

Be Relentless Podcast 40 – The Relentless Success Pyramid Explained



Isaac Wilkins 0:06

And we're live. What's up guys, this is Isaac, owner of Relentless Strength Training, in Bangor, Maine, and host of the Be Relentless podcast, which is what you're listening to right now. I appreciate you coming in listening, and today is a one of our Thursday episodes, so we're going to basically be talking a little bit longer today, I'm obviously not going to try to keep you here too awful long but you know Monday we do our Quick Hits, those are kind of faster,

Isaac Wilkins 0:32

one-point episodes versus on Thursdays, where I kind of break it down a little bit, or if I'm going to get a guest in. Today, it's just me, so you're sitting here with me.

Isaac Wilkins 0:44

And today I want to go over kind of a little bit of the run through of the system and kind of the way that we look at things. And we've talked about a lot of this stuff on previous episodes.

Isaac Wilkins 0:56

But I haven't really deeply collated it all into one episode, and it's been a while, obviously I took quite a gap there between recording up so so I figured we might as well go back to baseline, and talk about kind of one of the big overarching things that we do it wrong. And that is the relentless pyramid the relentless success pyramid.

Isaac Wilkins 1:18

Basically, this is how we structure.

Isaac Wilkins 1:23

The one was lifestyle or one less training like all that type of stuff is based on this pyramid.

Isaac Wilkins 1:29

If you guys go to the website it's right on the website, and also definitely will be in the show notes for this post. But I've been outlined a real quick as well.

Isaac Wilkins 1:38

And this pyramid kind of governs the philosophy my philosophy of training. The philosophy at relentless like how we do things. And basically, it gives us the four points that we're really looking for and those four points, and basically each one is a little bit, little pyramid within those, and I'm going to break them down into three, so we can do three sides by three sides but now we're getting kind of complicated.

Isaac Wilkins 2:05

especially just speak it vs. vs show you, but you've got your four points of four major things that build up that pyramid. The first one, supportive nutrition.

Isaac Wilkins 2:17

We're a big fan of eating to support your body eating to support your lifestyle. So, we'll get into it in a second but not so much eating just for vanity sake but eating to actually support the healthy, happy, athletic life.

Isaac Wilkins 2:32

Smart training, kind of the same thing we're going to build you know mean obviously we're gym or unless we're going to build your body we're going to, you know, build it so that can actually do things not just like what pretty. We want health we want vigor we want athletic ability all that stuff from there so relentless mindset, this is kind of the thing that obviously it's my pet thing we all know that I love the mindset stuff, believe that the mind can take over everything and control everything but the mindset that we try to foster a wellness is what gets you get you moving gets you through gets you through the hard times, you know, lets you enjoy the good times.

Isaac Wilkins 3:10

builds those habits all that type of stuff kind of falls into that box. And then the fourth little chunk of that pyramid, that kind of runs the whole thing is the principle of Kaizen which I'll get to later on this podcast at the end we'll wrap up with that.

Isaac Wilkins 3:26

But you'll see you'll see that kind of come up and that's kind of how we how we approach. All of this stuff, all kind of bound into one. So, what I really want to do is I want to kind of go over like some of the early entry things for each of those three four pieces. You know, obviously the sky's the limit eventually you keep going and train you keep going and nutrition, you can dig down into really deep minutiae. But that's not what we're looking for here we're not trying to get deep deep into it because most people have to start with the basics you have to start maybe like level one or level two, you know what I mean. So, we'll dig deeper on future podcasts, but right off the bat, I want to tackle the mindset, because I think that honestly the one was mindset is the biggest part of it, because if you nail that.

Isaac Wilkins 4:15

Everything else is easier. Right, versus if you try to come in and you just start trading hard, that's great but you don't kind of handle the rest of it, your results can be kind of compromised.

Isaac Wilkins 4:30

You know, same thing with nutrition, you know, so if you don't have that mindset down, it's going to be probably harder for you. So, the first thing that we always do with everybody when they come into relentless. Once they sign up once they, they go through their initial interview process stuff like that is,

I have a little talk with them, send them a video like all that stuff, basically about building their self esteem bank account. And, which sounds funny it's, you know, kind of fight turns my clients that are listen to this, they know what that means but it's basically it's the talk about self trust and self integrity. And so basically like sick of how you feel about yourself and not just like in your mind right now but like deep down like you know base your index style like how you think about yourself. And that's like your self esteem your integrity, your self esteem people think it's like, oh, well, do I, you know, if people are mean to me it's going to knock down my self esteem stuff like that. I'm going to think less of myself. There is a little bit to that but it's much more internal than that, to be honest, if you have great self esteem, you kind of don't care what other people think. So there's only so much that they can control what your self esteem is like if they're saying a bunch of shit about you, and you don't believe it because you have great self esteem, then it kind of doesn't matter if you're rolls off your back.

