



Achieve Your Goals Podcast #99 - The Power of Movement (Interview with Aaron Alexander)

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 businesses achiever, and international keynote speaker, ultra marathon runner, and the founder of VIPSuccessCoaching.com, Mr. Hal Elrod.

Hal: All right, goal achievers, welcome to the, Achieve Your Goals podcast. This is your host, your friend, Hal Elrod. And, today, I've got a pretty cool guy on the show. And pretty cool is probably not the most adequate way to describe this gentleman, Aaron Alexander. But I was actually on Aaron's podcast and I was impressed by him. I was really impressed by him. The knowledge...we got to talking after the podcast, and his knowledge in his field was really profound, and his approach to his field was really profound.

Now, that I've got you curiosity, you're like, "What in the hell is his field, Hal? Tell us what he does," right? I'll give you an official intro.

Well, Aaron Alexander, he's an accomplished bodyworker. Get your mind out of the gutter, Achieve Your Goals listeners. He's a bodyworker and a movement coach with over a decade of experience. And he's the founder of Align Therapy, TM. That's right, it's trademarked, don't mess with it. But it's an integrated approach to functional movement and self-care that has helped thousands of people out of pain, and into health.

He is the creator of the Self-Care Kit, which we'll ask him about later. And he's the host of a highly ridiculous and informative podcast, it's called the Align podcast, I highly recommend it. Subscribe to it, And Aaron's clients include Olympic and professional athletes. And he speaks and teaches, internationally.

And his specialty, again, is physical movement. And, if you think about it, everything, everything that we do revolves around our physiology, right? In fact, Tony Robbins is popular for teaching that, when it comes to...and I don't think that he invented this teaching, but the idea that when it comes to communication, 70% of our communication is physiology. It's our movement, our facial expressions, our posture, etc.. 23% is, on average, tonality. Our tone, our peace, our intensity in our vocal variety. And then 7% is the words we use.

So, 93% of what you communicate, not only to other people by the way, but to yourself. And this is really important, right? Because if you want to communicate the messages to yourself, messages that produce energy for you, that produce motivation, that produce happiness, that is about you consciously managing and dictating your physiology. And this is where I'm bringing Aaron on, today. This is his expertise.

So I'm excited. Aaron Alexander, welcome to the, Achieve Your Goals podcast, my friend.

Aaron: Thank you, Hal. I appreciate it, man.

Hal: And I have to warn everybody. I learned this when I was on Aaron's podcast. He makes funny noises. I think he understands about vocal variety and keeping interesting. So, yeah, I just want to warn you. Don't be caught off guard if he goes...whatever. There's certain noises that I think are going to come. But after, it's enjoyable.

All right, with all that said, Aaron, welcome bother. I'm grateful you're here.

Aaron: I appreciate you having me, man.

Hal: So let's dive right in. The place I like to start, with all of my guests is what I call humble beginnings and defining moments. And it's this idea, or this reality, that we are all born with unlimited potential, right? We're told, as children, "When

you grow up, you can have, be, and do everything." Yet, most grownups are not having, being, and doing everything that they want, right?

And so somewhere along the way, most people resign themselves to settling for a life of mediocrity. Yet, this small percentage of people, you're one of them, at some point in their lives experience a defining moment. Or maybe it's a series of defining moments, but it causes them, it causes you, I imagine, to realize that you become great. You can achieve extraordinary goals. You can rise above mediocrity, above being average. So, I'd love to know, what was your life like before you had that realization? And what was the defining moment for you?

Aaron: So, Mr. Hal Elrod.

Hal: Are you calling me hell rod?

Aaron: What? Was that wrong?

Hal: I said, did you call me hell rod? Is that what you called me? That's all right. All right, keep going.

