

THE TRULY AMAZING LIFE SHOW

with Aaron Kennard

EPISODE # 15

SCOTT DINSMORE HELPS YOU DO THE WORK YOU LOVE

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Aaron Kennard: Hello and welcome to truly amazing life podcast. I'm your host Aaron Kennard, and today I have the pleasure of sharing a conversation with Scott Dinsmore from liveyourlegend.net. When it comes to living a truly amazing life, Scott is a really wonderful person that no one talk to. His mission in life is to help people do the work they love and to live their passions in life so, we'd definitely get along. His ability to really help people discover how to make a living, doing the things their heart calls them to do is simply astounding. He has a huge and loyal following because he's just get such a great results for people so I'm really excited for you to hear from him. But make sure to go over to TrulyAmazingLife.com/episode15 after the call, go get the show notes and learn more about Scott and the amazing things that he's up to, but for now let's just jump right in to the call.

Aaron Kennard: Thanks for being here Scott, great to meet you and looking for the chat about "what it is to you to live a truly amazing life", let's just jump right in, Scott what makes life truly amazing to you right now?

Scott Dinsmore: Yeah, well it's not to be here, it's fun to see how are you taking approach, the kind of specific approach you take in this topic, and first is fun. For me it is truly an amazing life and it's really goes back on how you define what success is, and I think a lot of people have it that backwards, they kind of get brainwashed by society but, for me that's

spending your time doing things that you're good at and that you really care about and have fun doing with people you care about and you respect, and using that to help people in a meaningful way, and doing that while you're calm, balanced and not trying to you know, just enjoying, soaking in kind of happiness of things because for me none of that stuff matters if you're not actually having fun and enjoying the way you spending your minute to minute type of experience.

Aaron Kennard: Yeah. that's cool.

Scott Dinsmore: Really for me like, if I could spend time doing things I am good at with people I care about, and helping the world in some way, and do that while I'm balanced and calm like, that's a life of worth living and I think I've for a while I kind of miss the last part, like do it while I'm calm and enjoying things. If one thing is going to raise and build stuff and make an impact but, you're not enjoying things along the way, it just it takes away from everything. And you can either be frustrated and also it is really unhealthy in terms of stress and what that causes in your body with disease and what kinds of things. So yeah, that's kind of what I kind of think about, I am trying to live out each day and so far so good.

Aaron Kennard: Well for the listeners on the line that don't maybe do not know you yet. This is an additional information, Scott runs LiveYourLegends.net, right? It is not .com, right? And he is basically all about teaching people how to live a life with passion and do what you love, do work what you love, right Scott?

Scott Dinsmore: Yeah. It is really how to find doing what you love and surround yourself with people that make it possible. It really focus a lot on the environment because the fact that I was way to get from the way you want now from the way you want to be is to hang on the right people. Hang on to the right people that had been doing the things that you want to be doing. And so environment is a huge topic that we focus

on. The tag line "change the world by doing what you love." and I believe people, the way people... really is leveraging their unique talent and strengths, passion and interest on a daily consistent basis and really was just trying to help people in a meaningful way. And that kind of have two benefit. Number one, you do what you enjoyed doing and you are going to be sugar up tripping on the road. You are going to treat people better, you are going to be more excited and that's can be contagious. That's going to cause people to act that way. But also, if you are helping people with your talents and making people live that way, that's another way of improving the world and people around you. So it kind of double benefit and the time I can really *** on.

Aaron Kennard: It sounds, you speak all about balance, like living with passion, living in balance. It sounds like...

Scott Dinsmore: That's the goal. Just to get many people, just to be spending time in that way, that's the work that matters to them which in turn matters to the people around you in terms of showing up being more excited, caring about what you do. The worst thing in the world is to be spending your time in a way that doesn't matter to you. Like it is such a waste. And it's a waste for other people too. Because everyone is better off if you are doing what excites you.