Isaac Wilkins 6:00

So here's where the self integrity comes in. There's so many people, almost everybody that joins the gym, because this is why they join a gym has an issue with self integrity. And I don't mean that they lack integrity don't mean that they're liars I don't mean that they, you know, let people down stuff like that but they let themselves down all the time. I've done it you've done it everybody does it. You know how often do you promise yourself you're going to do something, and then you just kind of don't do it right. So that's, every time that happens that dings you a little bit because your subconscious brain, you know that background brain says oh well, I can't trust this guy. And now guys you you know if you had a friend who or an acquaintance, or whatever, who promised you things 50 times and let you down every time. Like how often do you believe him.

Unknown 6:53

You wouldn't you'd say okay well.

Isaac Wilkins 6:56

Clearly, this guy is not to be trusted. So then when he tells you something on the 51st time, you're probably not going to believe it. And that means you're probably not going to help him out, you're not going to do the things that he wants you to do. It's the same thing with yourself. So if you tell yourself I'm starting my diet on Monday, or I'm going to eat clean all week, or I'm going to hit the gym four times this week, or I'm going to do whatever you're going to do. And then, that doesn't happen.

Isaac Wilkins 7:20

Your brain says, Okay, I can't trust this guy so it's not going to work. So when people join the gym. I run it all the time. They don't really, they want to, they want to get success they want to get results, and they don't truly deep down believe that they can get results because their brain doesn't trust themselves.

Isaac Wilkins 7:40

So we look at it like a bank account. And I got this idea from tax boy, great mentor mind, body, give him some credit there, but I look at it like a bank account. So, every time you follow a process we self promise we kind of have this little exercise we do with people and they start out.

Isaac Wilkins 7:57

We haven't followed with self promise I don't care what it is I want it to be. Basic, I want it to be easy to do, I want it to be super simple, it could be finished my bottle water today could be parked at the other end of the parking lot and walk in it could be, take the stairs to the elevator something basic that they know they can do, but it's not normal. So they've got to actually choose to do it and want them to do that, and I want them every day to do one of those things. It doesn't have to be big. As a matter of

fact, I'd rather it wasn't because it's more likely to happen. So because that way. You know, you're building that trust in yourself, because every time you do it, and you have this little like, Oh, well I did it I complete my promised myself that subconscious brain says, Oh, you know, I trust them a little more. I trust them a little more. Now you're making deposits in the bank account. Over time, you build that up you make enough deposit in that bank account now you've got a great balance. So if something does go wrong down the road, or somebody does give you shit, or you do fail yourself a little bit. You'd be like well okay. That sucked, but maybe it was learning experience but I still feel pretty good about myself. Now you're much more likely to follow through with things and do it because you actually believe you'll do it.

Isaac Wilkins 9:09

So, that we always start there with that self esteem back out. From there we get into the growth versus fixed mindset. So a growth versus fixed mindset. Basically, real quick, in a nutshell, this comes from Carol Dweck work. Her book growth, the growth mindset is amazing.

Isaac Wilkins 9:26

Basically, a growth mindset means that you have the ability, or you think of yourself as having the ability to improve yourself and change, and a fixed mindset would basically mean that you feel like you're kind of stuck with your abilities and your habits, the way they are, where your abilities and talents, the way they are. So like if you're not performing well in a math class. Right. So a fixed mindset would say okay well I'm not good at math. So now basically that person's locking themselves down, they're just not gonna try very hard, a growth mindset would say okay well I'm not very good at math. But I can get better at it, and they would work hard and they would improve. And over time, they would become better at math. Now, I mean you know let's let's pick an absurd example. You know I'm six foot tall, big guy, and never really played basketball chances of me, beating LeBron James and a one on one, is zero right now. And no matter how hard I worked at basketball. And if I had my best day, and he had his worst day, chances are still be zero. That's absurd example, but I could say that I can okay well I'm going to go spend an hour a day practicing basketball, and I guarantee that I would get better at basketball because I have a growth mindset around that makes sense. We need to make sure that you have a growth mindset of relentless we focus on that very very hard.

