I'm still clearing out debris. I'm still clearing out out of processing and programming from how I grew up as a child, you know, and a lot of men have experiences, but mine was that my mom was manic bipolar. My dad left home when I was really young.

Josh Trent ([00:40:27](#)):

He had a co a massive cognitive dissonance to reality in his own way because of his upbringing. And so because of that, like I have to be extremely aware and I think we all do really. I do. And we all do. We have to be extremely aware of is the trigger that I'm feeling. Is it something that is actually being caused by my partner? And if so, let me breathe and explain to them in a nonviolent way, what I'm experiencing. And then from there also the, that's why I say do this emotional inventory for process. Because a lot of times, if you're having a really challenging time in life, there's a default mode network. And you're just gonna start picking out the negative all the time. Like you said, like I have 30 things on

my, on my inventory that are me off. Well, sometimes it can be really hard to, to write down 10 things on the other side of the page that you're truly grateful for.

Josh Trent ([00:41:19](#)):

And that's why I love this practice because if I do 10 pain and 10 pleasure, 10 gratitude, then I can have the real conversation with a friend like you. Or if I was working you with you and you're my coach. And I would say I did my emotional inventory practice and out of the 10 things that are me off that are causing me the most pain. I circled this one, and this is the one that I'm committed to changing. Like this is the one out of all the 10, I'm not gonna run an overwhelmed program. I'm literally just gonna work with you. I'm gonna admit to you that this one's causing me the most pain. And by the way, John or coach, I'm willing to change that, willing to face that because I'm most grateful for this one thing that I circled. Yeah. And that's the moment share with a coach or with a friend that, that we all need to have

Jon Vroman ([00:42:03](#)):

Fellas, I wanna take a minute and share something personal with you. You know, few years ago at the high point of my professional career, I felt like I was really struggling at home and I knew I could be doing so much better in my, and as a father to my two boys. So I invited 30 guys to get together and talk about how we could win at home. And today the brotherhood has grown and it consists of 200 guys from 10 different countries. And recently we decided to define our core values. What made this community so unique? Why was it growing so quickly and was such great guys? And how do we wanna show up for each other going 'em forward? What type of people would we want to have join us? And this is what we came up with. Our core value. Number one is what we call five wise.

Jon Vroman ([00:42:42](#)):

And this is about authentic curiosity. And here's what it reads. We are humble. Lifelong learners searching for level 10 success within each of our six pillars. We ask big questions and we're vulnerable. When big questions are asked of us, no, no posturing, just a deep willingness to be better. We are grounded in our mission to be family men with businesses, not businessmen with families. We are hungry for wisdom that allows us to connect more deeply. We are conscious of our egos and choose to rise above them, suspending judgment. We wanna see things from a new perspective, aware of our blind spots, facing fears. We see failure as feedback. We choose growth value. Number two, we call this one lead domino. This is about intentional execution. We take massive action. We believe in deliberate participation with full presence. We show up step up and speak up.

Jon Vroman ([00:43:31](#)):

Our calendars, reflect our priorities, making time for what matters. Most decisive focused. We are conscious and calculated. We make moves that are efficient and effective. Creating with confidence, intentional routines and rhythms. We believe in building momentum through healthy habits, aware of our core values. We apply our true strengths and stay in our zone of genius. We are men of our word. We honor our commitment, no excuses, no time to waste all in engagement now. And finally, number three, we call this one rising tide. This is about communal drive. We believe in the power of unified and aligned strengths, creative cooperation, and collaboration team effort. We honor our ethos of engagement to build true connections. Trust. We believe in diverse opinions and inclusive conversations, freely sharing our best resources, helping each other win. We are the source. We believe in community challenges that drive healthy competition legacy and Sevens impact band of brothers. Everyone gives more than they take. We prop each other up through unconditional generosity together.

We go further faster. Now listen, guys, if those values resonate with you and you're considering joining the brotherhood, here's what one of our members has to say about their experience.

Speaker 4 ([00:44:48](#)):

I just wanted to say that one of the reasons that I'm part of front row dads is that just knowing that I'm part of this group helps me holding myself to a higher standard. I started out today saying that I wanted to get involved and outside my comfort zone, even though the language barrier. And I wanted to just thank all of you for being a safe place, to be outside the comfort zone. And also, especially to Josh for holding me accountable. When we were on the team now, and one from the team was supposed to share what we've been talking about. He just pointed at me and said, um, you asked for it. So, uh, this one's on you. And I like the fact that I'm being held accountable and being held to a higher standard. That's why I'm here.

Jon Vroman ([00:45:40](#)):

Look, man, the time is now to pour into your family, no matter how great you are at fatherhood marriage or juggling your work and your personal life calendar, we can help you be better. If you're ready to take the next step, go to front road, adss.com and click join the brotherhood.

