

THE TRULY AMAZING LIFE SHOW *with Aaron Kennard*

EPISODE # 35

LOVE YOURSELF LIKE YOUR LIFE DEPENDS ON IT WITH KAMAL RAVIKANT

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Aaron: Alright. Welcome to the Truly Amazing Life show. I'm Aaron Kennard and I've got my friend Kamal Ravikant on the phone today. He wrote the book "[Love Yourself Like Your Life Depends On It](#) and [Live Your Truth](#)". And I'm just super excited to have him here because I've quoted him just recently in the product that we've just launched on the topic of "Remembering Who You Are" and he's got so many amazing things to say about this topic. His book is a huge success and has really changed a lot of people's lives. So, I'm honored and blessed to have Kamal on the line. Thanks for being here Kamal.

Kamal: Hi Son. I'm really happy to be here. What a great intro.

Aaron: Good. I'm glad that one off. That was good. So, thanks again for coming and we're just going to have a candid discussion today on what it means to live a truly amazing life. Kamal has tons of insights on this which is why I had to quote him so many times on this product on, specifically on the topic of remembering who you are which I think has some importance. So, let me just jump in by starting with, Kamal, tell us a little bit about yourself. Give people a brief background on where you came from and what made you to writing the books that you wrote.

Kamal: Sure. Actually, like my, what I'm really thinking before I started writing these books, I've been in a (inaudible) combo in the late 90's. Before that, I was actually doing trauma research and emergency department and I think you know, watched a lot of people die which actually makes (inaudible) alive and to think, before I was in the army, I

took a break from college, I joined the army. They were back to college. You know, I was the infantry soldier in the (inaudible) division.

Aaron: So, you've done a lot of different things. So, you went from Arm to then, you said, medical research?

Kamal: Yeah. Trauma Research and Emergency Department.

Aaron: Wow.

Kamal: And then, (inaudible) and then I moved out to the (inaudible) in the late 90's. And I'm just going to go (inaudible) which became Web MD and that helped build my company. You know, you got to see that whole glide, the (inaudible) as well. A big part of the valley since then and the,

Aaron: That's a big transition from like, the whole medical and army stuff to then just, take startup phase. I mean, that's a big difference huh?

Kamal: It is but it's actually one of the best things I've ever learned is, you don't really need to know what you're doing, nothing does. You know, It's actually one the best adventures that I had was very successful, some very successful companies, one of the biggest companies out here. I once asked them like, how do you do this? Like, how do you like (inaudible) to your 20 something year old kid about life? And you're like 20 something year old kid like, how do you do this? You got (inaudible) like, major CEOs of whole companies that we recognized working for him. Like, how do you that? Is that, you know, if I actually had literally had qualified for, I'd be pushing a group somewhere. It is like, I just, like, when they jump into things, they just figure them out. But, I'd be (inaudible) literally all it ever takes is they (inaudible) just the confidence and the confidence is from having done it. You know, so that could see that confidence of hey, I figured it out before, I'd figure it out again. That's all that is. So, I think that had actually, in anything I've done in life that's actually been in my definition, I think (inaudible), this is wonderful, this is great, this is just, I didn't know what I was doing but I figured it out. And you know, you figure it out as you go along. It sounds like, when you do wake up, okay, I got it nailed. It's like, somebody's going to hang this up and, I don't know, I didn't even get his mail.

Aaron: And what gave you that, what gave you that, you know, that ability to just jump in into stuff like that?

Kamal: I think honestly, boot camp was a great training for me. You know because you're just, they're just throwing things at you every day. They're just making sure you're just miserable. And you know, you just go out of there where there's no figuring out of a way to make sure you're miserable. And, you realize, you can handle all of this. And all these things you didn't think you could do (inaudible). It was like I was a kid on the street of New York, Jamaica, Queens where the (inaudible) came from, you know. And then,

Aaron: That's where you grew up you said?

Kamal: Yeah, yeah. You know, that was actually quite informative honestly. But, you know, like, I've met 20 people who've never been in the military. I don't think everyone needs that was informative for me. And another is, I don't think there's great, informative as well as like when I was in my mid 20's, I was (inaudible) around Europe and Asia but, you know, by I was like literally, no money to buy (inaudible) name. I was living, since I was in Europe, are like \$8 or \$10 a day. You know, and just, for the six language languages that I was in, just figuring out you know, you realize, you don't money to survive and you as a human being, are very capable of being creative in dealing with the situations. And that's how I are people these days. They're like, what should I do? I'm like, (inaudible) go to a country where you don't speak the language. It'll change you, It'll transform you and that was like, you carry that with you for the rest of your life that you wouldn't be able to measure.