Aaron Kennard: That's cool. Well you've gotten to this place where you've clearly are working on something that's deeply important to you. Tell me why it is, real quick, what it is driving you so much in this mission of really help people in to doing stuff that matters? Why is that so important for you?

Scott Dinsmore: Well, I mean I had a really, this bad career experience and soon after graduating from university, I lived in Spain for a while which is not okay so, so after graduating from college I moved to Spain for a year and I was at... and taught and all English teachers business

and a good friend of mine teaching businessmen English and also I was a tour guide on a weekend. Spain, Morocco, Portugal I kind of flew out and it was amazing and but what really that taught me that is to prioritize happiness over money. It was like code of court success, society turned me to find it and I plan to do something big once I got back. And then of course I got home and kind of got brainwashed by all the people who, the older folks, the mentors from the past said I get a good job in a good company with a good training program and all that. So I did that and I was just totally miserable, I mean it was such a waste of my time and it is a waste of the company's money at their time because I was spending 3 hours a day, mainly doing my job and I was like tell my phase again for keyboard was totally mocking-lurk which other competitors had already outsourced an automated... So I just realized that is just not, things have got to be different and I can be so much better use in the world if I could spend time to do the things that excites me. So I quit. I went on the search for something that I could screw up. That's how I put it... [inaudible]

Aaron Kennard: So you just quit... you didn't have anything, like any back up plan so you just me quit?

Scott Dinsmore: So I quit. As soon as I realized this, I thought I will always stick around for a couple of years like to say to build up your resume and all that stuff. But on the round it was like, red the corps from buff it take it taking the job just to go to the resume it's like saving up sex for all age. And just putting it in perspective, there's no sense for waiting do the stuff that excites you now and so yeah, I thought I could stay longer but I couldn't stand it like this was just killing me so I quit and one of my mentors said don't take and don't do anything, do take a jobs for 2 months. And it wasn't easy. Because one, you are kind of scared of how you're going to make money and so I just moved back to my parents which I feel like as if I am not uncommon step along the path if you are move in with one of your friend or your parents to quit on the one that you thought. They literally do not support this kind of stuff but I just went on this journey and like discover and try to figure out what went wrong

and like why do some people wake up inspired where most people is just miserable. And so I learned that overtime and I found the work, I found the job I really cared about, providing healthcare company with some friend in Santa Barbara and then one more friend sort of ask for help and over time I started to become the grocery guy, you will hear people saying I don't like my job Scott, can we sort of have a discussion. I got to the point where like 80% of the people I've had lunch with would quit on their job within 2 or 3 months. And it wasn't good, I have something special really, it would just say that I would ask why are you doing what you are doing? And most people would say 'Well, because I'm supposed to.' [inaudible]

Aaron Kennard: So, real quick, what were you doing at the time you are meeting with people and teaching them just kind of asking them question but what did you say you were doing for work at that time?

Scott Dinsmore: Yeah. I've done with a job with a preventive healthcare company that [inaudible] since the time I've started from university, I've been connected with them and I was like a Flight manager there and just one of those first people of this company as they were building it. For the first time, work as I was really excited and passionate about, I cared deeply about health and nutrition and kind of obsessed with learning all of that kind of stuff and the group was so fun and inspiring and all these so it turns out I was kind of what I was building, what I was doing full time, looking for a meaningful time but you know people have asked for help along the way and so I help more and more and then eventually I just saw how much people need this as I realized like this is I'm obviously been able want to help these folks and made this changes and all this and I want to spend more and more time on it. As you got tracked, I decided I'm just going to go for it full blow with it and that's when you know Live Your Legend is created and I was just thinking like what is the most impact I can have on the world in the current time. right now I think is the best impact is to help people understand themselves, doing the things that they don't think can be done and surrounding themselves with the people that make it possible because they are

going to have this effect on the people around them so it's like a, it's a massive exponential ripple effect. And that's why I just think it's an important way for me to be spending my time right now and I am sure over time it will change, it always does and it's an exciting thing.