Jon Vroman ([00:45:57](#)):

I just wanna say to, before we move on into the next part about being lonely is when it comes to the anger piece, I am fully with you in that it can be really, it can be such a positive thing. It can put up a lot of conversations that need to be created in your life. It can give lots of teaching moments for you and your children. Lots of opportunity to teach forgiveness and apology and a chance for kids, especially if they experience a little bit of your anger or even a lot of your anger that they're going to experience it in the world. And so experiencing it at it's actually like a safe place to see that anger can show up and then it can be resolved and it could be channeled and all of that. But I, I love the idea. If I walk away with just one thing, it's a question that I'm gonna bring to my journal tomorrow, which is how do I channel anger, right.

Jon Vroman ([00:46:47](#)):

Not how do I stop myself from getting angry? That used to be my question for a long time is how do I stop myself from getting angry? But now it's like, how do I notice the anger, feel the anger, and then use that as a conduit for creation. You know, like, Hey, I'm really angry about that. I wanna do something different. I wanna change something. And within me, perhaps within the world, but I'm gonna use that energy. And that force, like you said, that the frequency that could be used as a, as an opportunity to change

Josh Trent ([00:47:14](#)):

Such a good reminder, man. Cause the three things I shared with you that are causing me anger, like they truly are causing me anger. I'm not trying to hide like here we are, you know, I'm in it. Just like all. Yes. And, and the one thing I will share that really makes a difference is having a practice where I go in my garage, I have my sauna, I do my breathwork. I do my cold therapy. I do my journaling practice and my journaling practice could literally just be me on my phone, on my Evernote. Sometimes I don't write. Sometimes I just speak my journal into the phone. And there's always every single day man, every single day, there's always some kind of check in like, what am I really experiencing here? Am I angry about

something? Am I sad about something? And I will honestly say like, that happens every single day, some days deeper than others, but that's an everyday practice for me. Otherwise I'll go insane. Let's

Jon Vroman ([00:48:02](#)):

Talk about being lonely. I wasn't expecting this to be part of it. So why is that such a big piece of the, what does lonely have to do with things

Josh Trent ([00:48:12](#)):

Immediately? What lit up in me was this conversation I had with, uh, Dr. Zach Bush. And he's a very famous medical doctor. He's been controversial but

Jon Vroman ([00:48:22](#)):

He's, he's our most downloaded episode.

Josh Trent ([00:48:24](#)):

Okay. So people know. Yeah. So, so one thing that he said, or some

Jon Vroman ([00:48:27](#)):

Of them

Josh Trent ([00:48:27](#)):

Do, maybe he even mentioned I front or dads is anytime that a cell is operating outside of the synergy. And you know, what's really called the homeostasis of the organism that cancer thrives in that environment. Now, why is that on a cellular level? If something in your body, if a organ, or if a group of cells, or if even one cell within you starts believe, starts to identify either electronically because cells run electricity, or you could even say spiritually, if I've allowed something to download into me, if I've absorbed an entity from being in the wrong plant medicine ceremony, if I'm hanging around with people that are poisoning my mind, eventually these thoughts become physical things. They manifest in cellular disruption. And so if I am experiencing cells or an organ that feels separate from myself, then it literally starts to create cancer. And the same thing exists for us emotionally, the emotional cancer that men, you and I are changing this conversation, but, but the emotional cancer that a lot of men are not willing to look at is do they honestly feel lonely?

Josh Trent ([00:49:35](#)):

Cause if you honestly, if some part of you feels lonely, then the antidote to loneliness is vulnerable connection, but vulnerable connection is not taught in schools, maybe in great schools. It is. It's definitely, wasn't something that, that was focused on 'em 42 years old. This year was not something that I learned in school, how to be a vulnerable, authentic communicator, no way. So it's up to us as dads to teach that to our children. And I'll tell you that, that already in seven months, I am learning so much from Nova about where I'm still not free about where cancer exists inside of me. And I don't mean like physical cancer. I just mean like a separation where I believe part of me is lonely. A lot of loneliness is a belief that we're lonely and that belief gets implanted. And I'll say this with respect from dad, from mom, from grandma, from grandpa, cuz they felt lonely themselves and they unconsciously projected onto us.

Josh Trent ([00:50:26](#)):

Now it's not, it's not their fault. It's our responsibility. I'm I'm, I'm not here to blame my parents. And I don't think any of us should ever blame our parents for anything. I think we, we chose to come in here. We're here at this time. So the lonely piece is really important because if you feel, if you're experiencing the emotion of loneliness, which really is sadness or fear, then you could, if you're not careful, start to make choices that put you in the bar more often or make you use internet pornography more often, or make you think that buying this new Corvette is gonna make you happy or whatever it is. Cuz at the core of loneliness, I think what we all want is we're just thriving. We want that thriving connection. So at the core of loneliness, what we really want is we just, we're so afraid of what it would feel like to be vulnerable with someone else about what we really need or about how we're really feeling. So I, I do think that loneliness can be a gift and I'm not like trying to spiritually bypass that. I don't think that loneliness is a bad thing. I think that loneliness is a barometer that should us back to having the courage to vulnerably communicate emotionally about something that we need or something that we want. Yeah. So I, I think, I think loneliness serves a purpose,

Jon Vroman ([00:51:36](#)):

Dude. I think this is huge because now that you're saying all this, I can think about times when I want tiger to hear something. So tiger is my 12 year old. Right? And it's like, I want you to hear something and I'm trying to communicate it and he won't hear what I'm trying to say. And then I'm getting and then I'm getting angry and part of why I'm losing control, why I'm, why I'm breaking loose, you know? And not in, maybe not in a positive way is because he's not getting what I'm saying. And that makes me feel totally alone. I'm the only one who gets this and like, that's the ultimate, like why I'm so at my wife sometimes like you don't get me and that that's loneliness. And so it's like, when I think she should get me, my friend Kelly Flanigan, a book called true companions, he's in front row dads.