Aaron: Well, like now, you're seeing, I mean, we see from you what it did like, later on, it's giving you the ability to jump in to new things and just overcome that fear because you did it before.

Kamal: Yeah, and the thing is that all those fear, you now like, I think I had to deal with love, I've been through a lot of fears, more so than I think most of the people I know. I think I've learned how to roll with them, right? And actually the loving yourself which came from my last company that I built which was doing very well. I put all my money into it. I had my friend's money into it, my family money into it and it blew up. I lost everything. You know, I was in debt, I was broke, I got really sick. I

hadn't taken, you know, like I finally start giving myself Sundays off. Actually, for 2 and a half years. You know, and I hadn't taken any time off and I got really, really sick. I was bed ridden, locked in my bedroom, miserable, lost everything, just hating myself, hating life. And then just one morning, I can't do this, I can't live like this. I mean, I'm going to get out of this or die trying. There's no middle way. And that's where the vow of myself came from which is something I never come before. I didn't know how to do. And because I made a vow to myself, I'm a big believer in, if you make a vow to yourself, you write it down, you can't hide from it, you got to commit, you've got to keep your word. Because there's one thing in life that you got to do is, you give vows to yourself because that gives you a level of confidence in yourself and nothing can ever take away.

Aaron: Definitely.

Kamal: And, because I made that vow, we mastered how to love myself and I just started making stuff up and because in a previous terrain and medical research, I just started clinical trials in my head. What things could make you feel better, I did what didn't, I threw away and after a while I came up with this practice that really worked and I just shape shifting my thought and here was a guy who was miserable, hating himself in every way, hating life, thinking I'm a complete failure, after those weeks, I was not that guy anymore. Like, the mind which is making positive things in them in myself. And then my life started to show, it's really surprising because a hale and block fell of our apartment, no control of my external life yet life started getting better. Things just started coming to me naturally that I never could've planned or actually made happen but its (inaudible) make happen.

Aaron: What led you to thinking that thought? Like, when you're in that depth, you kind of hit this bottom, low point. What led you to thinking, oh, I'm going to just tell myself I love myself.

Kamal: There wasn't I'm going to tell myself because there's a lot more to this practice. I came up with them (inaudible). It was literally, I woke up one morning and so miserable in life before I just woke up that morning feeling so, I'm just done. I was like, I can't live life, I can't live like this, I'd rather die like, I just can't. And I staggered to go by my

death. Literally, I was sick, I staggered over and I had this journal that I used to sometimes write myself notes and I just wrote this (inaudible) vow to myself. It came from a sheer place of, I'm done. Like, I'm getting out of this. I did not know what the vow meant, right? It was after I wrote that, I sit back and think about this. Holy (inaudible) yeah, I made a vow to myself. I am now going to (inaudible) this. I better figure it out.

Aaron: The vow was, when you wrote down, sorry about it, so the vow was when you literally wrote in your journal, I'm going to either, I'm going to love myself or I'm going to die trying.

Kamal: Well, the vow was, exactly, that was the thought in my head, if I were actually to love myself. And I wrote down like I'm going to love myself like, I forget exactly what I said about this sec but I had a book, it was like, it was really like, a long run on like, house and (inaudible) of it, every thought, every action, everything. I'm just going to go all in.

Aaron: Got you.

Kamal: And there's another thing I'm a big believer in that anything in life should have (inaudible).

Aaron: Yeah.

Kamal: You know, and I think all the great things has been happening in my life, you know, I was talking about people doing amazing things, it only happens when you go all the way in. Even at relationships right? You can't say like 80% of your relationship, you got to be all in.

Aaron: Yup.

Kamal: Right? It's the same. That makes all the difference. That's where the magic happens.

Aaron: Yeah.

Kamal: Something is the same thing with that, is that, I just made a vow and I've been all in. And so, when you go all in, I mean, I have nothing else to do. You know, since everything had been blown up, I was locked in my bedroom, I was working my mind. And you know, the book came out of that. The book was after like a year afterwards. When the things

have really changed your ground because of me doing this practice that I would share with people and it would change their lives and not just people that just bugged me and how to make to write a book and you know, like some people, I kind of sell about 80 to 90 percent of what I write. I'm a big believer in just into the very basics of things that people can apply to themselves, the rest is all ego, you know. Because I don't read 300 page books. I mean, I wrote exactly that kind of book that I've really wished something like this walked, come to my place and hand everything here, let's do this.