Aaron: Here comes those damn sound effects. So I had a series of movements. So I didn't have a specific, one day, all of a sudden the clouds parted and the moment happened. But, what I had was the realization that the work that I was doing with clients...so, as far as bodyworker, that can be kind of nebulous. I do rolfing, I don't know if we can get into that perhaps, if it's structural integration, if it's structural bodywork, but working to get people's joints, their connective tissue in order. And then, movement re-education, teaching them how to take on that new form that, hopefully, we've achieved in my office.

And what I realized is that the work that we were doing, it was good. We were achieving really great results with people, but the thing was, I was working with one person at a time. So at the end of the day, I could see maybe five or six clients. But at the end of that I'm burned out.

So, figuring out that transition of understated, "Maybe there's a way that I would be able to package this..." It's not my favorite word to say, but create some type of system for folks, that they're able to follow, that they're able to actually do their own work, with themselves.

And so, what I did with that is, I started creating videos for clients, at first. And then that spread out to other people, all over the place. And then, put together some tools, a little tool kit for people that are essentially a foam roller, a couple balls, bands, and teaching people how they can functionally get their tissue moving optimally. Get their body moving optimally. And, really, make every moment be an opportunity to get better in their body, get better in their mind.

So that was really the big transition for me was, finding a means of connecting with millions of people, thousands of people as opposed to that five people a day. That was a big thing for me.

Hal: Got it. And then, that reminds me, I love that because it's expanding your impact. It's scaling your business. For me, that was going from one-on-one coaching to group coaching, right? Where I thought, "I can impact a lot more people in the same amount of time," right?

Aaron: Exactly.

Hal: I love that. Really interesting. So let's dive right into your goal achieving expertise. If I were to ask you, which I am, what are your top three keys to success, for anyone listening? So, if someone's listening and they're working towards their goals and, either they're on pace, they're on track to achieve them, maybe they're behind, maybe they already achieved great goals. Every person, obviously, there's wisdom that we can learn from each other. I'd love to know what is what is your wisdom, when it comes to the top three keys to achieving goals?

Aaron: And let it be known, I had no preparation for this.

Hal: Yeah, no, I like to be off the cuff.

Aaron: And so my three things that I think are really crucially value. The first thing, hands down, is putting yourself in uncomfortable situations as much as possible. So that's the thing, I think, that we end up doing. We end up becoming feeling safe inside of our house, safe inside of our job, safe with our relationship that, maybe, we should have ended six months ago, two years ago. And I think, that's the biggest thing. Put yourself in those uncomfortable circumstances because that forces growth. That's been the most crucial thing for me. So I was in a ballet three months ago. I never did ballet in my life.

Hal: All right, all right, I would have never guessed that.

Aaron: So it's going to ballet class, take a tango class, take a muay thai class, take a chignon class. Put yourself into a variety of different instances to see how you swim. That's the best way to learn how to swim, in my opinion is, get in some freaking water.

Hal: I love that and I don't know that anyone has ever shared that as a tip on the podcast, which I love. But I love it because it's counterintuitive, and most people think, "Whoa, whoa, whoa. No, no, I avoid uncomfortable situations at all costs," right?

One of my clients, I gave her an assignment. She's building a personal brand, and one of my private coaching clients, I gave her an assignment, to Periscope. To do live-streaming video. And she was like, "I'm not comfortable. I don't know. Okay, I'll try it." And we got on the call I think, day before yesterday or yesterday, and she said, "Hal, I Periscoped. I did it twice. I wanted to die. I was so nervous. I was..." I thought she was going to say, "Okay, one and done. I followed through. I gave it a shot." She goes, "Hal, I'm so uncomfortable. I think it's really good for me." And I was like, "Boom. Amen. I'm so proud of you for that."

And I think about when I decided I was going to run an ultra marathon, it wasn't a dream that I had, it wasn't on the bucket list. It was like, "I hate running. So if I make a public declaration, a commitment that I'm going to run this 53-mile ultra marathon to raise money for charity, who will I have to become to get through the discomfort of training for that?" I hate running, right? I still hate running.