Jon Vroman ([00:52:17](#)):

And he, he explored loneliness really deeply. And he talked about how, yeah, you'll never be fully known by any other human on this planet ever because how could they, how could anybody fully know you? Like every piece of what makes up Josh, Trent, like you will never fully know all of Josh, Trent, it's just too complex. It's too deep. It's too. It's too ever evolving and moving. And it's a, there's no way you'll ever accomplish that. And so by our very nature of being these complex humans, we are going to be in some ways a alone and that doesn't make it bad. It just makes it that it is what it is. And yet sometimes we feel like it's bad. Like that's a horrible thing. I'm not supposed to be alone. So we go connect to porn or this or that, or buy a new car or whatever, pick up the phone, call somebody. So we don't have to feel that feeling. But actually if we feel it, we're like, oh, I'm alone, I'm lonely. You know? And then we just sort of accept and acknowledge that. And then, and then allow that to almost be a positive reason to connect with somebody like, Hey, I'm lonely, it's okay to be alone. And I'd love to be connected to somebody, but versus out of desperation,

Josh Trent ([00:53:20](#)):

I just had the biggest like brain explosion when I was hearing you talk and I, I just have to share this, like, why is it John? Why is it that as a society, men are taught to look at doing hard physical things as noble or courageous or pushing through work and working 150 hours in a week is noble yet sitting with the feelings of, of loneliness or sitting with the feelings of sadness that are in my opinion, just as challenging. And then having the courage and the skillset to communicate vulnerably. Why isn't that just as celebrated as the other stuff that's perceived as masculine or manly, that's the conversation that we're

having right now. That's what I'm really feeling. Can we celebrate that just as much as the other things that have been celebrated forever? And the answer to that from, from my observer is really that, well, the reason those things are celebrated is because that's what drives unconscious capitalism.

Josh Trent ([00:54:18](#)):

So there's a macro and a micro here. What drives unconscious capitalism is ungrounded. Men is men that don't have the skill or the courage to face their dark emotions, but they do have the courage to work 150 hours a week and to burn the candle at both ends and to be John Wayne, like we're in a massive shakedown, we're in a massive paradigm shift of exactly this because it's, what's being called for I's, it's quite simply just what's being called for. And so I, I, wow. I mean, I've never thought about that ever. I've never really put that into words like that.

Jon Vroman ([00:54:50](#)):

That's great. Well, let's leave it at that then. And then move into our last one, which is tired. And talk to us about how this is what we started here.

Josh Trent ([00:55:01](#)):

So

Jon Vroman ([00:55:01](#)):

We're coming full circle, dude.

Josh Trent ([00:55:03](#)):

I'm tired right now. I'm tired right now. The Nova has a little old right now. And so like his mom was supposed to go on a plane, we canceled the plane. She's gonna fly next week. And he has this dry cough. And so I'm like, not only am I worried about him, cuz I'm a first time dad and I'm like, okay, what do I do? Let me research. Instead of that, it's like, just let nature take its course. You know, she's my, woman's a really beautiful reminder of nature because sh whenever I start going, well, we need to like get an X for him. We know I'm like in dad mode, I'm like, we need to take care of him. She's like, no, everything's okay. You know, almost like nature. Sometimes in nature, we need genetic upgrades. It's

Jon Vroman ([00:55:38](#)):

Like a fever. I remember when, you know, I grew up, like, you've got a fever, we gotta get that fever down, get to the doctor, get, you know, get to the doctor, get that fever down. You know, it's like take some medicine and to get the fever down. And Tatiana's like, this fever's happening for a reason. You actually, men,

Josh Trent ([00:55:52](#)):

We solve problems.

Jon Vroman ([00:55:53](#)):

John, you want your child to have a fever. Like if they're battling a virus, that's the body's natural defense to, it's like, yeah, you just nurture that child. Love that child hydrate that child. Now, by the way I say all this, I'm not a doctor. This is not me giving medical advice. Right, right. But this is something that I learned yes. In observing Tatiana. Those are her beliefs. That's what she did. And I think she's brilliant

in this space. I think she's got a great intuitive approach to it, but she also has some training here in this world as

Josh Trent ([00:56:21](#)):

Well. I'm glad we're here at that. And I didn't know we were gonna talk about this either with this is so I love this concept and I love this conversation because God it's so practical. Like everyone can just write this on a piece of paper and just reflect on it. H I L T. Okay. That's it. I mean, it's, it's very simple, but the thing that's getting me right now and what I'm feeling is if I'm tired, then my decision making faculty is blunted. It's almost like I don't have enough water or salt in my battery. Right. So, and we know this on some level and yes, nootropics can help and yes, coffee can help and there's things we can stack and I'm not gonna, I'm not gonna be yes. At like I was up super late. I woke up at 5:00 AM for, I don't know what reason and I did my breathwork and I couldn't sleep.

