



How to Change Your Life and Financial Situation Today, Even If You Feel Totally Stuck

Transcript

Ryan [00:00:00]

I got into a debate recently about whether or not the world was getting better or getting worse and we had our list of facts and our list of reasons about whether or not the world was improving or it was degrading. Is the world getting better, more prosperous, safer, cleaner, or is it getting more divided, is it going down, is there more inequality, is there more suffering, is there more pain? The answer to all of these questions is yes.

Ryan [00:00:36]

The world expands. That's what it does. The universe expands. Economies expand. Governments expand. It's what it does. It's what we do. And as the world expands, the menu of options expands. The amount of opportunities expands. The amount of data, the amount of information, the amount of distractions all expand and that will continue on forever.

Ryan [00:01:04]

Oftentimes, we look at what we call the good old days and think of simpler times. Every previous time was a simpler time because there were fewer options, there were fewer distractions, there were fewer opportunities. Your focus wasn't under constant attack. Today, we're accelerating faster than ever, which, by the way, is a universal fact because the world expands, and so it always is expanding faster than ever.

Ryan [00:01:33]

So, as a result, we have more data points. We have more of an ability to compare and contrast and to find evidence for the things that we want to find true. If you're curious about why so many people believe so many weird things, it's because today you can pick a belief and find evidence for that belief no matter what the belief is. We have access to more information, access to more data, access to more people than ever before.

Ryan [00:02:00]

So, is the world getting better? Yes. And is the world getting worse? Yes. It is simply a matter of which one you pick and find data for. And we could compare out data points all day long. It wouldn't matter. All that mattered was what you believed because what you believe determines which data points you see. It determines which people you trust. It determines which pieces of information you determine to be true. If you don't believe me, put 2 people on



the opposite side of the political debate in the same room and listen to who they quote and listen to who they discard.

Ryan [00:02:40]

The belief of what is true determines what you find to be true. We, as human beings, like to think that we are logical and rational and we like to believe that we find information first, and then we come to our conclusions. But the brain and the body don't work that way. We make our decisions emotionally. We come to our beliefs emotionally. And out of that emotion, we start to find evidence to justify that being true.

Ryan [00:03:14]

This is also true with our excuses. Excuses are beliefs rather than facts. Excuses are perspectives rather than they are rational pieces of information. There are life situations, and there are unfair life situations, but how we see them, what we believe about them, determine what we do next. See, most people respond to life. We get a situation thrown at us, we get put into a situation that we did or did not want, and then we respond from that place and we judge our position based on how it compares to other people's positions.

Ryan [00:04:01]

But the judgement is a perspective. It's a belief. The judgement with which we show up to our life situation determines what pieces of information we take in to justify that belief. So, if you believe that you were dealt an unfair hand financially, you will find evidence to support that. You will find all the reasons to justify your financial situation, and then you will judge those that had different situations from your own.

Ryan [00:04:35]

Now, is this right or this wrong? It's neither. It's your own belief and from that place, you then find information to justify that belief. So, when we put people into groups and we judge those groups or we analyze how people got wealthy and then we judge whether or not it was ethical, these are not objective observations. They are justifications for the beliefs that we already have about the situation.

Ryan [00:05:07]

When you find yourself in a life situation that you do not want, the judgement that you have about it perpetuates you staying in it. You being unhappy with your business, or your finances, or your relationships, you judging how bad it is and then comparing that to other people simply keeps you stuck in that same perspective and in that same belief. You're actually finding additional evidence to support you being in that situation.



Ryan [00:05:40]

The irony of that is, your own perspective and judgement of it stops you from ever finding your way out. And so, you want something different. You want something to change. But you're actually building additional thought loops over and over and over again that just make it faster and easier for you to justify staying exactly where you are. This is what some people call a comfort zone.

Ryan [00:06:08]

A comfort zone is simply a lot of beliefs that continue to find more evidence of why it's safer for you to stay where you are. It's simply additional justification of why it's easier to stay where you are. This is what some people call complacency. It's the belief that this is my lot and it's always going to be this way and it's probably never going to change. If you believe that it's never going to change, what evidence will you see?

Ryan [00:06:40]

If you believe that you were dealt a bad hand and that you were unlucky, what evidence do you think that you'll find? One thing that I like to do when I find myself in one of these situations is simply try on different beliefs. What if I believed that things could be different? Or not only different, but what if I believed that the situation that I was in was perfect? What if I really believed that the financial situation that I'm resenting right now was actually my ticket to financial freedom? What if I believed the person in my life was the one? What if I believed the opportunity that I wasn't pursuing was the thing that would change my life? What if I believed that?

Ryan [00:07:29]

When I try on that belief, it allows me to see evidence for a different belief. It allows me to consider evidence that I'm currently blind to. It allows me to look at things from a different perspective that I'm not able to see because I'm blinded by my own beliefs. We all have beliefs, and none of them are right or wrong, but your brain continues to find evidence to justify them over and over and over again which is why yesterday looks a lot like today and will probably look a lot like tomorrow.