Isaac Wilkins 10:48

From there, the next question I always like to ask people because they always people come in and again this is kind of dovetailing on the last two things they don't really believe in that they can achieve success, or they don't necessarily even know what that success looks like. So in the last couple weeks and my podcast here we've gone over a bunch of goal setting stuff. Moving the chains stuff like that, go back and listen to those was a great, but the question I was like to ask people is. Okay, well, if that were true, what would it look like. And by that I mean, you know, if you see somebody says, Okay, well, you know I want to I want to be healthy and I want to I want to be lean and I want to look good for the beach, okay well that's great. Those are all good things but they're kind of vague. And a lot of times you can tell they don't really believe that's going to happen. And I would then so let's unpack that like well okay well assuming that all that turned out to be true like I could wave a magic wand right now and it was true, what would it look like, like, Oh, well, I wouldn't have any roll over on the side of my bathing suit I wouldn't you know whatever it is they come up with. Now we're starting to get into the nitty gritty, now we're starting to get into something and now we're also making them envision what it looks like. That's very powerful for the mind, to be able to envision exactly what it looks like nail it down focus on it, because then we can set the mind and set your training etc nutrition towards making it happen.

Isaac Wilkins 12:12

Whether it's a physical thing, or whether it's, you know, I want to be the best running back in the state. Okay, well that look like well I probably have this many yards, and then I'd probably have this and I would have this type of speed and I would have this cut and blah blah blah, all that type of stuff whatever it is that by asking that question clarifying and getting a clear view of what that future looks like you're going to be so much further ahead. So that's the wrongness mindset, in a nutshell, like I said, where we start people out we can obviously dig much deeper and we do, but let's start with that today.

Isaac Wilkins 12:46

Moving on to supportive nutrition.

Isaac Wilkins 12:49

So the first thing we do with nutrition is a we look for the holes, look, see where things are.

Isaac Wilkins 12:56

We see what people are doing right now, obviously, and then we look at the holes, versus just trying to give them some random diet that they are probably going to hate and doesn't go to work for him.

Isaac Wilkins 13:05

But the big thing that we do. Because nutrition, especially nutrition is about habits.

Isaac Wilkins 13:13

You know competitive bodybuilders physique athletes stuff like that. They, they kind of operate very differently because for them nutrition kind of runs their life, and that's totally fine that's their, their choice but for the most part most of our clients most of our adults people walking around, have a bunch of other shit in their lives and nutrition doesn't run it, it they may pay attention to it but it's not the number one thing.

Isaac Wilkins 13:36

So, habits are a big deal. And being able to make these like autopilot decisions are a big deal. If those to make sure those decisions are correct, they're the right decisions, there's going to move you towards the physique, the performance the lifestyle the health you want.

Isaac Wilkins 13:51

So the first thing we always focus on is just like we do build any habit we start small and I focus on one meal. One fix one one drink water one whatever focus on one thing at a time and money nailing that. So for a lot of people that's breakfast because that's the one meal that they can usually account for pretty easily, because they prepared at home before they leave for the day and versus like lunch can get weird at work and then dinner can get weird with practices and, you know, late meetings at work and stuff like that so focus on the one thing that you can control which might be breakfast and focus on making like great breakfast decisions like get that down for X number of time. You know, for a week for two weeks, whatever, build that habit. So you're going to get progress in there because you're already making a good decision, but now it's going to stay like an easier habit you can control. So once you get that down now you've got a little confidence coming back to that self esteem bank account that we talked about earlier all this stuff you see layers on itself.

Isaac Wilkins 14:57

But all that's going to build and then you can make an easier decision production okay well I got breakfast down pretty well. So let's let's work on lunch, you know, and now I'm going to tackle that. Now I'm going to tackle dinner. Now I'm going to tackle snacks whatever it is you do your journey is your journey but nailing down that one thing.

Isaac Wilkins 15:16

The next is just to lay in the basic foundations of good nutrition protein vegetables and water. That was, I'm not saying that's all you need to eat. What I'm saying is that most people don't eat enough protein of quality protein.

Isaac Wilkins 15:31

And if you eat more quality protein you'll retain better muscle mass, you'll build muscle mass faster recover fast from exercise. You'll be less hungry throughout the day because protein has a high satiety effect.

Isaac Wilkins 15:44

It'll help modulate your blood sugar.