Aaron: I really loved the book for that reason. I read it in a couple of hours or just one evening because it's really condense and it's just really packed with just truth and I loved that. Like, in the book that I wrote, mine was kind of a, I just blurted out this story, there's a lot of story and I think in the next book, I'm going to follow your lead a little more. I'd like to condense it more to like, here's the nuggets you know, rather than, I just really like that approach.

Kamal: Well, thank you. I think stories are very important that my 2nd book has more stories in it because I launched a more meditative and actually brings a part of people on their own. The first one is just like a manual.

Aaron: Yeah, I guess there's a different place for both. Yeah.

Kamal. Yeah, I think stories are very important because we as human in a community of humans (inaudible) campfires and it's just the beginning you know, now like, we communicate thru stories, we path along with different stories. You know, all the great ethics or poems you know, are now communicated verbally. So, I think there is power in sharing a story. It's just that, it was a kind of book that I really like, wish someone had given me even I had no patience, or I had no energy, so that's what I wrote.

Aaron: Got you.

Kamal: And it's amazing man. It showed me the power, you know, I was trying to putting it out like, (inaudible) was this guy (inaudible) Valley and like, he was in debt, seemed like you know, he'd let people down, this is what we're talking about by the way, the fears. And so, I'm going to put

this book (inaudible) hey, look at me, I failed but I'm loving myself and things are great, you know. I'm like, I am going to, I really thought I was going to be driven out of here and (inaudible) backwards in a donkey. And then, what happened was, I've been terrified but I had to. Is because I was loving myself, I realize that come across something very special that I had to share and I was fortunate enough that I was loving myself, I brought people to me who are very supportive and loving and who basically and who'd push me off that cliff. And, I put that book out and I (inaudible), I had no marketing man. Like, people ask me, what's your market and I'm not the only marketer who have blood on the page, right? And I push submit. And I self-publish them, and within 5 weeks, the number 1 self-help book in Amazon. I mean, it blew my mind. You know, that book was great and I'm getting emails from people every day how it changed their lives and it's showed me literally, the power of just putting my real self out to the world and not like journaling. I don't wanted to tell people everything that I do that doesn't concern them. I only want to share the key lessons I've lived that actually (inaudible) in my life. And you know, I fail daily. But I don't look at it. That's all it is. Yeah. It's a step by step process that you're making progress that some days you (inaudible) and you just get up and make progress again, that's life.

Aaron: That's cool. That's awesome. I found this quote that one of the ones I think about the vow that I'll read real quick because I kind of, you've said in there. This day I vow to myself to treat myself as someone I love truly deeply and my thoughts, my actions, my choice I make, the experiences I have. Each moment I'm conscious, I make the decision, I love myself. That was it, right? And I think you have kept going right? There is probably more to it?

Kamal: No. That's it. That's the wrap.

Aaron: That was the whole thing.

Kamal: That's verbatim on my journal.

Aaron: And I told people in this program, I said, look, say that to yourself in the mirror. Look in your eyes and say that to yourself and tell me you aren't motivated to change, to make the day better or something, you know. And I'm curious about your thoughts on this because I kind of take

the approach of I love how you've wrote that down. I'm really big into writing and communicating with myself that way but the whole basis of this 30 Day, I've (inaudible) this 30 Day habit program to instill the habit of really connecting deeply to yourself. And so, I'm thinking, I'm curious about your thoughts on that from the stand point of you know, have you used a mirror? Have you done or use the mirror technique or like, spoke to in the mirror much? What you do while you were doing or just becoming thoughts?

Kamal: Yeah. That's actually part of the practice I (inaudible) in the book. I basically distilled on everything I've worked into a practice but I did it every day then. Yeah, and that's part of it. But, by the way man. Like, the 30 Day thing, this magic, there's something that's been a magic and I don't know why but there's a magic of 30 Days. I'll tell you, as my experience, when I did this vow. I actually, you know, you saw my journal if you'll look, there's the vow and then there's maybe a couple of notes in there and then, literally 30 Days later, you know, because I date every time I write my journal, right? And the next entry, I believe is the, oh my God, it's 30 Days, my life has transformed. And 30 Days later, I did this, it went all in my life, it's completely different, right? And it was like, there's something magical about doing it for 30 Days (inaudible) or whatever. But it's not the 21 Days that people talk about for a habit, it's not like, I think it's every day all in 30 Days. You're doing something very special that it's a magical, I don't know why but it's a magical unit of time that you can just transform like, literally transform your life in anything you want.