Josh Trent ([00:57:05](#)):

So I just worked. I worked from like five 30 all the way up till 10, and then like took a nap. So my sleep patterns are off today. And I had my, my normal treat. I had my, my two shots of espresso. And what I'm noticing in all of this is that I think to have a target of having my sleep be perfect is illusionary. I don't think that's ever gonna work, especially for new dads, but I will say this, that there is always a way that I can say no to certain things on my schedule. And I can always give myself the permission to adjust and not be in shame and not fear judgment from others. So I can take care of me. Like there's some days where we're gonna have to suck it up and push through when we're tired. I get that.

Josh Trent ([00:57:47](#)):

But I bet you, man, if I really look down in there to my well of truth, and for most of us, we probably push really hard when we actually don't have to. And I bet you, if we reached out to our podcast person that we're doing an interview with, or our business call or whatever it is, I bet you that they would not only understand, but it would probably give them some reprieve as well. And I think that's probably the elephant in the room that we're still looking at. You know, I talked about the unconscious capitalism where we have to go, go, go. And we do the hard things physically and work. But the softer side of us, the feminine side of us, the side of us, that's more in flow, more in fluidity that applies to the, to the T in the halt acronym as well.

Josh Trent ([00:58:28](#)):

Because I know for a long time, dude, when I was 20 15, 20 16, 20 17, 20 18, I was go 24, 7, 365. I was growing a business. I was growing a podcast. I was doing, I was traveling every conference, every meeting. And it was like, you know, I needed that. I needed that for a while because in 2015, I made a promise to God on a golf course in a total breakdown that I would rather leave the, the earth. I would rather die actually than do what I was doing before that. So I think I had to go through that evolution of pushing so hard that it hurt my physical health. And so to take care of myself, to be in communion with both my masculine and my feminine, it requires me to, yes, of course we can have the aura wing. We can structure our sleep. We can wear the glasses for blue light blocking.

Josh Trent ([00:59:18](#)):

We can have the bed, we can do all the things to make our sleep great. But what do we do when our sleep isn't great when we are actually tired, can we take a breath? And can we be honest with ourselves? Like, I'm really tired. I'm not gonna show up in my best way right now. Can I be honest with

this client and tell them like, listen today was unplanned. Would you be open to rescheduling this meeting? I wanna show up my best for you. Cuz I care about this business dealer. I care about what we're creating, but we don't do that as men, we hide behind the toughness and the robustness of, well, I can handle it. You know, I can do it cuz I'm the man

Jon Vroman ([00:59:56](#)):

Said, I'm gonna do it. I'm gonna do it

Josh Trent ([00:59:57](#)):

Sometimes. That's important. Yeah. But not all the time. And I bet you, if we could give us solve more grace and be a little more forgiving, which is more fluid and more feminine, then we would have a lot more, less tiredness.

Jon Vroman ([01:00:07](#)):

You know that interesting. Cuz you, you have some pushback with that where like, no you say you're gonna do it. You do it like your word is your bond.

Josh Trent ([01:00:13](#)):

There's certain times for that. Yes.

Jon Vroman ([01:00:15](#)):

The other part of it is just take the flip side of that and you go, well, who is the commitment to cuz if the commitments to yourself and your word is your bond and you've committed to taking care of yourself and you've committed to putting your health first, well then you'd have to push off the other person because the real commitment is to yourself, to your health. If that's PRI if that's a primary value so that you can have that conversation someday down the road, if you keep saying yes to everybody else and you keep the commitment to every their person and be out fear of upsetting them or, or having, we don't ruining your reputation, which are all valid concerns, by the way, valid concerns things to be aware of. But you know, at the end of the day, who is the commitment really too, because I had a commitment, a great example of this. I had a commitment to front row foundation, right? Started this charity built this charity was I felt a massive commitment to donors and the Audi like everybody. But at the end of the day I was, I was failing on my primary commitment to my family. I could not commit my whole self to both could not do it. I had to pick one. And so I did, I picked my family. What, why

Josh Trent ([01:01:16](#)):

Did you have to pick one? What do you mean? See, because this is the deeper question. Yeah,

Jon Vroman ([01:01:19](#)):

No, I'm, I'm glad you asked because when I looked at it, I have number of hours in a day to do this work over here. I had two things I wanted to do at the same hour of the day, meaning I had to choose which one of those I wanted to do between three and 4:00 PM, you know, between yeah. Eight and 9:00 AM between nine and 10 P I had to choose. So I'm, I cannot do both S in the same hour. And because there are a finite amount of hours that I was looking at. I said, how much time do I want in this calendar? There was no way. There's zero option for me to put my attention into both.

