



Achieve Your Goals Podcast #87 - Destination Awesome (An Interview with Amiee Mueller)

Nick: Welcome to the Achieve Your Goals podcast with Hal Elrod. I'm your host, Nick Palkowski, and you're listening to the show that is guaranteed to help you take your life to the next level, faster than you ever thought possible. In each episode, you will learn from someone who has achieved extraordinary goals that most haven't. He's the author of the number one bestselling book, "The Miracle Morning", a hall of fame and business achiever, an international keynote speaker, ultramarathon runner, and the founder of vipsuccesscoaching.com, Mr. Hal Elrod.

Hal: All right. Goal achievers, how are you? It's Hal Elrod. Welcome to another episode of the Achieve Your Goals podcast. And today, we have the author of "Destination Awesome", a book that many have described as raw, humorous, and touching, including stories that illustrate how our guest today, how she escaped her negative circumstances. Amiee Mueller is one of those rare examples of a person who grew up in drastically negative conditions, but forged a path to a better life. And I've personally known Amiee for quite a few years. And when she came out with her book, I got a copy, and I was really impressed. I never thought of Amiee as a writer, but I was really impressed with how good her book is. And Amiee actually left the trailer park and her limitations behind and started supporting herself and paying for college and being the first in her family to attend higher education.

And she knows what it takes to work toward your goals, toward the awesome future that all of us desire for ourselves. And I know Amiee personally, I know where her heart is. I'm excited for today, because she's going to bring her heart, she's going to bring her authenticity. And it is her mission to share how she went from poverty to profitability, from lonely to lovable, and from angry at the world, at life, to awesome, so that those facing challenges, which is all of us, right? I don't

know any human being, if you're not facing challenges, right, check your pulse. But those of us facing challenges that were inspired and have the tools needed to create the life that you desire for yourself. And in addition to that, Amiee runs a successful marketing company. She spends time with her husband, Josh, and she travels the world seeking new adventures. So she's more than a bestselling author. I'm excited to have her. Amiee Mueller, are you on the line?

Amiee: I am. Thank you for having me, Hal.

Hal: I'm excited. This is going to be fun, I like you as a person. So I'm like this is, "Hey, we get to have a conversation for the next 30 to 60 minutes, and that in and of itself, I know, is going to be very enjoyable." So selfishly, I'm excited to talk to you.

Amiee: Oh, me too. Well, you're a busy guy. So hey, any time I could sit down with you for 30 minutes, it's definitely my pleasure.

Hal: Any time, I can sit down with me for 30 minutes. I know that. Busy, it's definitely true. Well, cool. I want to hear your story. I know part of it. I mean, I guess, I know a good amount from reading the book. But for our listeners, we're all born with unlimited potential. But I think, somewhere along the way, most people resign themselves to settling for a life of mediocrity. And with your background, growing up in a trailer park and all that, it's not like you were surrounded by success. So I think that for you, you had even more negative influences that could have given you that life of mediocrity, and yet you've risen, you've decided to rise above all of it. So talk about your background, your beginnings, and how you rose above it.

Amiee: Yeah, for sure. So I know you mentioned quite a bit of it. But essentially, what happened was my parents split when I was two. I have an older brother, a couple of years older than me. So when my mom left when I was two, my dad was raising us on his own. But my dad had only gone to the eighth grade in school before dropping out, so the only, well not the only, but the highest-paying job he could find was as a cross country truck driver. But the hardest part of that is now, he's a single parent who's gone for a week or two at a time. So he'd be home for a day or two, gone for a week or two. So my brother and I, as toddlers, you know, were really left in the hands of just anybody that he could find that could keep an eye on us. So other people in the trailer park or people who just had no other options and needed a place to live. And were out of work or out of money or

whatever, and so were really just in the same vicinity as us, sort of keeping an eye on us.

But really, that's probably the biggest thing, is that besides the poverty, which it was pretty severe. I mean, we dealt with all kinds of icky stuff. I was an outcast from school many times being sent home with having lice. You know, I dealt with cockroach infestation for years and years and years. And still, to this day, I'm freaked out by all the cockroaches. Not here, but, you know, if I see them anywhere. We don't have them anymore. But just that kind of stuff. I was even put in a special class in school, because they're like, "Oh, you're at risk. Your whole family is a mess. We're going to put you in this special class and get you away from the rest of the student population," for a short time, until my teacher convinced them to sent me back in regular school. It was just pretty crazy, but the big thing was just that it was very lonely. I grew up alone most of the time.