So, yeah, so I love that. Put yourself in uncomfortable situations. And what I would encourage for anybody listening, that doesn't always mean you have to go out of your way to find them, which Aaron is talking about, do ballet or whatever. I mean you could do that. But, when uncomfortable situations come your way, or opportunities come your way. If you get invited to a party and you're like, "I'm an introvert. I'm not comfortable in social situations." Freaking go to the party.

So, I would encourage you to keep your antennas up. I would imagine that in the next week, in the next week you will have uncomfortable situations present themselves. And some may be unavoidable. But, some, if not all of them might be optional. So I would encourage you to take Aaron's advice and put yourself in those uncomfortable situations, even if you have the choice not to. Do it, and you'll expand your capacity. You'll become more than you are now.

Aaron, I love it. What's your second tip, buddy?

Aaron: Second tip, I would say is, write down what you want to create, and tell people what you want to create. Put yourself on the line. Put some skin in the game. Something you can do is make a wager with your friends, is an option. But, I think, it's so crucially important that you put out into the world what you want to be creating. So writing that down, I think, is one of my most valuable assets is writing down step-by-step, exactly, what I want to create, how I'm going to do it, and the time frames that I have to achieve it.

And that, once you put it down on paper, then it's a real thing. It's out of that flurry of your mind and becomes an actual, crystallized thing. It's the beginning of something, so that, I think, is crucially important.

Hal: And that, what you said there, I think, you just gave two lessons in one, you ninja, you. You goal ninja. So, there was really two. What I got from that is, put out into the world what you want to be creating, right? Which is kind of like I mentioned with the ultra marathon, the public declaration, "I'm going to do this." It's like when I did the first, Best Year Ever Blueprint Event, I was scared to death of it. It was very uncomfortable. So I made a public announcement, "Guys," to 10,000 people, "we're doing our first event this week..." Right? And I put it out there.

And there's that element of integrity. Well, I have to do it now. I gave my word to people that I respect, and I want their respect.

The other tip you gave though is, writing down your goals and then break them down into step-by-step actions, and with timeframes. Now, that might be the most basic goal achieving advice. People might go, "Well, of course you do that." But I would say it's probably 80%, 90%, 95% of people listening don't actually have all of their goals written down, broken into step-by-step actions, with specific time frames. As in, "I want to achieve this goal this year, which means by the end of this month I have to achieve this. And by the end of this week I need to achieve this. And each day, I need to do this."

So, I think, being specific is crucial. And reviewing those, whatever that piece of paper is or that Word document, or that affirmation, reviewing those each day to stay really present to them. So, I love that. What is your third tip for our listeners?

Aaron: So, I'm sure someone said the second one before so I want to make sure that no one said the last one. So the last thing that I would say that, it's a little bit more specific to what I do with folks, is get interested in your body, get interested in your movement. Recognizing, again, the Tony Robbins thing, all sorts of people talk about that. Our body language is how we are communicating. Our tonality is the other portion, the other 25%-30%, whatever, numbers are not so important.

But, recognizing that the way we are communicating with each other is through hand gestures, is through how we're standing. How integrated are we from our feet up to our head? When you go out with the girl, the date, or the guy, or whatever you're into. The first thing they are looking at, when you walk into the room is, how did you walk into the room? The first thing your job interviewer is looking at is, what's your structure like? How is he dressed? So, really, getting excited about your movement being an expression of who you are, as an individual.

It's not just, "I've got to get to work. I've got to go to the gym and pump out some reps." If all you do is pump out some linear reps, I promise you'll become a linear mover and, very likely, a linear thinker. That gets a little bit more philosophical than, probably, we're going to get into, here. But, recognizing that your movement is an expression of who you are, right?

So if you want to move like a warrior, if you want to move like a dancer, if you want to move like a gym rat...

Hal: Like a CEO, okay. Yeah, keep going.

