



How Are You Holding Up by The Business Mind Podcast

Matt Henderson: ([00:02](#))

Good morning, everyone. Matt from The Business Mind Podcast. Today, let's talk about how you're holding up.

Matt Henderson: ([00:09](#))

I have one map from the Business Mind Podcast. I just wanted to let you know a quick little tip. So the way that I've been doing all these podcasts is this cool app, or you can get it on your desktop as well. It's called Anchor.fm. It's got to be the easiest way to make a podcast because they give you everything you need in one place and they do it for free. So it's pretty awesome because I'm currently doing all this right from my phone, but when I'm at home and I have a few minutes, I pop on the computer and it's got so many awesome tools and everything to edit and you can do sound effects and all sorts of other really cool things that I haven't been taking advantage of, but I suggest that you do. They even distribute the podcast for me. I don't have to figure out where to put it.

Matt Henderson: ([00:52](#))

They popped it on to Spotify for me. You can get it on the Apple podcast, Google podcast, and a whole bunch of others. But the nicest part is while you're getting your podcast out there, you can also monetize and you can easily make a little bit of money from doing the podcast with like minimal listenership. So get online, download the Anchor app on your phone, or you can go to anchor.fm and you can get started on it today. All right, so check it out. Once again, Matt from The Business Mind podcast, so excited that you guys decided to take the time and listen. And when you're ready to get your podcast going, check out the anchor.fm. Again, Matt from The Business Mind podcast. Have a great day.

Matt Henderson: ([01:37](#))

[inaudible 00:01:37], welcome back. Very excited to be with you today. We are in another week of quarantine for most of America and I guess a lot of the world actually, but I'm actually fairly fortunate. I'm headed into my shop because we are 3D printing masks for hospitals and local emergency teams and whatnot that could use the masks. So we were able to find a file and we're fortunate, we've multiple 3D printers and now we're producing them and just handing them out. So that's an exciting thing for us and the fact that I'm actually able to get up and go and do something every day to support everyone who is out there working because I do appreciate everyone who's out there working and helping everybody who is in need of it right now because I know it's scary times for everyone, and especially for those healthcare workers who have to be out there because they're literally on the front lines of this whole fight.

Matt Henderson: [\(02:48\)](#)

So that being said, I have a lot of people around me who are very stressed, and it's understandably so that everyone is stressed because of what's going on and the coronavirus situation and I guess more so the uncertainty wrapped around it. And I know we talked the other day and I wanted to bring it up again, but it's a tough time and I want everybody to please help people around you. If you have elderly people around you or your parents or grandparents or whomever, your neighbors, anyone, if you can give them a hand in a time like this, please go out there, help. It doesn't take a lot to just give them a phone call and ask them if you can grab stuff at the food store while you're over there. Keep them from going out and getting sick.

Matt Henderson: [\(03:44\)](#)

If you are not an essential personnel, hey, maybe don't leave the house today. I typically make these recordings on my way into the shop. So in that fashion, I am on my way in today. And I'll tell you for a time that there is a quote unquote quarantine going on, the roads are almost as busy as any other day. And there is no chance all of these people who are on the road right now are like me and they're going and printing masks or that they're all emergency personnel. So if you're not supposed to be out, go home. Help everyone. The governor of California was saying, don't be selfish, go home, stay home, be with your families, be with your friends, stay at home. No need to go out and spread this whole thing. But anyway, I digress. Now that we've gotten that done, a lot of people are stressing around me and I totally get it.

Matt Henderson: [\(04:46\)](#)

I understand why you're stressing and I wanted to bring up another thing that you could be more focused on during this time than this virus. Because if you're at home and you're not leaving and you currently don't have it and you're not going to come in contact with anybody, then the odds of you getting this virus are slim to none. At least that's my understanding of it as far as we know about this virus. So if you're home and you have these opportunities, let's take the time and learn. Where are you going to be when this whole pandemic ends? That's what I've been trying to stress to everyone I know is, today's a difficult day, there's no question about it. Everybody is riddled with uncertainty and we're really struggling with what to do right now.