Josh Trent ([01:01:59](#)):

That hits me really hard because I think we all go through seasons. And if you look four directions that there's a really beautiful native American proverb about, about the four directions and the four season, you go through seasons. I go through seasons. We all experience seasons. Sometimes for a season of our life, we have to grind, but that can't be the only season. Otherwise we're dishonoring nature. We're dishonoring our humanity. So like for you to make that gut decision and be like, cool, I'm gonna let something go that I love so much, but I have to let it go. Otherwise I'm not honoring myself. I'm not honoring my family. I mean, that's like the deepest of the deep gut check. That's a deep one, a lot for a lot of people, it comes with cancer. For a lot of people, it comes with disease, with health issues.

Josh Trent ([01:02:41](#)):

I know a lot of people that are seven, eight figure earners, and they've, they've had multiple come to their knees moments with their health because they're just grinding so hard. And it begs the big question, cuz I know we're talking about the tea on the halt. What does it mean to be tired? And where does my, of physiology direct my psychology when I'm tired, I'll say from my own experience straight up. Cause it's my choice. When I'm allowing myself to operate tired and I'm continuing to push the needle and I'm essentially John, without shaming myself, I'm abandoning my own needs. I'm abandoning my inner young man. He inside of me, he's asking for sleep. He's asking for rest he's I have to give him that at some point, if you told tiger, like you need to get up at 6:00 AM every single morning. Even if you're tired, there's only so long that would last, you know, at some point he's gonna be like, dad, I'm tired.

Josh Trent ([01:03:33](#)):

Right? So why don't we trade ourselves the same way? Because we're a father to ourselves too. And we have to be a father to our children the same way. So if I'm out of integrity with how I manage my inner child and I beat him down and I make him feel for not showing up to meeting and all these things, I would be absolutely thrilled. If a colleague of mine texted me or called me or emailed me and said, Hey, I wanna be honest with you. I know we have our meeting today at four, but I've had a really rough time in life lately. And I'm going through a big transition. I'm super tired today. I care about our relationship. Can we reschedule this for Thursday? I'd be like, first of all, I love you. Second of all. Hell yes. Right? Yeah. But it's the fear of being vulnerable because we quote have to have it perfect. We have to, you know, our word is our bond and granted what I said, it's situational. You don't wanna do that. Situational.

Jon Vroman ([01:04:21](#)):

Always.

Josh Trent ([01:04:21](#)):

This is all in. You don't wanna do it one minute before your appointment. This is

Jon Vroman ([01:04:24](#)):

All in context.

Josh Trent ([01:04:25](#)):

It's all, it's all in context. So I think there's so many layers John, about this T the tiredness, because there's a soul lens, there's a physical lens. There's an emotional courage lens. So many of these different

layers make us show up either tired or not. It's not just what the logical mind says. It's not just take your sleep where your ring. Yep. A lot of this conversation has been very fractal in that way, because there, there are so many layers to be aware of.

Jon Vroman ([01:04:52](#)):

So you, you reminded me of one of my really good friends, John Kane. And he, I worked for him for a number of years is going back to cut co days like 15, 20 years ago. Right? You

Josh Trent ([01:05:01](#)):

Were cut co

Jon Vroman ([01:05:02](#)):

Yeah. There's, there's so many

Josh Trent ([01:05:04](#)):

Cutco people in Austin here,

Jon Vroman ([01:05:05](#)):

You guys,

Josh Trent ([01:05:05](#)):

You guys know what's up. You guys have very good skills.

Jon Vroman ([01:05:08](#)):

So I worked for John Kane. He was the, the head of the office, if you will just simplifying things here. But he walked in and he was just like, Hey guys, I'm a little tired today. I'm not at my best. And I just wanted you to know that I'm not at my best. And I'm asking for a little grace and I love you guys. So if I'm, if I'm just not engaged or I'm a little snappy or whatever, it's just, I'm just off. So that's it just asking for a little support. And I remember this so well, man, and it was such a great lesson in leadership and he got the respect. Like he got, he got what he needed and people took care of him and I've seen it the other way where people show up and they're like, you know, Hey, what's up. It's like going great. And you're just bustling through and just putting on a smile. We can all

Josh Trent ([01:05:52](#)):

Feel that though. Can't we it's like, it's like, dude, you're faking it

Jon Vroman ([01:05:55](#)):

Down inside. You're crash. But you're like, it's all good man. Good in the hood. And you just got all the lines, right? You got all

Josh Trent ([01:06:02](#)):

Bob, how about

Jon Vroman ([01:06:02](#)):

You? Yeah, it's got all the lines. Like if I were any better, I'd be twins because we just rehearse the lines. And because we wanna numb the truth. And I think there is just so much brilliance and with your kids even, Hey, I'm a little off today, guys spin a rough week at work. I feel a lot of pressure or Hey guys, you know your mom and I just had a disagreement and while I love her deeply, we just don't see eye to eye on this thing. So if you see us not by being a little bit or if Hey guys, and by the way, sometimes it's nice to say these things when you're not triggered. Cause when you are triggered, it's hard to get 'em out. But like one of the things I've said to tiger is I go, Hey tiger. Here's the thing I need you to know if mom and I are ever fighting, right?