Ryan [00:08:02]

So, how do we change? Now, let's look at a situation like money, and we look at someone who is successful, a billionaire perhaps. Now, there's a couple of camps when you look at a billionaire. Someone has a net worth of a billion dollars. That's just an objective fact. But how you see that person is based on your beliefs. One group of people will look at them and they'll



say, "It's unfair. It's unjust. They got more than their fair share. They're the reason that I'm not successful." And that belief will find other evidence, like crooked billionaires who are caught cheating people out of millions of dollars, or business practices that you don't like.

Ryan [00:08:50]

And you'll continue to find additional reasons to resent that person but it's really not about the billionaire. It's really not about the other person. It is about your belief that your own situation is permanent. What if we tried on a different belief? There's another group that will look at a billionaire and see inspiration. They'll see overcoming challenges. They'll see hard work. They'll see creativity. They'll see new ideas. They'll see contribution. They'll see service.

Ryan [00:09:27]

If someone believes that a billionaire is an example of what's possible rather than the reason why they're not successful, how does that person show up? How does that person see the world? Do they see more opportunity, or less? Now, if we compared those 2 people, one would look at the billionaire and say, "They're the reason I'm not successful," and they will find evidence to support the fact that the world is unjust and that there's not enough.

Ryan [00:09:56]

And then the other group will see creativity and contribution and an example, and they'll see evidence of the world expanding, of things moving in the right direction, of there being more opportunity. Your judgements about people and your judgements about the world aren't about the world and people at all. They're about the beliefs that you have that are keeping you stuck exactly where you are.

Ryan [00:10:23]

When you find yourself judging a situation in your life or judging something that you believe and your brain has simply found additional evidence to support that belief, the 2 primary emotions that we experience as human beings are fear and love. Fear is about survival. Love is about growth and contribution. When we feel judgement about something, it's usually a reflection of a fear that we believe to be true. What if it wasn't true at all? What if we are walking around with beliefs that are keeping us operating from a place of fear, and it's a completed irrational untrue fear?

Ryan [00:11:07]

We all have those. It's the brain's way of keeping us safe. And because the brain is designed to keep us safe, it comes up with judgements about things that it thinks can hurt us. That's just the brain doing its job. But what if it was faulty in its judgements? What if the things that you're



afraid of don't need to be feared at all? When you question your beliefs like that, you can much more effortlessly move to a place of love, creation, and service which is where most of us, all of us, want to be.

Ryan [00:11:47]

So, when you hear someone or yourself come up with excuses about their life or justifications about why their life is the way it is, it is almost always rooted in a fear that has now become a belief that is now finding evidence to support that belief. And so, instead of debating them with facts and logic and reason, the best thing you can do is listen for the belief behind what they're saying. This will do a couple things.

Ryan [00:12:20]

One, it will make them feel heard and when they feel heard, that thought can result. But the 2nd is it will reflect back to you the beliefs that you have, the excuses that you make, the justifications that you put on your life that are making it harder and harder for you to move forward. There is literally nothing that we cannot do or accomplish. Nothing. Only the things that we believe that we can't.

Ryan [00:12:51]

There are many examples, too many examples, of people who have overcome the same challenges that you find yourself in and have gone on to experience the success of what it is that you desire. If you see that, if you hear that, and you say, "But not me," or, "Lucky them," or, "They caught a break," that is your own belief system and it's faulty.

Ryan [00:13:22]

But when you can look at the world and find evidence for what it is that you desire, for what you want to create, for who you want to be, then you're in a place of creating your own life and that's freedom. Freedom is more than money. It's more than time. It's your ability to consciously choose the life that you want, and we don't get that at all until we're in control of our thoughts and our beliefs.

Ryan [00:13:50]

It's a true stat that 99% of business owners never clear a million dollars and that is why I started a mentoring group called The One Percent. I have helped hundreds of entrepreneurs cross 7 figures. There's a reason why that's the case and it's because we have a formula that works really well. And this year in 2021, we've introduced mastermind groups at each level of the process. That's the grind, the growth, and the gold. So, when you come join us inside The One



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Percent, you'll be partnered with other entrepreneurs who are at your level to help you get through that level and accelerate onto the next step in your journey.

Ryan [00:14:32]

You'll be following the same roadmap that I teach in my book 12 Months to \$1 Million. That's why we have such a high success rate getting people to where they want to be. So, go to Capitalism.com/1. Scroll to the bottom, hit the join button, and for less than you spent on eating out this past month, you'll be in a room of entrepreneurs who are pushing you to go from where you are right now to the next step of the process. It will be the best investment that you make all year. Come join us. We're ready for you. Go to Capitalism.com/1.