Aaron: Participate in those activities. If you want to move like a slob, sit around, watch TV, eat burritos, drive in your car, sit in a bus all day. And that is how people will perceive you and how you'll perceive yourself. If you want to be a warrior, move like a warrior. That might weird people out a bit, but getting excited about putting yourself in those vulnerable situations. Take a dance class. Take your lady out to a dance class, whoever it might be. Go and run through nature, climb a tree, climb a mountain. Put yourself in all those interesting movement situations, and it will expand you, mentally.

Our mind is more than just our brain. Our mind is our, whole, entire body. When you injure yourself, right, that impacts the way that you feel. "No, no, I don't want to go to the party. I've got this bum shoulder, it hurts to move. I don't really want to do that anymore." When you feel strong in your system, you will activate. It will be commensurate in the other activities that you do, be it business, be it

relationships, be it spirituality. Whatever it may be. So that's something I find crucially important.

Hal: So, obviously, you're an expert in movement. So the importance you place on movement, I would imagine, is pretty high. What do you think, if somebody was listening, is...most jobs don't involve movement anymore, you know what I mean? Our ancestors moved all day, right? They were moving all day. They were building huts, and they were farming. But, I don't know about you, but I sit at a computer most of the day. So, for me, in the middle of the day I take 30-minute break and I go play basketball for a half an hour, right, getting my body moving.

So, I'd love to know, any quick tips if somebody listening. If they are like most of us, where they're not in a job where they're plowing the field all day. They're not getting movement. They're either sitting behind a desk, or sitting on a couch, or standing at a check stand, or whatever. What would you suggest? How often should we move our body?

And, if we're sitting at a computer where we can't be moving the whole time, how often? Should we get up halfway through the day? Should it be once an hour? And what's just a simple, easy way? Should we stretch? Should we do jumping jacks? I would love a tactical thing for people to go, "Okay, I can commit for the next week, I'm going to do what Aaron said to do, as frequently as he said to do it, and see how I feel."

So, from start to finish, when you wake in the morning until you go to bed, what would movement look like, to really energize your body and your mind?

Aaron: Yeah, absolutely. So it's funny you mention plowing the field because, plowing the field, in the agrarian age, that was the beginning of the end of our bodies. It's because it's that repetitious movements, right?

So, pre-agrarian age, before we had the plows and we were farming and all that stuff, and storing food up, it's documented that bones were denser. Our bodies were more robust before that point.

So, now, it's still fine. It's still great. We're still able to maintain really fantastic bodies, we just need to consciously put ourselves into those natural movement habits. So natural movement habits are exploring a full range of motion in every joint. And we get that, again, I keep harping on dance and gymnastics and martial arts, and things like that. I think most people should be taking some type of

movement practice activity. It could be pilates, it could be yoga, it could be dance, it could be martial arts. There are so many different potentials, but putting yourself in a broader movement category than just that standard, "Okay, I'm going to pick up these dumbbells. I'm going to do 12 reps, 4 sets," whatever. And then I'm going to sit around the rest of the day.

So something, right now, as I'm talking to you I'm standing on a foam roller. I'm standing, firstly, right?

Hal: You just got me stand up by the way. I'm standing now.

Aaron: Perfect, there we go. That's the whole point of the podcast.

Hal: If you're listening by the way, you better be standing, unless you're driving, which in that case...I don't know. Get ready to stand.

Aaron: Get ready to stand. So, if you are driving in your car, here's...all right, for the folks that have the capacity to stand, stand. And then, for the folks that are in a car, right now, what I want you to do is I want you to look at where your mirror is at, your rearview mirror. And I want you to raise it up just, maybe, three-quarters of an inch, maybe an inch. As much as you can do, right?

And, notice, all of a sudden you are forced into a larger more expansive bubble, right? We are all little fish, and we grow to the size of our fishbowl. If you put yourself in a congested, contracted bubble, be it physically or be in your relationships, or your job, right? If you are in a contracted bubble, you will only grow to the size of that bubble. So force that bubble to get a little bit bigger, right?