My older brother took things pretty hard. So even though he was the only other person that I really had, he, at a very young age, started running around skipping school, getting into drugs. I mean, it landed him in juvenile detention and then eventually jail and things like that. So he dropped out of high school. My younger half-sister came along later, dropped out of high school and went to live with my mom, just that kind of stuff. There are very few people in my family, even extended family, who did finish high school. And again, not many, there's only a couple when you look at all across my family members of cousins and distant cousins that even went to college.

So it was pretty crazy. But yeah, lonely. I think, for me, the biggest challenge is where I was obviously really lonely, and I was so inept. Other than having, you know, dealing with the neglect and abuse and all sorts of things that made me angry, I was also lacking social skills and confidence. I was invisible, and I did nothing to change that for most of the years previous to my adult years. So I had a lot of growing to do by the time I hit adulthood, let's put it that way.

Hal: So I think, this is great for, I mean, anybody...we can all relate to adversity. But I think, specifically, this episode, for anybody that has maybe excuses that they still live with from their past, I think that really... I'm looking at the underlying lesson here, the power in this message, and it's that you haven't let your past define you. And I'm wondering, was there a period, was there like a point in your life, a defining moment where you went from allowing your past, your identity to be like, "I'm a trailer park gal," or whatever it was, or did you always see yourself as better than you were? I mean, what was that process like for you to overcome that?

Amiee: That's a good question. I think, for me, I guess, I was so unhappy that I knew I didn't want to live that way forever. That started pretty young. I didn't know the answer. Like you said, the thing was I didn't really have the positive role model showing me how, but they were certainly showing me how not. I was just kinda like, "I'm going to do the opposite." But I really just focused on school. I think that was my safe place. As a young person, school was the place where I had teachers that were there every day, and it was a clean environment, and they showed up, and they communicated effectively, and they weren't screaming at each other and cussing at each other and all just sorts of negative things that I witnessed at home. So I think it was my safe place, right? School was just a place where I could go, and it was just the best part of my life.

And so just did everything I could do to excel there so that I had the approval of my teachers. And then, I think it was in my fourth grade that one of my teachers said something about college to me, like, "You should go to college." I didn't even know what it was at the time, but I'm like, "That sounds positive. I'm going to do that."

Hal: Nice.

Amiee: So from there on out, I was just the girl going to college. That was just my path. Every decision was pretty much made based on that track.

Hal: So you went to college, and you complete college. Yes?

Amiee: Yeah, yeah. Of course. Yeah.

Hal: Got it, completed college. And then when did you start? Because our background, and we know each other from selling knives, which I know you've done a lot since we both obviously moved beyond that in a lot of ways. When did you get started selling Cutco Kitchen Knives?

Amiee: For sure. So yeah. The thing about college was, obviously, I was on my own to pay for it, right, because my family couldn't really help. I really didn't get much in the way financial aid, although I did graduate at the top of my high school class. But we had a lot of good students, so the scholarships were pretty divided. So that's when I went to college, paying for it on my own and found the direct sales job, because that was the job that provided the flexibility and a good pay, right? So I actually worked that job all through college, and that's how I paid for it. I

graduated debt free, graduated at the top of my college class. I was one B short of a 4.0 in college, which I only say not to brag but because again, I was so focused on school, and that was my way out, and so I really worked hard at school, too, but I also worked to pay for school. So anybody who's going through that, I believe you can do it, for sure.

And then that's where as soon as I graduated, I opened my own company, right? So that was pretty much, and I did that for the next 10 years. And it went well. I loved it. I had a great team, over 100 people. We were winning national awards. I was earning six figures by age 25. That was amazing. That's something that I would have never even known I could do up to that point, you know, before getting into that business. But probably, the major thing, for me, in that company was that they were so focused on personal growth. That was the first place I had my positive role models, outside of teachers. That's where my eyes were opened to personal growth and helping other people and contribution, and just all those things. So that's where that path started for me.

Hal: Got it. Got it. So that was through career. So I love this. So you found, like you said, your safe space at school, and you decided, "Hey, this is a good thing, so I'm going to excel." And I think that's so great, rather than use your home life as an excuse and have that victim mentality. I think that's just a major difference between all successful people that you really are showing though is that you decided you would create your own future and not let your circumstances define you. I love that.