Aaron Kennard: It sounds like your passion right now is really, you can see clearly how you can help people do things they love which then is going to rip a lot and make this massive impact in the world. Is that it?

Scott Dinsmore: Yeah. For sure. And it changes overtime. That just one thing, I just treat life was like a series of experiments. [inaudible]

Aaron Kennard: Well right it's like you are really loving doing that. It sounds like it's just really fulfilling and calling in to you huh?

Scott Dinsmore: It's been, it's been a party. It's been a total event, it's been so much fun. And then we have, we have a blast and we have a cool team in them and cool. And frankly people from other country in the world now are creating connections in the world and I got to pinch myself. It's very cool.

Aaron Kennard: Yeah. That is really cool. Every country, wow! So you guys have spread out pretty far and you started that how many hears ago?

Scott Dinsmore: Well, it kind of depends on how you are measuring it. Live Your Legends is officially, has only been out live for a little bit over 2 years. I started working with people on this stuff almost 10years ago. Started my first website, about 7 years ago and that site eventually turned to in to Live Your Legend, but for 4 years that site got zero

traction, no followers no nothing. So it's really been a lot like 3 years which taken it really seriously and started to really grow and become something.

Aaron Kennard: That's really cool. Yeah I've seen your TED talk actually it really gives a cool talk at the TED EX event, right?

Scott Dinsmore: Yeah. That was a lot of fun. It's damn scary too. [inaudible]

Aaron Kennard: That was your first, was that your first big event like that to speak at? or you've done other speaking things like that?

Scott Dinsmore: Yeah. I've spoken to different places but never done something associated with life, that TED had explained which for me has always been like, those is like a 10 year kind of lifetime goal, it kind of came out of nowhere it actually was a last minute stand in, like 16 days before so I kind of like days to prepare and it'll been by far the most powerful thing I've ever done for my career or Live Your Legend or this movement or any of that stuff was those 18 minutes on stage is going to while.

Aaron Kennard: Was it scary to do it? I mean did you have to overcome some fear to do it or did you just feel ready to jump in?

Scott Dinsmore: Well, for me like I love speaking, I love being on stage. It's fantastic way to create change and inspire and all that. But the buildup is really hard for me. Like I get really nervous and just like it's just got better overtime but it's just I think I have this policy, this kind of belief in life that you can only control so many things. So that things you

can control, you should learn in your power to control them. Health is one of them. Your relationships are one of them. Preparing to speak at the TED EX event that could possibly be seen by a big part of the world you know if things go right so I prepared like crazy for that. Like I spend a lot of time doing it and I'm u know proud of like all the time that I put in and then it turned out, it turned out but yet It's not rack I'd do series of things like pushups, I'll jump up and down and I'll have a playlist, an inspiring playlist to play and I get myself on the right state but you know, it's all fun.

Aaron Kennard: That's cool. That's really cool. It sounds like in your story, you mentioned kind of like a, that story of really having that job and just realizing that, that was just not fulfilling at all and needing to just get out of there and doing something that really spoke to your heart, was that one of the biggest transformational stories that you had in your life which shifted your perspective or was there something before that kind of led you through to really get in to that point that might've been a challenge you had overcome that moved you into really seeing life is amazing and allowing you to live in this fulfilled and passionate way.

Scott Dinsmore: Yeah, I feel that there's probably few moments that come to mind, but that was the longest. like the breaking point, it was like saying this is so ridiculous like what a second waste of my life, my time, my talent and of this company. Because it clearly needs someone who doesn't really care who you know isn't interested to be making a different to be working on this computer kind of keyboard and doing this stuff. So that led as an eye-opener, but before (inaudible) is an eye opener so much because, before I used to live in Spain, where they prioritize happiness over money. And literally they work to live and not live to work type of thing. And you just saw it every day in terms of how they spend time with people, what matter to them, and it just showed me like a different way to go about it. It's not balance if you're just climbing the ladder to nowhere and having goals just because you think you are supposed to have them.. And that woke me up big time, And then it took me without getting hit in the face at this job. That sucks for me to realize