Aaron: Yeah. I don't think for me it's the 21 Days, this program that I'm doing. I like to use the whole month. I'm just like, let's do this thing and yeah, maybe you have the habit after 21 Days but why not seal the deal that last week. You know, why not really go all in?

Kamal: Yeah and so, I think what you're doing with 30 Days is all in. It's something very special about it. I think it will really be beneficial.

Aaron: That's cool. Yeah, I've gotten great feedback so far. We've only released one. My framework, what I teach is the 12 Pillars of the truly amazing life and it's you know, one of the, we're going to go over one of these pillars per month and really focus intently. So, the others.

Kamal: Oh wow. 12 Months. A year to fill in.

Aaron: Yeah, exactly. I didn't actually intend in to come out that way but when that came to me 2 years ago, I was basically establishing my why, like, why I exist that turned into this poster and I just happened to realize after, it was like after 12 core things in it. So, it's kind of evolved into what has come to be done is the 12 Pillars of a truly amazing life and each one is associated with a specific habit. A way of being. So anyway, flows really perfectly into this framework of how to live and how we can go through the whole thing in a year and maybe go back to it, we go back to it on the basics but, one thing you said was, another quote from your book you said, one thing I've learned, we don't stumble accidentally into an amazing life. It takes decision and commitment to consistently work on ourselves. So, best ones I know, you do it daily of focus practice. They fail but they pick themselves back up. Continue forward. If there's any secret, that's it and over time, the days blend into a life as amazing as the world.

Kamal: Yeah, yeah. That's true man. It's fundamentally true.

Aaron: I mean you said that in the book and it's like and I think you're just like, the perfect foster child of this exact concept of like, what can happen, how your whole life can transform. If you'll commit to literally connecting with yourself and loving yourself. I mean, you

Kamal: Yeah, and I'm always very open with people that you know, like, we all harbor ourselves, I used to be so hard on myself. I'm a lot easier to myself. I irony of accepting or loving yourself is you know, when people try to accept themselves and all these stuff back. Just how naturally when you love yourself. And dude, I fail all the time. I let myself down all the time but it is okay. You know what, because I'm human. It's part of my journey. All I can do is, if I fail, I look at why I failed and learn from it and make it even better and that's all. You know, my lessons came from telling and a lot of my lessons now is coming from succeeding too which is beautiful.

Aaron: And what do you mean? Like, just different types of lessons you're learning from that?

Kamal: Yeah, like for example, I'm talking on stage now. That's actually really well because I grew on to share myself. I mean, if I (inaudible) I was talking on stage. As the first time that I was trying to stay by myself. You know, people don't realize how terrified I was and I went into the back 5 times since I was waiting to talk on the stage.

Aaron: Your palms are all sweaty and everything, right?

Kamal: Yeah, and the talk went really well. And you know, I was (inaudible) failure thought, that was actually you know, a level of success with going up the stage, sharing myself and it really shifted things in people. And I learned a lot from that. So, I don't think, we can learn from both failure and success. Honestly, I'd like to like learn from successful often more from my failure. Technically, that's over rated. When the things fall short, it's okay. We're human. It's one of (inaudible) we're humans, we can't beat ourselves of being far fundamental in nature. But you know, it's also the human spirit that rises to you know, just only the human spirit can dream of, right? So, we come back to it.

Aaron: Since you've made this breakthrough kind of in this ability to love yourself and you feel this contrast. What was the difference before? How are you treating yourself before? Like, in those moments where things are kind of failing and you're depressed and what was the difference?

Kamal: Oh man. It was all negative. It was negative talk. It was all negative self-talk. It was also like, you know, working to try to make things work. Or trying to be who other people thought I should be which should just being myself in life. You know, like, I chose the wrong partners, I should have fired people, I should've like, you know, in my business, you know, because I was afraid, but actually coming from a lot of fear. Whereas, if you love yourself, well, the fear is a different kind of fear, it's like, you can't actually, you think uncomfortable actions.

Aaron: It's not the paralyzing fear.

Kamal: You know, offer the best actions that they're more than comfortable on, you know. It was, man, it was night and day. I didn't even believe in the word love. I was such an (inaudible). I mean, I really was man. I looked back and (inaudible) that.

Aaron: And what do you think was the root at looking back at it now, can you see what the root of that fear was? Or where that was coming from that was driving all that?