So let's dive in to some goal-achieving expertise. I mean, I've seen you achieve amazing goals. You just listed one of them off. Six figures by age 25, right? Pretty incredible for someone that came from the background that, well, for anybody, let alone someone that came from your background. But in terms of your goal-achieving expertise, what are your best three tips on what has allowed you to achieve such extraordinary goals, that our listeners can apply?

Amiee: Well, my first tip, for sure, is just making connections with other people. I think our biggest resource in our lives is our connection with other people, in any aspect. Whether that's just personal and happiness at home or whether that's career or personal growth. My whole life is I can look back and tell you who I learned every skill from, you know, who I learned communication skills from, and who I learned how to sell or whatever, the professional skills, manage my time, public speaking. All of the things, it was always other people that I am learning from.

Even if you're reading a book, you're still learning from that person's expertise or story or whatever it is. And all the studies out there show that there is no bigger decision you can make in your life. That affects everything, your wealth, your happiness, your health, is the people you surround yourself with. So I've really gotten so much better at just making sure that when I meet someone, I do my best to try to really get to know them and do what I can to provide value to them. And I really came from an angry place when I was younger of, like, being untrusting and judging and just all those negative things, of myself too, but of other people. You know, I've really had to learn. I've come a long way in this time period of growing, that now I just realized that everybody should be treated awesomely.

Everybody is awesome. Everybody brings value, and so it's just all that stuff. So I think making connections is probably the big one. You can't have too many. There's never been a study I've ever seen that said, "Oh, that guy was doomed to fail. He just had too many connections." It will never happen. So you can never happen with many connections, for sure.

Hal: I love that. It's funny. I was just interviewed on a call right before you and I got on the line here. And I was interviewed on this call for this, it's this future millionaire coaching program. And that was the number one thing that I talked about. It's the most important thing we've all heard it before, the average of five people you spend most times with. But it seems like the most under acted-on principle, right? It's like, "Yeah, I've heard the average of five people you spend most time with." It's like, "Dude, so what are you doing? What are you doing actively to upgrade your circle of influence and ensure that those five people are people that you want to become like?"

And most people would probably say, "Oh, well I just hang out with people I hang out with, and yada, yada, yada." So I'm glad that you led off with that, because I think it's arguably the single most important but underutilized success principle, which is to upgrade your circle of influence, or as you said, make connections with other people. And I love what you said. You can never have too many. Nobody said, "Oh, he's doomed to fail. He had way too many great connection," right?

Amiee: Yeah.

Hal: That's awesome.

Amiee: But you know what else is funny though? I was thinking the other day, I don't know if anybody ever said this exactly this way to me, but you could easily

not hit any of your goals. And not that I'm saying that's the case you should do, right? But you could not hit any of your goals. And if you had amazing connections and people you cared for that loved you and all that stuff, you would still probably be happy, right? You'd still be fulfilled, and you'd have all those great connections. However, if you hit every one of your goals, and you had nobody to share it with, you had no connections, I think that you would still be very unhappy even after hitting all those goals. So obviously, the best path is hit your goals and have all those connections. But I still think connections is the more important part, you know?

Hal: Yeah. No, you're absolutely right. My friend, Jayson Gagnard, that's one thing that he says. It's that the two things that people can never take away from you are your relationships and your word. So always nurture your relationships and never tarnish your word.

Amiee: He sounds like my kind of guy. And then my second piece of advice, I think you asked for two or three, would be choices. And this is something that really helped me, and that's just making sure that the choices that you're making align with where you want to go, ultimately.

So again, when I was younger, I had that vision of a better future. And if I hadn't, I don't know if I would be anywhere that I am now, because it seems like that's the thing that's missing the most from the rest of my family. They're not bad people. If you rated them only on kindness and friendliness and intention and the way they treat other people, they're really not bad people. I don't think they have that vision for a different future for themselves, but I did, and so every choice I made from pretty early on was really in alignment with that goal or that choice or that lifestyle I had in mind for myself. So any time I sit down and go, "Should I do this or shouldn't I do this?" It's like, "Well will it get me closer to my goal? Will it take me further away from my goal?" I try to make more choices that get me closer than choices that could keep me further away.

Hal: Yeah, it's such a simple, but powerful measuring stick, which is, do you...? And most people, they do what they feel like. The choices they make are aligned with their emotions, not their vision, right?