So raise up your mirror. Raise up your side mirror. Get a lumbar support so you can open up your chest. Study show that by opening up your chest, standing up straight and tall, testosterone levels increase. How great. Crank your music up. Have fun. Dance in your car. You do not need to martyr yourself in order to get to work. So, things like that.

Hal: I love it. And that's something, actually, my kids and I, this morning...yesterday, in the mail, we got a new stereo system for our front room. And last night, I was playing it with the kids, and we had a dance party last night. And then, this morning we had dance party again. And I decided, I said, "Hey kids, do you guys want to have a dance party every morning, before you go to school?" And they said, "Heck yeah," right? So we've got these three big mirrors in our front

room. We've got this killer stereo, now. And so, it's a new Elrod tradition, today was day one. Everyday we're going to have a dance party in the morning.

And there was a gal that posted in the Miracle Morning Community the other day. I totally know who she is and I'm blanking on her name. But, she said, "This is how I do my E," out of the S-A-V-E-R. The, E, for exercise, in the acronyms, S-A-V-E-R. She said, "Here's my E," and it was just, she put her phone up, or whatever it is, a little self-video, and she was just doing this belly dancing cool routine, and people love it. They were like, "That's awesome."

And, I think, that's one of the greatest forms of exercise, is dance. Because, I think the amount of fun...that's why those classes, my wife does zumba and all these high-energy classes, because you're listening to music, you're moving your body, right? You're breathing deeper, you feel better, you're energizing yourself, you're exercising, on and on. So, yeah, so move your body.

Now, do you have a morning routine? I think I remember you saying that, when we did our interview, Aaron. Do you have a morning routine? I'd love for you to quickly share if you have one, and what that is.

Aaron: Absolutely, morning routine I find to be really, super important. And so there's all sorts of studies that talk about how, if you startup and you write down the things that you're grateful for, I think it's completely accurate. I just don't need the studies in order to validate it for myself.

So as I wake up, in the morning, the first thing that I do, I get sunlight on my body. I take my shirt off, unless it's too cold. I go out. I expose my eyes to the sun.

Hal: You obviously don't wake up early enough. Keep going.

Aaron: Right, exactly. I expose my eyes to the sun. And, yeah, it might be better if I could wake up a little bit earlier but, it depends on what's happening in my life, as far as what time I'm getting up.

Hal: There's no right or wrong way. I'm just teasing you.

Aaron: Expose yourself to the sun, it sets your circadian rhythm for the day. If you wake up in your house and you don't get outside, to look at the sun, your body hasn't fully started yet. Get outside and really...get your feet in the dirt.

Something that I do pretty immediately is I'll put some music on. I've got these big headphone things, I put some music on. I've been listening to Kygo, recently, super fun music. And I dance, and I move and I get excited about my movement. I explore movement through all of my joints. And I get excited about the day, as I go through that movement.

Sorry, I apologize for my expediteness, I know we're running out of time.

Hal: No, you're good. We can over an extra five-minutes.

Aaron: All right, cool. So, I'll slow down. As I go through my movement, and I'm exploring that through my whole system, that's when I go through what I'm appreciative for.

Thank you for my body. Thank you for my family. Thank you for my friends. Thank you can my opportunities, so many opportunities. That's the time and it's like, "Holy hack, this is incredible. This whole day is a freaking miracle."

Hal: I love it. I love it. So, you feel gratitude, you go through your gratitude, your appreciation while you're moving your body. Not while you're sitting on your couch.

Aaron: Exactly, integrate that with that. And something I want to say quick is, I find...maybe we will see if people disagree with this. But I find, if you are a curmudgeon older young man or woman, I think that is an indication of laziness. It takes work. It takes sweat. It takes energy in order to be a happy person, right?