Jon Vroman ([01:06:42](#)):

I want you to know that I might be more angry with you in that moment. And I'm not really angry at you. I'm just angry at her or at myself. And then I take it out on you cuz you walk in the room, just know that that's going to happen likely, but put, please know it's not about you. And I will eventually come around and I won't be angry again and everything will be fine, but just, I want you to have that awareness. And I think that, that goes back to all these things about hunger, anger, loneliness, and tired, like dude, you just gave me and I hope this is the case for a lot of guys on the show, you gave me my dinnertime conversation. Cause here's what's gonna happen. I'm gonna sit down and my kids and my wife tonight for dinner and I'm gonna say, let me teach you what Josh shared today on the show. Can you relate to that? Where have you seen that show up in our family? You know? And, and I'm gonna own my piece and tell 'em how I've experienced this.

Josh Trent ([01:07:32](#)):

So potent man, thank you. And you know, I know in the middle of it, one thing I want to shout out you for that I respect that you did when I was gay, giving people the practical and I was telling them how to do the emotional inventory exercise right in the middle of it. You just, you drop this little question you were like, so what makes you angry? And I think that's the type of leadership that we need. Where when and granted, like I was in a phase of really giving, what I think is, is value that I do all the time, but it's so easy for us to intellectualize our healing. It's so easy for us to go full intellect, full ego, as long as I get the logical linear download, I'm good. As long as I get the five best ways PDF to be a better dad, I'm good. And it's just not the case, right? Like we're half beast, half spirit. So I have to respect that my mind is a faculty and that faculty is meant to receive and to give information and that's it right? That is truly it. There's two other lenses that, you know, hopefully man, we have enough time. I can go into these lenses cause I've been so feeling. This is what's lighting me up late. Is this concept of the three lenses. So when we're done with halt, if we have time, do

Jon Vroman ([01:08:39](#)):

You have time? Now? I know you gotta.

Josh Trent ([01:08:41](#)):

Absolutely no, no. I got time. I got here's what I'm feeling, dude,

Jon Vroman ([01:08:45](#)):

Anytime that you're, I will literally reschedule the rest of my day. Okay. You introduce something with average excitement.

Josh Trent ([01:08:51](#)):

This is a big one because after almost 500 interviews and you know this cuz you're a podcaster and that's why our conversation's so rich because we're having a true tennis match of curiosity with one another. And that's where good things come from. And so from that, from that lens of curiosity, I wanna present this. Are you looking at life through the colitis scope of curiosity that you did when you were a young man, as a father, as a noble human being, as somebody that carries a lot of responsibility in all those five parts of the Pentagon, there is the ego and there's three lenses in this kaleidoscope. And the big lens that we look through is our observer. And we've heard this from Eckhart toll. We understand this from Rupert shell Drake, you could be a spiritual person. You could be a scientific person. What I'm gonna share right now will hit you in a very deep way.

Josh Trent ([01:09:37](#)):

And it's because when you were a child and you played in the sandbox and you looked into kaleidoscope, you just wanted to see what was in there. There was no, like I gotta look in the kaleidoscope so I can figure out what's in there. That didn't exist. If you and I met, when we were like seven years old, we would be in the sandbox and we'd be like, what's up? You wanna play? You wanna play with my truck? It would just fun. It would be joy. So we lose that when we get triggered. And so what I wanna introduce here is this kaleidoscope. When I look through the lens at myself, I have to, from now on, this is a commitment I've made to myself and I've had multiple conversations with Carrie about this. And this is something I'm gonna teach to my son when I'm experiencing something, whether it's joy or whether it's fear, can I out loud to myself and to someone else?

Josh Trent ([01:10:20](#)):

Can I share what my ego or what my intellect is telling me? What is my ego or my intellect barking at me right now, this isn't safe. You need to get away, blah blah. And can I share that with somebody? And then let's go down on the shockers. What is my heart feeling? Cuz the heart shocker or the heart is where we experience emotions, energy and emotion. Okay. I'm, I'm feeling sad. I'm feeling alone. I'm feeling this. I'm feeling whatever I'm feeling. And then already from those two lenses, the person is gonna be connected to you. You're gonna be in power. You're in your power cuz you're being vulnerable. And then this is the big one. The third lens that we have to look at ourselves in the colonoscope is the lens of our soul. And the soul is the thing that when you go to sleep at night and you put your hands on your heart or when no one else is looking and no one else is watching and it's just you the same.

Josh Trent ([01:11:04](#)):

You that's been you ever since you could know what you was. It's that feeling, that essence, that narrative inside yourself, it's your connection to God. It's your connection to something bigger. It could be any type of belief set and there's wisdom. There, there is so much potent wisdom in the wisdom of the soul. The soul's gonna share things with you that your ego in your mind would never share with you. The soul's gonna share things with you that your heart space, that where you feel emotions is never gonna share with you. Now, granted there's wisdom and in those two as well, but there is potent wisdom when you connect all three, because then you look at the kaleidoscope for what it really is. What's really going on is we're looking at ourselves, our ego, our heart and our soul. And we're making meaning of the whole thing.