that's okay, I need to suck up and actually start living this and one of the thing that really hit me was from the physical side I believe a huge part of making this progress in doing things that matters is to prove that you could do the things that you didn't think can be done. To do your impossible and to constantly, like a constant habit I believe that you want to just develop, pushing limits and constantly doing things that most people say can't be done. The fastest way to do the things, the fastest way to do the impossible is to hang around with people who already do the impossible. Like I'm in the training right now for a 50 mile foot race in (inaudible) in San Francisco. I've never run even close to 50 miles. I'm totally out-class, undertrained, but I figure, I'm training and working on it, but the worst that can happen is I won't finish and to me that's fine but I think I can and I've been hanging around with a group of runners that run every week. And just by running with them, I run say 20% faster over like say a 15 mile run. And that's like 2 minutes per mile faster almost and that's like 2hours on a 50mile race. [inaudible]

Aaron Kennard: What's the longest... sorry. keep going.

Scott Dinsmore: What's that?

Aaron Kennard: It's not because they yell at you... what is it?

Scott Dinsmore: It's not because they yell at me like 'Scott get your ass up this hill'. No, I'm just hanging with them, I'm just running and in the end I was way faster. It's a psychological term called 'social facilitation'. It was first introduced by Norman Triplett in like 1898. He studies cyclists. He found cyclists always cycle faster when in groups instead of by themselves. Reproducing all walks of life, so just hang on people better and you will keep getting better, even if you don't try... [inaudible]

Aaron Kennard: So you've used that philosophy across everything you do. It sounds like in whatever you want to improve upon, that's the main thing that you teach too like, I guess is to really surround yourself with the people that you want to come like and you actually teach people on how to actually do that, how that actually go out and physically do that because it's not easy as it sounds sometimes, right?

Scott Dinsmore: Yeah. It's not that easy. I mean it's incredibly simple. You know it's like surround yourself with people who are better in certain things but yeah, I'm kind of like brainwashing the impossible and it's pretty basic and it's a *** in the average of the five people you spend your most time with. There's no bigger white hack in the history of the world to get from where you are to where you want to be so, nothing huge. So I think you're going to ask me, what distance have I run,

Aaron Kennard: Yeah, what have you run?

Scott Dinsmore: I do a 15k which is 32 miles about. I did that in Lake Tahoe a few years ago. But that was an eye opener. I didn't trained. I trained with three *** for that. The longest was 15miles and I've never run more than 15 miles before. And I've never run a marathon or whatever. And I've ran my barefoot 5 finger shoes [inaudible]

Aaron Kennard: You did the 15k in the five fingers?

Scott Dinsmore: Yeah, yeah. And I went in to thinking, you know what, whether if I will finish or I don't. Either I'll jump or signal that I can't do this and then I'll just stop , that's fine. But I reframed it like I was in a long hype as if nothing else, you know, however hours to finish this thing. Then I'd take in about 8 and a half hours to finish, thought about it while I'm in the middle of the pack and but my belief on what was possible

after that day, completely transformed. It was like Oh my God, like you just know suddenly, you just have to run in a marathon common, you can do it. And most people say they couldn't and I'd say, what if I had a gun to your child's head, but you could figure out how did that happen, it's a scary example but when you have enough leverage, enough believe in the reason to do something, you'll do it. So, that was powerful for me. And that just kind of really transform my thinking.

Aaron Kennard: So you've finished it and you're fine and you probably hyped along.

Scott Dinsmore: It was fine, usually with the ultra-marathons, if you're almost always in hills and on trails, and there 's a lot of uphill, I think I just had, I started like on a 7500 feet and then it gained about 9000 feet or something so you almost always will hype the uphill and when you're trying to overrun you would always wanted to be faster anyway. So even with the pros, a lot of times, they will always try to hype in the uphill but whatever, it's was just like, I was out there with a few friends, I had a camera who's videotaping , taking pictures, just having a good time with it.