When you come out and like, "I don't feel so good." You can go and you can continue polluting the world with why things suck, right? You can go, continue polluting the world with, "Yeah, that sunset is not that good." Or, you can invest yourself into, checkout the Miracle Morning. You can invest yourself into writing down why you're appreciative for this stuff. It starts to build up. You build momentum, right?

The only way, when you're pushing a boat through mud, it is really hard at first, right? But once you get some momentum, the mud passes, and you're moving, right? So if you are out there and you're a curmudgeon, and you hear this message and you're like, "Screw this guy," I think there's a chance that that is an indication of laziness somewhere in your life, and it's maybe time to pick up the slack.

Hal: I like it. So, Aaron, here's what I've done already. And I want to share with our listeners, it only takes one idea to change your life. And the, Achieve Your Goals, podcast, it's a weekly podcast, 52 weeks out of the year. And if you can pull one idea from every podcast, and I know, Aaron, you've give a lot more than one.

But, right now, I've taken my mic to my podcast. I've done every podcast, I think, that I've ever done sitting down at my desk. And, Aaron, from now on, I am going to do every podcasts standing at my desk. And I'm moving. I'm rocking back and forth and I'm moving.

Dude, you've already changed my life. I thank you so much for that. Just reminding me that I need to be moving more. And, why not moving throughout the day versus, just at my lunch break, when I go play basketball, right?

Aaron: That's the dog. I've got a dog here.

Hal: Bonus, we got the dog on. But, I think your dog just really...he probably, heard what I said and really resonated with it.

Aaron: Man, I got tingles through my whole body as you said that, man. And that's a big thing is, connecting relationships, integration with other people, making a difference in other people's lives, being generous, give to receive. So, just you saying that hooked me up for the day, so, thank you.

Hal: Nice dude, look at it, we reciprocated because energy flowed back and forth. What's your number one goal, right now? Or not even, right now, but I'd love to know. Share with our audience. I get inspired by other people's goals and the game that they're playing, and that sort of thing. What is your number one goal, either present or future, that you're excited about, that you're working on?

Aaron: Yeah, the number one goal, right now, that I'm working on is integrating everything that I do, to all towards one goal, essentially. What that goal is, is optimizing myself. Everything that I do, being...I'm going to travel, right? So, I'm going to Africa, I'm going to Europe, here, in the next three weeks. I'm going to go on workshops and working with African dance and stuff. I'm looking to it.

So, as I'm going out there, I'm traveling. I'm also developing my business. I'm also developing my spirituality. I'll probably meet with some people that I find to be idols in that way. Sorry about my dog.

Hal: That's all right. I like the barking.

Aaron: Live TV.

Hal: Hey, your dog is just modeling your weird noises, so go on.

Aaron: It was actually me the whole time.

Hal: Yeah, exactly, "It's my dog, sure."

Aaron: So that's the big thing, is really consolidating...before I was snapping at the dog. Now I'm just like, "He's in the podcast."

Hal: What's your dog's name? We've got to know the name.

Aaron: This is Red, Panama Red. Red is a beautiful, beautiful...he's just one of the sweetest beings in the whole entire world. He's a red healer. He's fantastic.

So consolidating all of the things that I do into developing, me, as one unit. So as opposed to going to work for eight hours a day, right? And it's like, "I hate my job," and then coming back. And then, "Now, I'm going to work out for a little bit," right? And then it's like, "Okay, now I'm going to hang out with my girlfriend."

How can we tie up these loose ends, and make everything that we do, make everything else better? Integrating the Matrix, is what I'm working with. So what I'm doing is, I'm going out, I'm teaching workshops, I'm teaching seminars, I'm teaching people about the Self-Care Kit that I talked about. And teaching people about movement education, and how to really bring the life back in the physical therapy. Bring the life into massage therapy with self-care techniques.

Red is going to be famous.

Hal: Red is a celebrity, now. In fact, can you make an email introduction between Red and I. I want to get him on a podcast. Yeah, I think he's actually been the highlight of today. You, you've done okay, but Red is a rock star.

Aaron: I was a strong six.