Kamal: Well, the root I think is something we all deal with is, we're not good enough, I'm not good enough. But then, you're always trying to prove yourself and there is no end. You know, like, if you reach a certain stage so I left people at that state and you realize, oh, I got to go hire, whatever. It's all ego and I think that's what fame, people who get famous and lose it you know, because they just you know, how they crash, right? I think (inaudible) fundamental versus who come from the place of being grounded, they don't. They realize, fame it's not about, you know, the fame does not define them. And at that point I was in the place of money defining me. And you know, quite honestly here, I'm not saying I don't like it. You know, money is important to have. The part of being human is to give you freedom. But, I think it's who you are that defines you that you are being in a certain way, the money and all the other stuff happen easier. It just does. You don't have to work the way you used to because before I used to be coming at it from a place of fear. Now, it comes from a place of just more glamourness? If you can use that word.

Aaron: Yeah, well. On what you said when, if you believe the root of what was you felt like you're not good enough, there's a deep fear attached to that, it's like this big void inside of us that you can't really get rid of and just clouds and colors, all of you actions beyond that.

Kamal: Sure. I mean, I still deal with that fear in different ways. The ego's amazing. It can come through all sorts of trap door, trap door. I mean, but the ego is a fundamental part of who we are as well, right? You just learn to recognize it and go with it and sometimes you give in, you just recognize, you know, like, if you would, you would recognize your own b***s better. Like, oh yeah, that's my own b***t. Oh, okay, I get it. Okay, I'm done with this b***t for now, right. That's what it is. I think sometimes, the worst thing we do is we get attached on our own b***t as our true. You know, all fear is b***t. And you know, regardless of where it comes from. I'm (inaudible) like someone throws you into raging fire, you know because that's a valid fear, right? I mean, that's a legitimate fear. Or there's a crocodile in front of you, that's a legitimate fear.

Aaron: Yeah, but it's so instantaneous and it's the fear that makes you act immediately. The fear that paralyzes you is all BS that you're saying, right? It's just like, it's the stuff that, if you're paralyzed, you know there's a big lie behind that fear or probably.

Kamal: I'll tell you what, I'll tell you of what is something worse fear than being paralyzed is, sometimes you paralyze when the best thing happens to you. A fear that (inaudible) make the wrong decision. When you make decisions from fear, those are the worst decisions man. You know, I think that's worse than being paralyzed.

Aaron: Well, I guess going back to your story. Probably like all those decisions you're making out of fear were driving you into unhappiness and despair, all that stuff, right?

Kamal: Yeah, yeah. I mean, yeah, whatever I'm doing now, I think it's doing well because I'm really not coming on (inaudible) fear. Like, the book I put out because I have to give something to the world. I was afraid of for myself. You know, if I have lived through my fear, I've never really put the book out. I put in that book how it changed my life. It showed me really just fundamentally, this is, you're literally being who you are to the world and the world just respond to ways that you never have imagined, right. So, that one was you feel the fears anyway. Like, I have a chapter or two about fear in the love yourself book which I think is actually very, very important because when you're loving yourself, fears do come up. But loving yourself, it's often new things for a lot of us, right? Now, the truth in my (inaudible), actually, some of the things that I've learned about fear that I put in there that are very, very that just worked, right? And I used those actual things to build actual things that actually, you know, get beyond my fears and put the book out.

Aaron: Yeah, yeah. Exactly. That's so cool. It's really, really awesome. Thanks for sharing all these stuff. We're getting close to our time to getting wrapped up here I guess today but, just wanted to maybe let's just wrap up with, tell me what you're up to now. I mean, you published the book "Live Your Truth", that was like, last year right?

Kamal: That was last year.

Aaron: Any other books in the works? Are you on a high on this for writing right now or what are you up to now?

Kamal: I am writing. I'm working on something else. Basically, you know, in a mild thing is, I never want to talk about in a theory, I don't believe in theories. There's enough theories out there. And you know, I just want to talk about my book my experience, my life that I've learned about something that you're not fortunate enough to be swarmed by people who are very (inaudible) who are doing greater things. Silicon Valley, I really think in the modern day, our societies were (inaudible) renaissance. And it's so much creativity and transforms as things that affect all of society, right? So, just (inaudible) a lot of them, those patterns you them on the people and you learn. So, I'd like to continue to learn and just share the key things I've learned that I find I (inaudible). So, I'm working on something right now and I feel if there's a sense enough value, I'll publish it and if I don't, I won't publish it.

Aaron: Yeah, that's cool.

Kamal: And then, I'm actually running a venture fund and investment startup. So, you know, that allows me to actually connect with companies and keep me on top of what's happening in technologies. It keeps my brain active. It is a lot of fun.