Isaac Wilkins 15:46

Overall, you'll be healthier, there is obviously a limit to how much protein, you should eat, but most people don't eat enough.

Isaac Wilkins 15:53

Vegetables. Vegetables are great, all your micronutrients vitamins your minerals all that type of stuff. Fiber stuff that's going to help slow down your digestion so that you feel full longer so you're less likely to overeat on other things. Vegetables are key. Almost nobody gets enough vegetables.

Isaac Wilkins 16:11

We always make sure we work with people on getting more vegetables into every meal. And that's just definitely when water.

Isaac Wilkins 16:20

Lot of people walk around dehydrated. Don't drink enough water, especially if you start exercising start training if you're not used to it. A lot of times, thirst is not necessarily a bad guide for water for most people, if you're just going to be sitting at your desk all day, you really don't need that much water. I mean, you know, drink some water so you can get up and go to the bathroom a couple times a day gets, you know, but you start exercising you start training and start living more active lifestyle, you're going to need more water, you start eating more protein you need more water you start eating more vegetables you need more water. That helps your body move all that stuff you want to burn fat. It's very hard to do a dehydrated state.

Isaac Wilkins 16:56

You want to perform at a high level, very hard to do a dehydrated state. So, more water is good again yes there's a certain point where you can overdo water but most people don't get their.

Isaac Wilkins 17:09

Keep it to about a gallon for most people. So, anyway, we kind of nail down those basics, and then your carbohydrates your stuff like that, they can kind of come in from their

Isaac Wilkins 17:23

fats, eating out all that type of stuff, stuff that we address. But we get the protein we get the vegetables we get the water if you nail all those honestly your nutrition plans can be pretty good. And you also will have filled your body up with enough quality nutrients that you're probably not going to be as hungry for the junk food, I'm not gonna say you know any any junk food but I am going to say that you'll probably eat a lot less than you would if you're just eating a bunch of processed carbohydrates and fat. So, nail those down that's part a big part of our support of nutrition. Next thing, sports nutrition have a plan. Have a structured plan in place and I don't mean that necessarily you got to build a whole meal plan it out, but I do mean it's have a plan for what you're going to do. So, if you end up going to a fast food restaurant because you had to pick up the kids from practice and stuff like that you will drive through. Don't just stare at that big board and get whatever jumps out at you because those boards are literally designed to make you buy a bunch of stuff that's cheap for the restaurant to produce flavorful for you, which usually means not awesome for your health. So walk in before you even walk in the door, have a plan okay I'm going to get a grilled chicken I'm going to get, you know, double side salad I'm gonna get whatever so that we don't even need to look at the menu you just know what you're going to do. Same thing with nicer restaurants, try to have a couple of lockdown options like myself I talked about in the past. Most places I'm going to get a steak and I'm going to double side of vegetables. I love steak, good protein, good fat in there, and the vegetables. Keep the full keeps me away from the fries his way from the chips keeps me away from the stuff that I probably don't need.

Isaac Wilkins 18:57

So that's kind of the go to plan and build those plans. And that way you have them and they're always in the back of your head and you don't have to get caught looking at venues, because many is going to kill you.

Isaac Wilkins 19:07

All right. Smart training.

Isaac Wilkins 19:11

This one. It's kind of a kind of our fundamentals training here I'm not going to get into the nitty gritty of exercises stuff like that. But the big thing that we focus on is it smart strength training, safe strength training is the foundation. It kind of rules. It's the one ring to rule them all so to speak, obviously you don't want to get hurt. If you get hurt, you're out of the game, that's pointless.

Isaac Wilkins 19:35

If you're already if you walk in, you've got an existing injury, and you try to jump into like a big group class like some places do we don't do that a lot less but some places do that has a bunch of strength stuff that you know is going to exasperate that injury, and you do it. And guess what you get hurt again, you're screwed. That doesn't make any sense. So you need to be safe about it need to be smart about it and kind of build that build up that strength in a way that's going to actually let you keep building the strength, for lack of a better term. And the reason why strength center rules at all is because all the other qualities flexibility mobility, you know, aerobic conditioning anaerobic conditioning, power, speed, all those things. And it's going to be depending on your goals how much you care about any one of them, but all of them are easier if you're stronger. If you have an easier time controlling your body, you have an easier time controlling your position in space, you're going to be stronger, or you will be

the strength that allows you to do that is going to help us to keep you from getting hurt. It's going to help you build for produce more force when you want to, it's going to be able to have you better control when you want to. And because every step, or every swing or every whatever is easier, you're going to have a better time doing all those things you're going to have a much easier time doing all those things are going to be much less what percentage every one rep max if you're stronger, so therefore your endurance will improve dramatically. So we focus on getting you as strong as possible.