Josh Trent ([01:11:46](#)):

Well, why not make meaning from a place of curiosity where I'm seeing myself from an observer. When I look in the kaleidoscope of that single lens and I see the heart, the soul and the ego, and I'm just in communion with all of them and I'm sharing them with you. And it's very scientific. It's very spiritual. It's both. I, I don't care who you are. Like y'all know if you were just to voice that to your wife, your heart, your ego, your soul, she would melt like butter. She melt like butter. You'd be in your power. You'd be in your masculine, feminine balance. Your children would love that. And appreciate that. That is a narrative that I want to continue on is that CODO scope and really seeing myself through those three lenses with the single on the top.

Jon Vroman ([01:12:28](#)):

Mm. I feel that a lot. And I also relate it to what Jim Defer talked about. He wrote the book, the 15 commitments of conscious leadership and he shared with our group about what it means to be fully revealed and that when we're fully revealed, oftentimes we're closer to being known and that's addresses that loneliness topic too, is that to be known and to know another, to be seen, to be witnessed, to be felt in that way. I think there's a lot of wisdom in that, especially when it's coming from a very transparent place when you're like, man, they literally just told me the truth. They're no longer hiding anything. The trust grows deeper as a result of that. And it's wonderful to be in the space of somebody. That's really curious because they're also it's, I, it probably, from my perspective, it's hard to be curious and critical at the same time.

Jon Vroman ([01:13:19](#)):

Like, can you even hold those truths exactly. Simultaneously? Like probably not. So, you know, if somebody's being really curious, they're not being critical of themselves or of you. And that feels like a safe space. Curiosity feels like a safe space to be when somebody's, when they switch to control rolling, they're turn their curiosity into controlling and some people hide it. They're like, I'm just being curious. I wanna ask you this question, but really they're manipulating, right. Really? They're trying to get their point across by asking, faking the curiosity. We know the difference. I think intuitively

Josh Trent ([01:13:50](#)):

We feel it on a E jet on a somatic level. You ever just like, like today's been super fun. So they're, there's never been a time today where I felt like uncomfortable, you know, maybe a little bit, actually, when you asked me, what am I angry about? Yeah. That didn't make me feel uncomfortable. And I'm, and I'm honest in sharing that like, I didn't necessarily wanna share that, but here we are, I'm gonna share it. You know, it's a good thing. And we're closer now as friends, we're closer now as fathers because cuz you had the courage to call me out on something and be like, Hey, not call me out in an egoic way or not call me out to be like a, a great caller outer if that's even a thing. But that's what creates connection is like,

Jon Vroman ([01:14:23](#)):

I want that title,

Josh Trent ([01:14:26](#)):

Chief caller outer.

Jon Vroman ([01:14:28](#)):

But, but

Josh Trent ([01:14:28](#)):

That's, that's really it. And, and feeling when you're speaking, like, you know what kills curiosity, you know, what eats all the curiosity and eats all the love is resentment and judgment. Yeah. When I'm resenting someone, there is zero space for me to learn something. Yeah. When I'm judging someone and it's a finite stamp like that, person's an. There's nothing for me to learn. There's no

Jon Vroman ([01:14:50](#)):

C

Josh Trent ([01:14:51](#)):

There's no love there. So I think spending time briefly in judgment or briefly in resentment can yield wisdom cuz we start to feel the contrast of what we don't wanna feel. And then that leads us more to the other side or at least pulls us back to the middle that Lou zoo spoke about. But I'll tell you, I find myself in and out of the middle quite a bit, you know, the middle way, the middle.

Jon Vroman ([01:15:12](#)):

So Josh, thanks for the chat today, man. This was, as I thought it would be. I had no idea where we would go, which is the case, but I knew that it was going wherever we went, we would stick with that and we would unpack that and we would learn from that. And that's exactly what happened here. And it's a perfect subject. It's a simple takeaway. It will absolutely change our dinner conversation tonight. And I hope it changes many other people's conversations with their kids, with their buddies, with their spouses. I think that this is gonna be an incredible spark for people, which is great. Dude. We didn't even get into your vision quest plant ceremonies. You know like the thing that blew you away in the last 12 months from all your podcast interviews. Yes. But, but here's what I hope because there's no way we could get to all that. I didn't even wanna try. People should go listen to your show. They should go check you out. They should listen to your show. They should learn with, and from you and all the epic people that you've brought to into conversation. That's what I hope they do. I hope they continue you their journey with you so that this just becomes a little bit of a peek into your heart and your world. And then they can just go further and learn what it means to really have wellness wisdom in their lives. Mm. So

Josh Trent ([01:16:25](#)):

Thank you, John feels good to receive that from you, man. I've always enjoyed our connection and uh, I guess the best thing for me of this entire conversation has just been the realness. I love so much that you bring dads to their core and by their core, I just mean who they're really being in a, any given moment. And so I, I know about what you went through with, with the front row foundation and, and how you've been of service. And I just want a presence and acknowledge you, your heart and your honesty with the way that you lead and the imperfect perfectness. That's always happening in the background. Cuz I feel the same way about me, man. So I have a lot to learn from you. I'm stoked to be a part of this group. I would love to join the front row dads to be a part of it. I've been hearing more and more about it. I'm a dad now. So let's continue the conversation, man.