Aaron Kennard: That's cool. I've done a bunch of Ultras as well. So I totally know where you're coming from.

Scott Dinsmore: That's right. Yeah. I forgot about that. Where are some of the ones you've done?

Aaron Kennard: I've done a bunch of 50, a number of 50k's around here in Colorado. And like Moab Red Hob 50k which is super fun one and I did the Steam boat 50miler that was the first 50miler that I was going to do and I've made to about 32miles and my hip was just not going to... It

was just, but you know, I started limping and I'm not the type that I'm just going to damage my body just to finish the raise, I love myself a little too much. That's what I feel. I just don't want to hurt myself and so I'm not that crazy about pushing through.

Aaron Kennard: I agree, I mean if you get in to the point, your body will know than you can say it. Yeah, I'm not going to do it, you're quitting for 32miles makes all the sense in the world. You just have to, the key is getting good at distinguishing between what your body is saying and what's your mind tries to talk to you in to. A lot of people, you know, I'm just to tired, I can't do this like common, if that's the reason you need to keep going...

Scott Dinsmore: Yup it is... it is true. It's all about your easy [inaudible]. A lot of people get caught up in that and they do some really damaging things to themselves because they've convinced to themselves you're not good enough, or f they quit they're a failure and this and that. You'd definitely be something to be aware of, because it's not... there's more to life than proof, I mean really how do you see yourself... What are you trying to prove? Do you really need to prove something by hurting yourself? I mean, literally, what are you after there? you know...

Aaron Kennard: I totally agree and that's a good point to bring up to this now, Doing the impossible to the extent of hurting yourself. To do it, to make yourself stronger and your mind stronger so you might want to pick your battles obviously. I mean there are some things that don't make sense.

Scott Dinsmore: Yeah exactly and I think that's a really actual important to bring up for people. Because people get, I think we all tend to get this feeling, like we've all want to live up, we don't want to quit but there's a good time to quit things, there's a good time to stop and you need to be

*** on these kind of things as well in addition to, you keep pushing yourself so...

Aaron Kennard: Well, I have noticed though that most of the world is not at risk of doing it. There's this huge group of people who are underperforming to their potential so I...

Scott Dinsmore: Like they're not even trying... yeah.. yeah.. You'd probably better to air on the side of get out and do something big, probably yeah like I over hear you. When you do get in to the alter community it tends to be this, community of people like ready to go a 100 miles at the extent of whatever cause, right? So...

[That's true.]

Aaron Kennard: It is kind of unique. It is a unique community in that sense but I think maybe most of the listeners are probably not ultra runners, out there's a different [inaudible].

Scott Dinsmore: Well, it's not about being an ultra runner, maybe it's running 5k. Maybe it's not running at all, maybe it's walking, who knows? Maybe lose 10 pounds, that will give you confidence in all of the things that you do.

Aaron Kennard: Well anytime you set a goal for something that's bigger than you believe that you can do and you just take the faith that I'm going to do and I'm going to commit then, and then you go do it. It does what you said happen to you, right?

Scott Dinsmore: Yeah. right.

Aaron Kennard: Which is now you believe in all these possibilities and it opens your mind to bigger perspective. So... you were telling... you said there was one or two other instances you thought you were transformed. That running event was one of those. Or no, you said living in Spain was one of the ones that opened your eyes to a different way of looking at life...

Scott Dinsmore: Yeah, I mean... It was... were three living in Spain and then having a bad job doing the ultra marathon one other that I've mentioned to this is the next talk but I, my, a family friend convinced me to swim for Alcatraz in San Francisco to the mainland San Francisco like a mile and a half, and I'm like, you know the bay, the open water, and Alcatraz island, where they used to have you know, prison there. I'm very scared of deep dark water and since like washing job back when I was younger or whatever . They said there's big *** and first I was like "No way. I'm not going to do this." And I remember, my friend Jonathan, who would kind of talked to me and *** round the boat and like *** nervous and like came in like you know it's getting really fun like he kind of said a couple things to me that really calm my nerve and he jumped in and took off. I'm like oh my God, I'm like why do I feel so calm now, and it's the main reason why it's because Jonathan, like I mean at the time was 12 years old or 13 years old and swimming from Alcatraz, a mile and half in the open water and of 80 people there, 60 of them I think were between the ages of 9 and 13.