Amiee: Right.

Hal: It's like, "What do I feel like doing?" And then that's the choice that they make. And I think that that simple question of, "Okay, what can I do today? What's

the choices I can make? What can I do that will move me closer to my goals?" And by living in alignment with that, you eventually get there. So I love that. So make choices aligned with where you want to ultimately go. All right, what's your next tip?

Amiee: And then the last one I have here is curiosity. I think, just always be...I call it curiosity, but really, it's just always be growing and learning. I love to learn, constantly. It's funny that we're doing this as a podcast interview, 'cuz I'm a podcast junkie, and my favorite ones are the ones that teach me things. Even if I would never use the information, I just love learning interesting things. But that, for me, the person I was at say 19 years old, and the person that I am now, probably, if they didn't live in the same body, they would never cross paths. They are so different, so different. I wouldn't have the awesome husband I have if I were still the person I was at 19, because we probably would never have a second look at each other. Definitely, he would not be looking at me.

And so I had to grow into this. I had to keep growing. And I'm still growing. As different as I am, I still have so far to go. So I plan to...we have a very big focus on personal growth. We're always attending new seminars or whatever the case may be. But we just love it, and it really has impacted our success level.

Hal: Awesome. So connections, choices, and curiosity. I love it. I love it. Okay. All right. Give me one second to get my notes back in front of me. All right. So what are your goals now, Amiee? I'd love to know your number one goal, first and foremost. But your number one goal and if there are any other goals that you're working towards that you're really passionate about.

Amiee: Yeah, I mean, I won't waste too much of your time, because, I mean, I have so many goals. But some of the ones I'm focused on right now, you know, 'cuz Josh and I, one of our fun goals is that we want to make sure we at least travel the one new place every single year, which we do. So that's exciting. But that's not a business goal. My career goal right now is I'd love to speak to more than 500 audiences in the next five years, in one way or another. I love to speak. It's my favorite thing, because I just love teaching and inspiring and motivating and anything I can do to help other people. And I find that speaking is the, you get the biggest impact at once, right? Because it's the most number of people in the room. So I love that people are loving the book, because it's a one-on-one thing, but speaking can be a one on 3,000 thing, for me, in some cases. So I love it, and so that's one of the things. I really want to focus on that.

Of course, our company is doing well. I want to keep growing that, so that we can provide for the employees that we have on our team, 'cuz we love them to death, and we want to make sure they're getting everything out of it if they want to get out of it. So lots of goals. But right now focused on the book and the speaking.

Hal: Beautiful. So I have a couple of thought for you. Number one, tell the listeners, what is your company that you and, I believe, Josh kind of co-run?

Amiee: Yeah, for sure. The company name is "Vast Action", "V" as in VICTORY, right? Vast Action. Some people think I say say "fast", like speedy. But yeah, we do a few things, but coaching is one of the things. Josh is an awesome high-performance coach doing very well, so coaching. He's in sales as well, and coaches people on that, too. But we also do marketing for salespeople. And not so much to get new customers, but we take their current client list and help draft or design the communications that go out to those people to help keep that relationship going and provide value, and the repeat business is increasing because of that for those salespeople. So that's pretty exciting, they have a CRM and an email platform they use for that kind of stuff, too.

Hal: That's vast with a "V"? Vastaction.com?

Amiee: Yeah, vastactioninc.com.

Hal: Inc.com. Okay, got it. Then the other, speaking in front of, you said, 500 audiences. Is that right?

Amiee: Yes.

Hal: And is there a timeframe, is that in your lifetime?

Amiee: Yeah, five years.

Hal: Oh, five years. It's five years, got it. I like that you've got, it's measurable. I love it. So one thing that consider, and I'll just share this with you, I'm very similar to you in that speaking is my favorite thing to do, and I feel like it's what I'm best at. I think I'm a better speaker than I am coach, a better speaker than I am writer. So I do all these different things, but speaking is, A, what I love to do the most, and I feel it's what I am the best at. Others might disagree.

