

Be Your Own Hero: Become a Jedi Feat. Phil Drolet

Synopsis

Nobody gets to the finish line entirely on their own. Someone has to inspire them, train them, encourage them. For Marc Angelo, Phil Drolet is the mentor which helped Marc get where he is. The two of them talk about the best strategies that have transformed both of their efforts, and their best advice for those following in their footsteps.

Key Points

- Phil realized he was capable of changing his world when, as an eleven year old on a swim team, he began coaching his swim coach on techniques which could improve their practices.
- There are multiples levels of learning:
 - Intellectual: You acquire knowledge and facts.
 - Emotional: You experience and test what you've learned, and begin to feel it change you.
 - Physical: You've done it enough that it becomes who you are.
- Many people make new years resolutions, but that's the wrong way to make a commitment. If you know you need to make a change, **you should commit to it right then.**
- Commitment and Integrity are non-sexy words- but they're words that work. By internalizing these two, you can begin to accomplish goals that you never thought you could.
- Commitment allows you to **dedicate yourself to transformation or accomplishment**, and integrity insists that you cannot cheap out.
- Commitment doesn't mean that you must finish *everything* you start. That's part of involving integrity- you have to know when to quit if its necessary, and when to fight when you need to.
- Sometimes, that requires you to set a time-frame to go all in, and reassess at the end of that time-frame whether this is the course you want to be on. This allows you to have full commitment, even if you aren't certain you're on the right path long-term.
- Beyond demanding yourself to run at your best- one of the most significant things that can help you accomplish your goals is **by being happy with yourself and your life**, striking the balance between work and life. If you feel satisfied and happy with what you're doing, you'll bring more positive things into your life.
- Setting up a healthy balance for your work can be difficult when dealing with clients- but that makes it all the more important.
 - Set rules and standards with your clients so that they know when you're willing to work for them.
 - Set strategies for yourself- how will you deal with rush projects, priority tasks, and long-term work?
- If you're trying to build a series of new habits, pick an easily attainable goal for that habit's development.
 - What do you need most? If it's meditation, start by meditating for 5 minutes a day for a month.
 - At the end of the month, evaluate. Should you meditate ten minutes a day, or drop the habit?
 - Once you've settled that first habit, what do you need most now?
- Another way to figure out what you need is to study great men; what were their strengths, weaknesses, habits? How can you take their best qualities, and avoid their worst?

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- Speaking of studying- begin studying more and consuming less. If you read a book, don't try to get through it as quickly as possible, break down and digest what you're reading.
- This is the point of the weekly challenges- they take the intellectual learning and transform it into emotional learning. They allow you to internalize and utilize what you're learning, so they can later become physical learning.
- The decisiveness to utilize your experience as real action is what pushes you from an idealist to a person of action.

Powerful Quotes

- "To whom most is given- most is required. And if you're here, you're probably in that top percent." - Phil Drolet [37:45]

Weekly Challenge

- Make a morning routine for yourself- what are your biggest priorities each morning?
- Create a schedule for watching these classes and completing the weekly challenges.
 - How are you going to maintain steam and watch every class, and transform that knowledge into real action.
 - What day of the week will you watch them?
 - How will you hold yourself accountable?
 - When will you do the challenge, and how long do you have to accomplish it?

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