Aaron: That's awesome. Well, your books are inspiring and I highly recommend people read them.

Kamal: Thanks man. Thank you.

Aaron: They're just very impactful, very motivating. So, I'm super grateful that you came on to chat about a little bit today and if people want to get in touch with you, obviously we can go to Amazon. I'll put the links on the show notes of this podcast to your books. Is there any other place that people might find you on the web or is that the best place?

Kamal: In my books, I also have an email address for my books. It (inaudible) going to email me. I was reading the time. I (inaudible). It's interesting. You put your books and this is something I've learned. It's very interesting. You know, like, when you put a book out, especially the kind of you and I write about, it's just so personal, so like, vulnerable,

right? And you think, you're giving yourself to the world. And I find them and people leave reviews, it's like they give me the gift back to you because now, they're sharing experiences with the book with the world, the people who may want to buy the book, right. So, I love this. I read those, like there's (inaudible) comments on those, I do love those comments on those. You know, you can contact me through my email which is just (inaudible) or it's in the book or just Google me and those stuff. You know, I'm actually pretty, I'm pretty (inaudible), I'm pretty easy to contact.

Aaron: Yeah, that sounds good. You don't have like a blog or anything like that at the moment?

Kamal: I do blog at (inaudible) but I write there like once a month or something like that.

Aaron: (inaudible) yeah. Got you.

Kamal: (inaudible)

Aaron: That's cool. Well, thanks for sharing that and I feel the same way on the whole review thing, I'm just hearing people's experiences. Obviously, it's so gratifying when you share a piece of your soul and people connect with it. It's interesting when people really are, I mean, we both get negative reviews on the books as well, that's an interesting thing as well, when you kind of get attacked and like, wow, it's interesting to see how your truth kind of going out there. Doesn't obviously sit well with them.

Kamal: Yeah, yeah, yeah, that's always very interesting, right? And you've realized, that I think that one thing that I've also learned is, if you do something that is of real value, people are going to love it or they're going to hate it. They won't be (inaudible) about it. That's when you know they're a real value.

Aaron: Yeah. I tend to agree with you.

Kamal: So, that's a good metric, right?

Aaron: Yeah, exactly.

Kamal: But obviously, you know, if you're human, people will love the stuff that you did (inaudible) on it, right?

Aaron: Right, exactly. I mean, we obviously love, we love the good reviews a lot better than the other ones. Sometimes I get good laughs out of Nolan and somebody calls me, delusional. I mean like, that's awesome, I had the ability to get somebody call me delusional. I guess that's like, some kind of a mark of prophet or something.

Kamal: I would think it's a complement, yeah.

Aaron: Yeah.

Kamal: Yeah. And the ones that I found out interesting are the ones that people say, oh, this is too simple. All they've read is a paragraph. Like, you haven't read the book. It has layers and layers. They have no idea how hard we've worked on it and the layers that are put in it. But you know, honestly. I feel sad because they are lost. Because, you look at the other ones and the emails I get, it has literally has transformed lives.

Aaron: Yeah, exactly.

Kamal: So, (inaudible) you can learn it's about the person. Not about us putting the information out there.

Aaron: Yeah, exactly. Couldn't agree more with you on that. Well, why don't we wrap up. And Kamal, thank you so much again and maybe just leave us with one final thought on one thing people can do to help them live a truly amazing life today.

Kamal: Man, I think it all comes down to commitment to yourself. Literally, you have a written commitment to yourself. And honestly, I think it's 30 Days (inaudible) you're thinking, is that's it. That's all you need.

Aaron: That's cool. Well that goes along.

Kamal: That's all. And literally, that's changed my life. That vow, a written commitment to myself. I mean, that obviously mean you got to do it.

Aaron: You just have to get to the point where it's like literally, enough is enough, I'm writing it down, nothing's stopping me from doing this. That's what did it for you.

Kamal: And you know, I also realized, that some days, you know, they want to live up to it as others. And the key is consistently every day working on it.

Aaron: Yeah, and coming back to it. Love it my friend. Thank you so much.

Kamal: My pleasure, my pleasure.

Aaron: Let's wrap up. Alright. Well, we'll

Kamal: Hey.

Aaron: Go ahead.

Kamal: Hey, (inaudible), it's been great man. I like it.

Aaron: Yeah, thanks. I'll keep you posted on that and everybody else. Thanks for tuning in and we'll continue to patch you on the next episode.

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Thank you in advance!

- Aaron Kennard