But the point is my realization, and I'm just sharing this with you. Obviously, everybody else is listening in, it's our little conversation here. But I thought, "Well, wait a minute. If I think speaking is my greatest way of adding value for people, rather than try to get in front of all these audiences and be a keynote speaker, which is what I thought. I'm meant to be a keynote speaker, because that's my favorite thing, and that's where I bring the most value." I realized, "Wait. Why would I try to get in front of all these audiences where they get to hear from me for an hour rather than putting on my own live event? Where if the greatest talent I have, the greatest skill I have, is communicating through my speaking, why not have a day or two days with them?" Right?

It's just something to...I'm sure you've thought about that, you're working on that, but just something to think about. That, for me, was a really big "aha", was I'm not meant to be a speaker, I'm meant to be a seminar leader, if you will, right?

Amiee: Yeah. That would be amazing.

Hal: Yeah, just something to think about. Hopefully, I'll see you and Josh at Best Year Ever Blueprint this fall. It's a little pressure, I'm saying it on the air. I love it. Great goal. So you've got the 500 audiences, working on growing Vast Action. And I love what you said, by the way, and you've said this couple of times actually, it's not just you've got this goal of growing your company for just you. But it really is, and I really believe that it's about the people that you serve. Not just your clients, but also your employees, right?

Amiee: Yeah, absolutely.

Hal: Talk about that. Just take a second. How do you view...? You know, I'm a big believer in selflessness and really putting other people's self-interest ahead of your own and going, "How can I serve?" And selfishly going, "I know if I serve more and more people, then it's going to help me in the long run," right?

Amiee: Yes.

Hal: So it makes it a win-win. So I would love to hear your philosophy, if you have one on that, on purpose or service or what you view in terms of your mission statement or your business. I know I'm putting you on the spot, but I'd love it if you had any thoughts on that.

Amiee: No, it's funny. I hadn't thought about this for so long. But since you bring it up, you know, when I had started my first company, and I was new, I was still 21, gosh, at the time. So I was still figuring things out and still majorly growing. I remember there was a day a couple of years in when I was sitting in my office, it was the only time where I actually had that moment people talk about where this lightbulb goes off in your head like that and that analogy, so cliché but it was true. It was like all of a sudden I just had this "ding" in my head, and it's the purpose of life finally came to me. I know that sounds so corny.

Hal: No, it sounds good.

Amiee: But yeah, I remember. And what I decided that day was my life is going to be measured based on how many other people's lives I can impact positively. That's what came to me that day. And that's what makes me feel the best. I mean, that seems to align the most with how I, what I would say I am at the core, and so that's what I've been living by ever since. Like you said, it's not just... It's how do I serve my husband? It's how do I serve my friends? How do I serve your listeners by being on this podcast? How do I serve the people that work on my team? See, we get very involved. We all know each other very well. We make sure that we get to know them as people, not just workers popping in and out.

We, as a team, do volunteer work together. How can we serve our local community? I often times will do surveys to our clients just to be, like, how are things going? Are you profiting from the things you're paying us to do for you? Because if I came back and found out that all of my clients were just spending money on us, but they weren't really getting what they needed out of their business, I would stop the business I have, because I wouldn't continue taking money from people if I weren't serving them. That's just my opinion.

So we try to make sure everybody serves each other, and we know that what we do for our clients serves the production that makes the products that they sell and provides jobs. For those people like it's a trickle down thing, or trickle up or whatever it is, I don't know.

Hal: It's a win-win-win-win-win.

Amiee: Exactly. I just know that it goes on and on and on in how many people it affects, and so it's just so important.

Hal: I love it. I love the spirit of authenticity that you come from and that you serve. And that's probably why we like each other. We're friends, right?

Amiee: Yeah, exactly.

Hal: We share that in common. So I have to ask you, and this is something that it hit me. You might be the first person I'm asking this in fact, it hit me a while back that I was not asking my Achieve Your Goals interviewees about their morning routine. And I'm like, "Dude, I'm the Miracle Morning guy. I'm the morning routine guy." So I've got to ask you, Amiee, do you have any morning routine, a morning success ritual, if you will, that contributes to your success? And if so, could you walk us through it?

Amiee: It's funny, because it's hard to talk to you about this, because you're the guy that has the best morning routine ever. And I have read your book and I've done it on occasion, I just never have committed to your routine as much as I should, because I know it would be super helpful.

Hal: I appreciate you, once again, your authenticity. I appreciate you being totally open about that.