Isaac Wilkins 21:08

Obviously within your goals. But we focused on getting a strongest possible as safely as possible. That's key. The next step from there is being able to move well, and that we kind of throw into the blanket term of mobility but strength, plus flexibility and practice and movement, basically makes mobility So, being strong enough which we just want the last one to control your body, having the basic flexibility in the joint structures, you know, muscle quality tissue muscle quality stuff like that, you know, allows your body to feel safe in space and feel safe bending and moving and flexing. And then, just a matter of practicing different basic movement patterns. You know lunging swatting pushing, pulling rotating, those types of things those basic movement patterns, the more the body can get used to them, the more it builds up this motor pool of kind of movement abilities, and it kind of builds these plants and it becomes more comfortable. You know, it's just like the first time you swing a baseball bat, or you try to throw baseball, it's kind of it's pretty awkward. And the second time is pretty awkward, but next you know you've done it a few hundred times a few thousand times and now it's just a smooth automatic thing. It's the same thing with your body and movement. So being able to move in a lot of different directions and be able to control yourself as key. We focus on that a lot.

Isaac Wilkins 22:33

And the next one is that I always try to get with all of our beginners is work capacity, which is kind of this like industry term, but work capacity is basically it's sort of like conditioning, but it's basically the ability to handle a workload be able to handle exercise and work capacity kind of encompasses the conditioning to work in the moment, but also the ability and the resiliency of the joints to not break down the ability to maintain good position all those things. So basically, it's your ability to handle training its ability to handle life its ability to handle hiking its ability handle playing sports at the ability to handle whatever life throws at you, the higher your work capacity, the better. And so basically that layers on the other two. So, once we get to strong once we get to mobile, then we can just start doing more of it. And that'll help build that conditioning and that work capacity. That's a very, very big key and that's kind of like once people's work capacity comes up is when you really start to see the people make the progress.

Isaac Wilkins 23:38

So those are our big three right there. Those are our, you know, our runners mindset, or supportive nutrition and our smart training. The last one. The Kaizen principle. So this is a Japanese business term, primarily, using the business personal development space anyway.

Isaac Wilkins 23:57

Tony Robbins made it pretty popular I think that's probably where I heard the first time.

Isaac Wilkins 24:02

And basically means making one small improvement. Every day, or 1% better 21% better every day turn to pick one, get one thing better every single time you come into the gym or every time you train. So, You know, you might get a couple more reps on a set. You know, you might shave a few seconds off the time.

Isaac Wilkins 24:25

You know, you may be able to get a couple more degrees of range of motion on a stretch. You may be able to, you may be a one better decision nutrition wise, stuff like that, all that stuff, you know, any one of those things is probably not a big deal and that's the thing. But over time they add up. So if you improve yourself somehow, some way every single day.

Isaac Wilkins 24:48

Even if it's a very very small improvement. At the end of the year, you've got 365 improvements, you can't tell me that your life isn't going to be better. You can't tell me that your life isn't going to be drastically different after 365 improvements. And that's one of the things that we really try to like work hard on people with is realizing that, you know, the big gains are awesome and don't be wrong will take them when they happen. But the big gains are not going to keep going on forever, they just don't you know and so sometimes it's just a matter of coming in and doing one more thing better than you did last time or one more thing better than you would have sometimes just showing up as the Kaizen.

Isaac Wilkins 25:27

When you don't want to be there. That's the win. And that's what we really kind of work out with people.

Isaac Wilkins 25:33

The big thing that I've found to help most people with that is being able to knock their stress down being able to knock their, whether it's however you do it whether you clean up some of your life, whether it's meditation, whether it's just taking 10 minutes to breathe and listen to your favorite music or whatever it is, whether it's working out, being able to knock that stress down allows you so much more freedom, both physiologically mentally and all of that to make those 1% improvement, you just kind of have that extra little old that you need.

Isaac Wilkins 26:08

I have a system that I use with our clients. We teach that we call it the four elemental essence, and I'm not going to get into it too deeply here, but I've got a free ebook for you guys, it's in the show notes are for elemental as its kind of covers the, the four systems every day to knock out one thing basically you can do about 10 minutes on each, and you can check those off your box for the day make improvements if you knock those out every day. There's no question your life isn't going to be better.