Jon Vroman ([01:17:17](#)):

Yeah, absolutely. Buddy. And this weekend the sauna gets delivered to the Roman house. So dude, we'll have you, uh, we'll have you come over and, and hang out sometime and uh, yeah, much love buddy. Thank you so much guys, for those listening today we'll link to Josh's website and the podcast and all the goodies. So you can go connect with Josh and please. Yeah. Continue to follow along with whatever he's

releasing. Cuz I can tell you it's I'm never, ever left uninspired. Whenever I listen to one of your shows, Josh it's really it's tremendous work you're doing so guys go check it out, Josh. Thanks again. And we'll talk to you guys later,

Jon Vroman ([01:17:55](#)):

Gentlemen. Thanks for listening to the show today. Two actions to take from here. First implement one thing that you learned from the interview and number two, share this episode with somebody who values being a family man with a business. If you're enjoying the front run ad podcast, the biggest thanks we ever get are honest reviews. So thank you for your feedback in advance. We read all of them. And if you wanna learn more about the brotherhood, which is our private community of 200 men from six different countries, visit front road, adss.com for more info. If you're wondering what the hell the brotherhood is all about, I'll leave you with some real feedback from guys who are active members and why they are part of our crew. Thanks again for listening to the show and I'll catch you on next episode,

Speaker 5 ([01:18:32](#)):

You have this passion for wanting to find a way to make you a better parent and a better husband, just better in general. And so you develop this community of like-minded men that that aspire to be better and aspire to put family first and business second. And so to me, there's no greater place. I'd rather be, you know, people ask me all the time, like if I could only pick one group mastermind organization, whatever to be part of besides my own, it's always yours and that's it. And by the way, part of it has to do with you and the leader you are and the way that you treat people, how you show up and the level of preparation that you have and the quality and amount of value that you offer. And then part of it's in the community that's been assembled and these unbelievable like-minded men that show up willing and ready to serve and to give and to share.

Speaker 5 ([01:19:29](#)):

And so to me, there's no better place that I can and be spending my time. I look at two different things that we can be doing with our time. One of them is growing relationships and starting first with the most important relationships and the other one is growing our financial acumen and, and our wealth to be able to do the things that we want to do and have impact and be able to spend time with the people that we value in by buying that time back. So to me, what you do and what I do is a great marriage of what I think is most important. And I would also throw in there that health is, you know, the other component of that. And I feel like the community that you've built that each of us have built is also centered around that because you talk about being a great husband, parent, that's gonna come from taking care of yourself and making sure that you have the energy to be able to serve.

Speaker 5 ([01:20:19](#)):

And I, I do the same thing on a wealth standpoint because wealth to me is not just about money. It's actually about having the time and the space to have your personal health. I would take having great health over no money any day of the week, rather than the inverse of that, having a lot of money, but no health. So to me, those are like the three most important components. And to me, we're always merging those three in the things that we each do. And so I think that's why there's a lot of crossover of, you know, members. That's why, what you do resonates so much with me. What I do resonates so much with you. I joined as a lifetime member for that small little window where you offered it. I'm like I'm in because I know if I'm gonna commit my time anywhere. This is it because it makes me a better man makes me a better husband makes me a better father. It encourages me to real. We step up my peer

group with other like-minded men so that I can be on mission on point with other people that will hold me accountable at the highest level.

Speaker 6 ([01:21:17](#)):

So John and I met a year and a half ago with the launch of my first book. And as we were going through the interview, I began to ask him questions about the brotherhood and it read within me that a community, a community of like-minded like-hearted men that wanted to win as he was just saying at business and in life. And I'd reversed that I wanted win as a dad. And then I'd also love to be successful in business. Cuz I feel like if I, if I don't get the dad right, who cares what I did in business, that's my legacy. That's what LIS on me. So to tribe up with a bunch of dudes going in the same direction with the pillars that are in place and the, the way that not only are you encouraged compelled, you're Chi you're, you know, laughed with, but you get to pace yourself, but you can get around banded dudes that you can trust.

Speaker 6 ([01:22:06](#)):

You can share with, you can grow with and just free. Suddenly completed a time with these guys. We did as fast at the start of that new year, every day, I would tune in to the little app where we were sharing comments. And I was so impressed how you could see guys that were further down the road and things like this guys that were just starting and the camaraderie, the encouragement. So for myself, this was a total fit and I would encourage any dude. That's looking for a place where you can feel connected with a banded guys wanting to go in the same direction, front dads for you.