Hal: Yeah, yeah, exactly. So, dude, last question for you. I call this the rider downer. What is the best piece of advice? It could be a quote, mantra, a guiding

principle that that has significantly helped you to achieve your goals, that you can share with our listeners.

Aaron: Yeah, so, I'm really into martial arts, and movement, and dance, and all that stuff as you can already tell because I probably said it a million times already.

Hal: You're a ballerina, we get it. Keep going.

Aaron: A ballerina. Yeah, so the most famous samurai who ever lived, Mr. Miyamoto Musashi...I love, love, love Miyamoto. So, I've got his book right here, The Book of Five Rings.

He went into a cave and in his deathbed, he wrote this book. No one could beat this guy. He was going around slaying everybody, amazing warrior, right? And so, he wrote this book and one of the quotes that I got out of this book and, actually, I originally heard from Kelly Start, so if Kelly's listening, there you go. But one the quotes that I really love from it is, "Make your everyday stance your battle stance. Make your battle stance your everyday stance," right?

So when you're going into battle, that should look a lot like, how you cut your carrots. That should look a lot like how you ride your bike. It's not like, "Oh, I'm driving my car now, so it's time to be lazy. It's time to be a slob. It's time to collapse and contract because I'm just going to work," right?

No, no, no, when you're in your car, prepare for battle. Open your chest up, grip that steering wheel. Crank the music up. Have fun inside that thing. When you're walking down the street, walk with integration, walk with power through your body. Imagine that you are going into a job interview. Every moment is a potential job interview, right?

Because you never know who you're going to meet. So, if your sword is always sharp, that is the key to success. You don't need to prepare yourself, "I'm going to meet this person." No, no, I've been sharp for the last five years.

Hal: So is this like...so what I'm getting from you is like T. Harv Eker's quote. There's a quote that I got from T. Harv Eker's, Secret of the Millionaire Mind, that feels similar, which, he said, "How you do anything is how you do everything." Is that the track that you're on?

Aaron: I say that all the time. That's exactly what it is. Yeah, so it's like, "Wax on. Wax off," Karate Kid. How you mow your, how you wash your plate, wash your plate like a bad ass. Get strong in your body because you're always exercising, you're always working out. Don't save it for that 45-minutes that you go to 24 Hour-fatty.

Utilize every moment of the day, to get stronger, get better, get smarter. Cultivate yourself, cultivate your business, cultivate everything.

Hal: I love it. So move. Move your way to more energy, move your way to more success, move your way and move your life to the way that you want to show up in everything, right?

Tell me your samurai quote, again, because I already forgot it.

Aaron: "Make your everyday stance your battle stance," or, "Make your battle stance your everyday stance," however you prefer it.

Hal: In other words. How you do anything is how you do everything. So show up to every...be in a peak state at all times, physically, mentally, emotionally, every chance you get. When you're in the car, right, sit up straight. I like what you said, move your rear view mirror higher so you've got to sit higher to see behind you. That's great, right?

And, one other thing you said that I wanted to touch on, and I forgot it. So I'm going to save it for my podcast with Red, and we'll circle back at that point.

If somebody wants to get in touch with you, they want to look at your Self-Care Kit. Tell everybody your website and the best way to reach out to you.

Aaron: Jump on to AlignTherapy.com, [A-L-I-G-N therapy.com](http://A-L-I-G-N-therapy.com). On there, I have all the links to my Twitter, and Facebook, and YouTube, and Instagram, and all that stuff. And then, the YouTube channel, that's all linked from there, of course. And then, the podcast...the podcast is my favorite thing to do in the world. I plan on podcasting for the rest of my life because I get to talk to people like you. It gives me something else, it gives me a reason. Give yourself a reason to show up each day. My podcast is an example of that. And the workshops I do are an example of that. So the podcast is called, the Align Podcast.

And, yeah, everything links from the website, [A-L-I-G-N therapy.com](http://A-L-I-G-N-therapy.com).