Aaron Kennard: How old were you?

I was like, I was 30.. I was 30 or 29 or something. And you know what he have told me, like a couple of years ago like hey, we're going to have a 9 mile swim from Alcatraz and I was like there's current, I'm going to die. That would be totally wrong. These people, they were showing what

was possible. Of course when I was finished, half of the kids were currently done and cheering me on. And it was just like this transformational experience, like okay, like this is wow. What if I would've swim from Alcatraz like when I was you know 11 years old. How different would I have to approach the world? And it's not to do so much with Alcatraz, kept doing something, 100% certain couldn't be done and it turns out, I couldn't never go wrong. So you know, for now I realized that any time there's impossible being thrown out, all the others time has already done it. Go find them, model them and if you want to get the results then follow their path.

Aaron Kennard: So I'm guessing you are still doing that today, right now you are looking for those things that you see are impossible and you are seeking out how they go attack those things huh?

Scott Dinsmore: Yeah whatever is impossible to yourself, you know this specific case, this example, I mean it would be anything to do.

Aaron Kennard: The 50 mile?

Scott Dinsmore: Sorry the 50 mile? Yeah. [inaudible] and I think it would be mean if it doesn't work out, doesn't work out but I think it will, I mean, I would be able to do it but it doesn't have to be *** and it's the same thing with business. I'm thinking about how to grow the community with your legend, how do we go from where we are now to having ,you know in person communities and you know every country in the world and people will support each other like 'how do you do that?' I mean like, you've gone kind of researching... Yeah, it's a good goal I'm going to find people some things like that and learning from them but that looks fun and you're constantly kind of growing and not just for the sake of just growing and pushing yourself. I think growth for growth sake can be really dangerous just like the idea that you've always want more. So that's not the point like...

Aaron Kennard: So what is the point of growing for you? What's your thought on that?

Scott Dinsmore: It's because I believe in the results that people would get to have say in these communities and somewhere in their hometown where they can relate and spend time with, the impact that they will get to have on the world and the experience is going to be transforming but you know, that means that 20 people do that, a hundred thousand or a million or a billion like I don't know, I don't have numbers like, who knows? but I'm actually what's going to be big and it's going to impact a lot of people and I'm like keep building in a way that's consistent with having this type of impact on, you know, there's people that I can't but it doesn't mean like I don't hit like a million then I will be disappointed, No. This is a... right now, I'm at the *** of myself, it's crazy where it is now, I wouldn't never thought that and that's cool so everything is a bonus from today forward.

Aaron Kennard: But I guess, on the question of growth, what it is for you that's so meaningful about growth, I mean because you want to push yourself it's like you... everything you're saying, you know, you want to go out and do that next thing like you've reached a certain level and you're grateful for that but you're not stopping it's not like you're life is done now, what's the purpose? I guess so what's the meaning for you for their growth?

Scott Dinsmore: Well I think, if humans aren't growing, they are dying like if anything, if they are not progressing you're regressing. There's no standing still. It's like, I've never, a friend of mine, Jonathan Fields wrote a book called "Uncertainty" and he taught, give us example, if you are kind of decent not great communication with your life, well in 10years from now, you really think your level of communication is going to be the same? Like although, you'd probably be the worst at that point but you're

not good in communication now it's just going to be much worse. So you have to be improving or not. So that's why humans strive because of that and same as like learning a language. Which you know, if you are not learning it then you are losing it.