Amiee: But I will say...so it's funny too, because my schedule, I'm sure you hear this as my excuse, but my schedule is so different depending whether I'm traveling or speaking or in or out of town, or whatever. So I wouldn't say I have a morning routine, I would say I have sort of routines I do every day at different times, you know? But for me, it's just stuff like making sure there is some physical activity every day, whether it's yoga or stretching or walking or whatever the case may be. Just having some sort of physical activity, because that's so important, physically and mentally.

And then also, I always have my to-do list with me on my phone. So that any time something pops into my head, which is often, no matter what I'm doing, something pops into my head, I go, "Oh, I should do that," I add it, so I don't forget it, because before I was adding it, I would forget. And then of course, too, any time I'm out and I happen to get stuck, which happens a lot, right? You just get stuck somewhere where you're waiting longer than you thought you'd have to or something comes up, then I've got my list, so I can get something done while I'm waiting, which helps my productivity levels. And so those are a couple of things I do that help me stay organized.

Hal: So for you, the importance of success rituals is still very present. You might not have the morning ritual, but you've got the success rituals in place, for sure. And obviously, that's evident in the results that you guys generate. So what's the best piece of advice, quote, mantra, guiding principle, could be in any or all of the above? But, Amiee, what's the piece of advice that has significantly helped you to achieve your goals that you can share with the Achieve Your Goals listeners?

Amiee: So many, I'm a quote freak. But I'm just gonna give you one, actually out of my book. Well, I don't know if it's in my book, but it's one that I say all the time because it's what I've come to realize over the years with my experience, and that is that I believe you can have an awesome life no matter where you start. You just have to believe and do your part. That's my story.

Hal: I love it. I love it. I love it. I love it. I love that you took your story and you paid it forward. You know what I mean? You overcame it, and now you're sharing with other people. So if people want to get hold of you, or they want to get a copy of the book, "Destination Awesome", what is the best way to do that?

Amiee: Yeah. So "Destination Awesome", which the other thing I'll say really quick about it too is that it's not just my story. The most fun part about writing the book was interviewing other people who went through challenges, and there's great stories in there. So definitely pick it up, 'cuz I think you'll love it. But "Destination Awesome" is sold in many bookstores, so you can do Amazon, Barnes and Noble, just whatever your favorite bookstore is online, or brick and mortar. And then you can also find me on Facebook. So my website is amieemueller.com, and my Facebook is aimieemueller-destinationawesome. But I'm going to spell Amiee Mueller, because it's spelled really weird, and everybody spells it wrong.

Hal: I've gotten it wrong. It took me many years to get it right. So yeah, please spell it.

Amiee: Yup. Otherwise, they'll probably not find it. So Amiee is spelled A-M-I-E-E. So I know that's totally weird. A-M-I-E-E, and then Mueller looks like Mueller. M-U-E-L-L-E-R. So amieemueller.com or amieemueller-destinationawesome on Facebook.

Hal: Yes. And I called you and Josh before we were really good friends. The Muellers many times, Josh smacked me over the head once for calling him Mueller three times. Anyway, cool. Amiee, thank you so much. Again, I appreciate this authenticity, your drive, all of that. I love the game that you're playing in your

world. And the way you're impacting every person whose life you touch. Thank you, thank you, thank you for being you and for adding value for others.

Amiee: Oh, right back at you. I'm just trying to follow your lead, Hal.

Hal: All right. Well we'll get each other's back, all right? Achieve Your Goals podcast listeners, thank you for tuning in to another episode of the Achieve Your Goals podcast. If you like the Achieve Your Goals podcast, I just realized this is something I should say every week and I probably have never said it, but leave us a review. Go to iTunes, leave a review, tell a friend, subscribe. It would mean a lot to me and to all of the Achieve Your Goals podcast, the team, Nick Palkowski, the whole crew. So thank you. I love you, and I will talk to you next week everybody, take care.

Nick: And thank you so much for tuning into this episode of the podcast. So hopefully, you got some great takeaways in this interview between Hal and Amiee. And now you're ready to really go take on some action and make a change in your world. So we want to know what were your big takeaways from this episode. Simply go to halelrod.com/087 and leave a comment there on the show notes page letting everyone know what your big takeaways were.

Also, if you haven't done so yet, please go subscribe to the podcast on iTunes, and leave a rating and review. Rating and reviews are the best way to help show your appreciation for the show, because they help other people find out about the show and decide if it's right for them. So now, the ball is in your court. It's time for you to go out there, take action, and achieve your goals.

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