Matt Henderson: [\(05:37\)](#)

But the one thing you do know is at some point this will end. It most likely will be sooner than later, and it's where are you going to be with your business or your knowledge or your level in the game? Where are you going to be at the end of this? It's only been, for some people they've been out of work, like I'm not joking less than seven days and they're putting up things on Instagram or whatever, Facebook and everywhere else that they're climbing up the walls, they don't know what to do with themselves. I had people texting me after day four asking me, oh, what other shows do you watch? Or do you know anything on Hulu or Netflix or Amazon or whatever they were asking about? And what can I watch so that I can keep from getting myself bored, I can keep from being bored?

Matt Henderson: [\(06:28\)](#)

Here's what you could do. Be productive. Who told you in times of quarantine, dumb it down? Who said when times get tough, the tough go and watch TV? How about this, go educate yourself. Spend your

time making sure at the end of this entire pandemic thing that's going on, you're going to come out on top. You're going to be the person who's at the next level. You're going to be the one who comes back to your job and says, hey, listen, thanks for paying me during quarantine, I really appreciate that and I'm going to stick it out for another week or two and that's the end for me here because I now have a new skill and I'm moving on. That can happen for you. You can be starting your own business at the end of this.

Matt Henderson: ([07:21](#))

You could start your own business during this, depending on what your business is. It isn't a situation where the only choice you have is to sit at home and dumb down everything that you know. How is binge watching Netflix going to make your life better? How's how's going through two or three seasons of a television show going to make you smarter and bring you more money when you get back to work? Now, if you're listening to this podcast, I'm only saying this not to sound mean, I guess sounds a little mean. And I'm not even going to apologize for that. I'm saying these things because if you listen to this podcast, then you're looking to take yourself to another level. You're looking to excel in life. Don't be like everybody else. Don't follow the herd.

Matt Henderson: ([08:13](#))

Do not follow the herd. Don't be the person who says, oh, okay, I know exactly what I need to do today. I am going to rock through two or three seasons of this TV show and then I'll make some lunch and then I'm going to go through some other TV show and then I'll clean up a little bit around the house. No, no, no, no, no, no. Pick up a book, go and look at teachable or Udemy or any one of the amazing millions of courses out there that are offered through some of the biggest mentors that are available in the world and take a course. You have nothing to do. If this was a regular day and there wasn't a pandemic going on, you would spend a bare minimum of eight hours at your job and you would spend time commuting to and from. Take that same time and dedicate it to something that's going to benefit you at the end of this.

Matt Henderson: ([09:14](#))

That's how you're going to be on top when you get out of this whole thing. When we're coming out of this fog that we're in, certain people are going to be on top. I want you to be one of them. I'm going to be. I'm a hundred percent going to be one of them. I'm going to have already one of my sites, one of my websites I've been working on for a client, it'll be done the end of the week. I'll have every single thing done and buttoned up about it and it'll be published. And you know what, that's just buckling down. I'm at work still all day, every day and I'm doing that. Maybe it's easier for you because I didn't break my mold. Right? I didn't break the daily routines, but just because your routine isn't the same today, doesn't mean you can't start a new one that keeps you on top of things until this is all past us.

Matt Henderson: ([10:06](#))

And it'll be over before we know it. And it's like people who go on unemployment, they go on unemployment and they say, well, I'm going to really use this time wisely to find a job and get myself some new skills. And then what do they wind up doing? They waste that time. They waste that time. You spend it not doing anything. I know because I've watched a multitude of people be in that exact same position and they wasted the time. So don't waste your time. Don't think this is a binge Netflix, Netflix

and chill kind of situation. This is an opportunity. This is a moment where you can become the person who separates themselves from everyone else. You're going to become the biggest person in your industry. You're going to become the most knowledgeable person at your place of employment.

Matt Henderson: ([11:01](#))

You're going to be the guy who's going back or gal and say to their boss, hey, listen, this has been great and all, but I'm done. And that's what I want for you. All right, everyone, I'm rolling into shop. I'm going to go get some masks printed. We're going to take care of some people and help out where we can. I hope you're doing the same. Like I said, take care of people around you and stay safe. And please let me know if I can be of any assistance. Matt, M-A-T-T at Nesta, N-E-S-T-A digital.com. And I would love to hear from you and know how I can help you guys out and help you stay on top of your game in this uncertain moment. All right. I hope everyone has a terrific day today. Stay safe, stay healthy. We'll talk to you guys again soon.