Aaron Kennard: Building muscles and everything else. Like working out, so if you're not working out, you're getting weaker, right? It's like you're going one way or the other. Never standing still. Life never stands still. It's like the same thing with what you're saying "If you're not growing you're dying." which is, it's on the Truly Amazing Life posts, that's one of the 12 Pillars actually that I've believe of the Truly Amazing Life is that very statement that you just said so I think it's very well said. What are you going to say?

Scott Dinsmore: It's *** how big that is in line with the standing still, you could say I can stand still, it actually means that, you're dying or things are getting small ***, either upward or the opposite.

Aaron Kennard: That's cool. We'll speaking of the 12 Pillars that I just referenced, you've seen that poster, you've seen kind of those 12 Pillars that I've shared with you. Of those, just right now, I know there's a lot of those there, but if you would just pick one right now that stood out to you most right now, what would that be and why?

Scott Dinsmore: Yeah. It would be Celebrate Life. And I think all of us have so many things that we can be proud of, that we can celebrate, and that celebration will enhance experiences for ourselves and for the people around us that will make us more confident for what we pursue in the future and this world is that a superior celebration deficiency. And I reserve time, *** times throughout the day to celebrate things that some people would think were just ridiculous. Like today, I went to the dentist and I haven't been in a dentist for like a year and a half because I was moving and I didn't have right to straighten up or whatever. So he's like

'Scott, you've got really clean teeth, no cavities, whatever'. I wrote that on my calendar, I've got one color on my calendar on my computer and I put "I have clean teeth" exclamation point, that's awesome. Like I, that's a good thing. Let's celebrate that, like in most people they will go on about their day but I am I take note of that and I keep a *** journal and at the beginning of each week, the first part of my weekly planning process, *** 2 hours planning the week, is spend 20 minutes thinking of all the awesome things that happened last week and I'll just keep going deeper and deeper and just think [inaudible]

Aaron Kennard: Do you write them down?

Scott Dinsmore: What's that?

Aaron Kennard: Do you write them down?

Scott Dinsmore: Oh yeah, I write them down I have a whole system I go through to plan my week and that's the first step and It's one, it's amazing, you'll going to realize "Oh look at these cool stuff that had happened." But it also puts you into some really powered positive, confidence state to go about what's next. And so you want to start with recapping that stuff, it's doesn't matter how like tough your life seems at the current moment like you can find things. Maybe it's, I got a smile from a person on the street, I don't care, celebrate. Celebrate everything and celebrate often.

Aaron Kennard: That's cool . I love it. I just have... my wife was just telling me about the conversation she had yesterday with somebody who basically he... she like "how is it going?" and he was like "oh, I'm surviving."

Scott Dinsmore: Oh God.

Aaron Kennard: Yeah, it's alright. I'm here at least and like whenever everybody *** say to me I just, it hurts me for them because it's such a tragedy. Why? you know... I don't know, I just... It's painful for me to hear that because it's so opposite of that you're saying to celebrate and that person, you know, it's their... the challenge for me, my desire to help that person to see that there is a reason to celebrate you don't have to choose to just survive. You get to decide that. Just because there are hard things that are happening to you, does not mean that you just need to survive all a little bit longer. Would you agree with that?

Scott Dinsmore: Right. Oh yeah. For sure. It's only you who decide that. That's 100% your control.

Aaron Kennard: And so, But I... so people contest that, well what if a bunch of crap has happened. I guess this is the real scenario, say my house flooded and every day I got to be out, you know, I've got to be digging this thing, it's just like I'm tired, well you know, it's just like, it's so hard, okay so does that mean... I mean, does that not legitimate? She have not the right to say 'oh I'm surviving because things are hard?'