Hal: Check it out. Achieve your goals listeners, just move. That's it. Aaron, for the last 10 minutes, I've been standing up with my mic extended, and I'm rocking back and forth. And I keep having to pull my mouth away from the mic because, guess what, I'm breathing way deeper, and I don't want to be like...breath into the mic.

Aaron: Very sexy.

Hal: Yeah, you're a listener. But, man it's crucial. Everybody, this is an opportunity to up-level your movement, your physical vitality. Take this challenge. For the rest of the day, move more. Ask yourself, how can you move more? Take that...on your lunch break, go for a five-minute walk. In the morning, have a five-minute dance party with your kid. Move more.

Aaron: Yes.

Hal: All right, cool. Aaron, I appreciate you being on the podcast, buddy. Thank you so much for bringing your value and your wisdom.

Aaron: Thank you so much, man. I really appreciate.

Hal: Ditto, man, and it's authentic. You're on a mission to change a lot of lives and you already changed mine. This microphone will not go back down. I know, I'm probably...when I am sitting at my desk, doing other things where I have to be sitting, typing at my computer, I'm probably going to hit my head. So I'm going to, "Screw you," in advance, for all the times I hit my head on the mic.

Aaron: Well, shrinking, as an old person, is a myth. We lose a little bit of dehydration, that's true. But, generally, it's a collapse, a structural collapse, right? So, this is you tapping into the fountain of youth. Stand up tall and strong, that's it.

Hal: I love it. Cool brother. Achieve your goals, podcast listeners. Thank you for your valuable time, your energy, your attention. I appreciate you. I love you. Thank you so much for tuning in. It really, really does mean a lot.

If there's anything I can do, feel free to reach out to me. The best way to get in touch is, go to HalElrod.com, click on contact, and you can shoot me a message, and I'll make sure to get it, and do my best to back to you, ASAP.

Until next time, set some big hairy audacious goals. Some smart ones, that are measurable, and all that other stuff. Set some big goals. Wake up every day, and review those goals. Break down your plan. Set some timelines. Make it public. And, go out there and achieve big results, because you deserve nothing less. I'll talk to you next week.

Nick: Thank you so much for tuning in to this episode of the podcast. Now, we want to know what were your big takeaways from this interview with Aaron. Simply, head on over to HalElrod.com/099, for episode number 99, and you'll find the show notes there. And just leave a little comment there, on the show notes page, letting us know what your big takeaways were.

And, also, that's where you can find all the links to all the resources mentioned in this podcast. If you haven't done so yet, please go subscribe to the podcast on iTunes, by going to HalElrod.com/iTunes, and click in the little subscribe button. And, while you're there, please leave a rating and review.

Ratings and reviews, really, are the best way for you to help us spread the word about podcast, because it helps more people...it helps us climb up in the ranks, more people find out about the show. And then, all the positive reviews helps them decide if this is the podcast for them. So head on over to HalElrod.com/iTunes, to leave a rating and review.

And, before we go. We've been mentioning all about the Best Year Ever Blueprint Live Event, that's happening in San Diego, in less than a week. Well guess what? We are now sold out of tickets to that event. But you can still take part by going to BestYearEverLive.com. And then, you can sign up for the live streaming of the event.

We're getting things ready, getting things up and running. We're actually going to livestream the entire event so you have a chance to participate with everyone who's going to be there, live, in San Diego. So, head on over to BestYearEverLive.com for more details.

And, finally, it's time for you to go out there, take action, and achieve your goals.

Man: If you're looking to grow your business using podcast, but don't have the time to edit the audio, insert the intro and outro, right up the show notes, post the episodes to all the different sites and do all of the ridiculous backhand work that's required, then you need YourPodcastGuru.com. Where you bring the content and

we take care of the rest. We'll even co-host the show for you. Visit, YourPodcastGuru.com, right now, to explode your audience and crush it in the podcasting world.