Isaac Wilkins 26:35

So quick recap for everybody.

Isaac Wilkins 26:38

Basically our relentless success pyramid is how we kind of run our systems are relentless and today we kind of went over the basics, we went over some of the early stages for everybody. So we had supportive nutrition. We had smart training. We had one was mindset we had the Kaizen principle.

Isaac Wilkins 26:58

From the relentless mindset, we're looking at kind of the building up that self esteem bank account. You want to get a growth mindset versus a fixed mindset. And then the big question you want to ask yourself is, well, if it was true, and it mean, what you want to have happen, if it was true. What would it look like and kind of flushing that out in your mind.

Isaac Wilkins 27:21

From there we moved on to the support of nutrition. And the big thing is to start with one thing, like once you've established what you're doing now, once you've established some things you might want to improve pick one of them and master that before moving on to the next, you're going to see progress every step of the way.

Isaac Wilkins 27:37

You're not going to burn yourself out in Korea back to your old habits because that's what it's really all about is building good habits.

Isaac Wilkins 27:43

Base everything around your protein your veggies in your water. Again, not saying that's all you need to eat.

Isaac Wilkins 27:49

Eat your carbs, get your fats and they're like all those types of stuff is important. Being able to enjoy yourself and enjoy your food is important as well. But make sure your protein your veggies your water in line and then fill in the rest from there.

Isaac Wilkins 28:03

And the next one is to have a plan, make sure you've got a plan in place for like if you go to a restaurant or if it's at a birthday party or whatever.

Isaac Wilkins 28:12

I'm not saying you can't enjoy those things. What I'm saying is, have a plan in your mind, stick to that plan and do that. And that's going to eliminate that like freak out.

Isaac Wilkins 28:21

I don't know what to do and Sunday I end up with double extra value meal that I didn't want, really. But I'm a seven my face anyway.

Isaac Wilkins 28:30

you know, stuff like that. Have that plan in place, get that stuff squared away. And that way it's going to help you make better decisions because it's going to take some of them out of your front mind which is just going to want to grab as much food as possible can and put it more onto your, you know, back mind. Okay, this is what I'm going to do I've already decided I'm going to do it, boom, done.

Isaac Wilkins 28:51

Smart training, we kind of went over some basics, again, didn't get into the exercise stuff, but safe strength governs all don't get hurt if you get hurt. You can't train, that's not helpful. It's gonna set you back. But that being said, the stronger you get the easier everything else is strength as the base.

Isaac Wilkins 29:10

Next step up from there as mobility mobility is basically strength plus flexibility with some more education with some learning some movements, being able to move well and express that strength well is key, you'll be able to handle better things in life you got to do more in life, play sports go hiking, all those types of things if your mobile strong able to do them. From there we build work capacity work capacity basically just means the ability to handle amount of work, basically being able to do more. Being able to do more faster, is going to be key and that's layered on being strong and mobile so once

you're strong and mobile, then we can basically improve your conditioning we can improve your ability to handle overall stress and get more out of it so you can improve faster.

Isaac Wilkins 29:54

After that we just hit the Kaizen principle again so basically it's a term used in the business world personal development world is just means 1% better. Get in. Do 1% better get one improvement today.

Isaac Wilkins 30:07

stack that stack that up next week stack it up stacking up next thing you know you're at 365 straight days of improvement. You're in a totally different situation, your life is totally different. And that's what's awesome.

Isaac Wilkins 30:18

We have a system we use the four elemental s system. Like I said, I'm going to put in the show notes for you. You can download that.

Isaac Wilkins 30:26

Guys, it's been a lot of fun I appreciate. Appreciate you hanging with me and listen to me.

Isaac Wilkins 30:31

Please, if there's somebody that you think that you know could benefit from this then send us on to them and let them know that you know I've got some information for them.

Isaac Wilkins 30:41

Also, always always always love the, the shouts on the reviews on iTunes the both reviews and just the five star reviews stuff like that all that type of stuff, helps get this message out. That's what I'm trying to do is try to help more and more people, and the more people that you kind of send along then these are that is.

Isaac Wilkins 31:03

So, guys, I appreciate you listening. I'm going to sign off for now. But above all, I want to thank you for choosing to be restless.

[Interested in your FREE copy of the “4-Elemental-S” ebook to help provide structure to your day and Kaisen journey? Get it here!](#)

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Recorded 02-27-19