Scott Dinsmore: Yeah. Well you can find ways to justify those kinds of bad situations and dig yourself deeper but you can also decide to do the opposite, you have to reframe the things that go on, you know, and find an empowering reason, you all come out happen as a result. Like your house flooded, awesome. That's you know.. that's finally you get to, you know, in *** for getting that new hard wood floor or whatever, I mean it takes a minute to step back and see that but there are like Steve Jobs' the dots don't connect looking forward though is connected to looking back and that's the thing, it's like you have enough experiences overtime

you realize that you really can find empowering reasons for the things that, for whatever happens. If you have that mindset, you'll be more open in to finding those reasons. And in to finding that way and the thing is if you think you are really like it's that bad off, go out and find someone who is 10 times worst off because there's always somebody and first you'd notice okay, you think you have that bad, look at that. And then find one way you could help them because you're always can. And then just show yourself that yeah that my situation obviously could be a lot worst and I have still within me to add value to someone else who needs it. And that can create a lot of confidence. Just a lot of positive experiences.

Aaron Kennard: I love how you said that and just to reframe that and I guess. First of all that's what my whole book is about, The Positive Thinking Secret is about choosing to believe that everything that happens to me is conspiring from my benefit. And then I am going to find the way. Like that's it. I don't even question it anything. And it's interesting, I mean that flood thing, my house was also flooded I love that day. Anyway, I love how you said that to reframe like totally, totally agree with that. That's super. That's super cool. So let's wrap up then, I got to move forward here, what one book, do you have any book that you would recommend that would help somebody in their journey of living a truly amazing life? Any one book, I mean just pick one, if you could think of one that might have helped people the most?

Scott Dinsmore: I'm giving you two a little bit quickly, really quick. There is one that, there is only one book that you could read if you only had, for your whole life. It would be 'How to win friends and influence people' by Dale Carnegie. Just because it's how it's up to show up to the world and help people interact because connections and surroundings and everything. But specific to your topic I think it's the "Alchemist" is an awesome book, it will take you two or three hours to read maybe. It think it sold more books that any other book in the world I think other than The Bible. It's crazy. It's been insane but it's about Santiago, the strep herds, the Spanish strep herds journey along with he calls, pursuing his

personal legend. It was like the path he cannot pursue, he's drawn to it. It's like it's his mission in life and that's what Live Your Legend is named after is.

Aaron Kennard: Cool, I thought that's what that was, actually.

Scott Dinsmore: Yeah I've read that book every year. I mean six or seven times. Every time I go out of the country I bring it with me. Because it just gives you this re-found, just kind of belief in that everyone has their own path worth walking. And it's so simple, it's brilliant, every time you read it, you take out something new but it's a, it's a lot of fun. So Alchemist.

Aaron Kennard: Cool. I appreciate that. That is a really good book I'd definitely recommend, I'm reading that one as well. I guess Scott, it's really cool to hear your thoughts. You're a fountain of wisdom I just, I love the things you're telling everybody here. Why don't we wrap up first, tell us how we can get in touch with you. I think everybody knows LiveYourLegend.net, that's probably the best way to get in touch with you, and see what you've got going on, right?

Scott Dinsmore: Yeah. That's the best probably and everything there and 95% of what we have there is totally free. We have a ton of really deep like course level workbooks that are free that we've *** for the community and also I guess the TED EX talk too, that why I really break down the framework and kind of how we go about what we do at LiveYourLegend and that kind of tells the full story and gives you some steps

Aaron Kennard: And the links for that are right on your sidebar right? or go to TED Talk...

Scott Dinsmore: I mean type it in google and it will come up. but that's right. you'll see that at Live Your Legend.net, you'll see it on the side bar.

Aaron Kennard: And I'll go ahead and put links on the show notes of this podcast episode and so why don't we just wrap up if you can just give us one final piece of wisdom, advice for people that in you know how to live a truly amazing life that you can leave us with?

Scott Dinsmore: Yeah. Hang on with people who are already doing it. Find one person that inspires you, spend some time with them this week, spend a little more time next week. And move away from the people who kill your inspiration and just remember that, the people around you will dictate your dreams or locked it out so take that seriously and know that it's 100% in your control, that's the best part. No one can tell you who you can't when you can so that's it.

Aaron Kennard: Awesome. Thanks Scott.

Scott Dinsmore: Sure. It's a pleasure man.

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Thank you in advance!

- Aaron Kennard