



Matt Henderson:

Hey everyone. It's Matt from The Business Mind Podcast. I have to admit something, I failed my success habits.

Hey, welcome back. So I guess you heard it, I failed my success habits. Now, I've done an episode in the past about it where I talked about the things that I was doing to accomplish my goals and achieve things and really push forward. Well, in full disclosure, this podcast is not just about things that I do that go well, but it's really about the things I do that don't go so well. I want to share them so that you guys don't repeat the exact same mistakes that I have, or it gives you just a little bit of tips to help you push forward in your life and in your business or whatever it is that you do.

So I had a hard time admitting something today. I have done episodes on my success habits and I actually initially started this podcast out saying that my success habits failed me, but they didn't. I failed my success habits. Let me explain. I've realized something about myself. Let me go a little further back. I realized something about myself is that I am extreme in nature. So I guess like many entrepreneurs, when we go to do stuff, we tend to go all in or not at all, right? So I'm no different. I definitely go all in on everything that I'm doing and I try to learn everything I can or achieve the highest goals or whatever it is.

But what happened here is that a couple years ago, I was so focused on my habits and my growth, my fitness and just what it could bring to my life and reinventing myself. I did that and I did such a great job at it and I was doing an amazing job sticking with it for a long time. It had changed every aspect of my mornings and my days and then how much I was accomplishing in each day. So it really, well, if you want to, you can go back and listen to the episode. It's called success habits. I know, quite shockingly called success habits.

But they were literally the things that were showing me the most success by how I was planning my day out and what things I was doing in it. I was so focused on just changing my life and my habits that it was truly the only thing that I was really focused on. My business wasn't growing much at the time. Actually, my business life in general wasn't growing very much at the time at all. That's why I started those patterns, to put myself into a better state and utilize more of my time during the day.

So those are all things that obviously are positive and will definitely help anyone in business or in life just being able to harness your day a little more. So that's what I did, right? I was waking up early. I was at the gym early. I was back home and then eating an early breakfast and working on things before I left to go into the office and really get a lot of stuff done. I was feeling very, very accomplished.

I'll tell you, health wise, I lost a ton of weight. I mean, I lost, I don't know, probably somewhere around like 20 to 25 pounds, which for me is a lot of weight. I mean, for anybody, it's a lot of weight. I lost like 10% body fat and I put on a lot of muscle. It was great. Honestly, I felt better than I had felt

possibly ever, or at least in a long time. I mean, like over a decade. Actually, it's probably the best I felt since the day I got married, because that day was just fantastic. I took care of myself leading up to that and subsequently felt great.

So I just hadn't felt that good and positive and focused and everything was great. What it did was it really put me on a great trajectory to accomplish my goals. That's exactly what started happening. I started hitting my goals. I started seeing successes and it was great. I never felt so good. I never felt so good. I know I'm getting a little lost. But what happened now? Well, those successes that I started getting were a lot of business successes, and most likely, I mean, I think almost probably because I was focused.

So what happened was I fell off. I fell off. I started waking up later. COVID hit and I didn't go to the gym anymore because I am one of the people who believes that this is really a lot worse than we know and I didn't want to get sick so I stopped going to the gym. So that broke an additional part of my routine. Not that COVID was the catalyst for all this. It started before that. But I think work has started... I started seeing successes probably based off of my focus and my energies and what I was putting there.

What happened was as those successes started to grow, I let them take over a lot of my life. I didn't focus on the health and wellness part. I didn't focus on my mental wellbeing and doing my meditation that I was doing on a daily basis as well. I've kept up eating pretty decently. Actually, my wife and I have gotten into really good eating habits now that there's COVID, because guess what, I can't go out and eat terribly. We're not going out to the bar ever. All those things that lead to poor habits, I've been avoiding.

But it's just like all of the other things that really directionally led me to the successes that I'm experiencing now, it stinks because I fell off and now I've had this really hard time getting back into my routine. I wanted to tell you guys about it because it happens to everyone. It's not that you can't get into a routine. It's not that you're not a morning person. It's not that you can't make it to the gym or you just don't feel good. That's how everybody feels.

It's how I feel right now. I feel pretty rough. I haven't been sleeping well, most likely because I'm not exercising. Most likely because I'm not doing all the other things I should be doing. I'm not focused on my success habits and now I'm paying the price for it. I wanted to let you guys know, it's going to happen to you at different points. It's about what do you do to come back from it? Now for me, I decided to talk it over with my wife because she is my biggest supporter and my number one fan in life and I'm hers and I needed help. I needed help.

My wife is a morning person. She has a great morning routine. She's habitual about what she does in the mornings. To be honest, I want that for myself and I understand that not everybody's a morning person. I don't feel like I am. I'm more the guy who could get a lot done at night, but that's also what keeps me up at night and then I accomplish less in the morning. So I gotta get back on my schedule. So what I wanted to tell you guys and to not run on forever about this is what you need to do when you fail your success habits. I want you to reach out to those who are closest to you because they're going to be the ones that will help you get back on track.

They're going to be the ones that are going to point you in the right direction and tell you, "Listen, it's okay just today that this is going on. This isn't forever." You can tell yourself that. I've been telling myself that, "This isn't forever. This is just a moment. I'm kind of having a bad run right now and I'll get back on track and everything will be okay." But it's hard to convince yourself that everything's going to flip and turn around. Sometimes you need the motivation of somebody else in your life.

That's who I've chosen to lean on, and I'll tell you, that's who I'm going to suggest you guys lean on is that person who's closest to you that you would confide in, that you would tell them anything, that

you're on a diet. The person that you're going to say, "I need help with X, Y, or Z," that's the person you should lean on when these things happen too. We're all going to have difficult times. We're all going to have times when things just don't line up.

That's when you need to talk to those people who are closest to you that can help you move forward. Not the haters. Go to the people who are your biggest supporters and ask them for help. All right. That's what I did. My wife's amazing and she's been very supportive of me and she's continuing to support me now. So that's my suggestion for you guys. I hope that you can find that person in your life that's going to do that for you. If you don't have that person, then just honestly reach out to me. I'll be your supportive person.

Matt@Nestadigital.com. I'll send you some things to keep you on track and to get you back into your routine. I'll give you some of the same advice my lovely wife gave me and we'll work through it together, all right? So think about that today. Get back on your success habits. Think about where you are and if you are on track to be where you want to be, or if you need to make some tweaks.

All right, everyone. So stay safe, keep healthy, get back on your routines. Don't give up on your successful habits, all right? This is Matt from The Business Mind Podcast. If you guys enjoyed this episode, or if you got any kind of information out of it that you'd love to share, please take a screenshot, share around on social media, tell your friends about it, tell your family, tell everyone. Put up an ad about it. I don't care. But yeah, thank you for listening and I look forward to talking to you guys all again very soon. All right. See you guys.