Corey Andrew Powell: ([00:02](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=2.85))

Hello everyone. I am Corey Andrew Powell, and I'm joined today by Steve EMT who years ago suffered a near fatal car accident that left and paralyzed from the waist down. But working through that adversity today, he is an educator author, motivational speaker, and two time Paralympian wheelchair curler, Steve, welcome to Motivational Mondays.

Steve Emt: ([00:21](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=21.67))

Oh, thank you for having me, Corey. I appreciate being on the show.

Corey Andrew Powell: ([00:24](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=24.46))

Yeah, it was my pleasure. And you know what, before we get started diving into your book, I wanna just ask a fun question because I could have easily Googled this, but I've never had the chance to ask someone mm-hmm can you explain to me, what is curling? Like what is actually happening when that, when I see the, the stick moving, like, what is what's going? What, what is it? What is it?

Steve Emt: ([00:44](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=44.94))

Right, right. Well, I, we get that question all the time. and the popularity sport is growing over the years, but yeah, no, I understand. Curling is just it's the Olympic or the Paralympic sport on ice. Yeah. Where we, there is a 42 pound piece of granite around stone. It's called. Okay. And we slide it down the ice and we're basically aiming for a bullseye on the other end of the ice, about 140 feet away. Okay. All right. The bullseye is called a house, but for layman's terms, we'll call it a bullseye. So we're basically, you're trying to get close, close to that bullseye as possible. Now, when the stone is traveling down the ice, and there's a couple differences between able-body curling and wheelchair curling. But when you watch the able bodies on TV, the Olympics, you know, the, the men's team they're sweeping, it's called in front of the stone. So what they're doing is they're actually the friction of the, the sweeping of the broom and the ice is melting the ice a little bit. So it's allowing the stone to go a little bit further or a little bit straighter. So if you see somebody sweeping right away and you watching curling, you see 'em sweeping right away. That means that the shooter missed their shot.

Corey Andrew Powell: ([01:47](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=107.53))

Oh, okay. So they're trying to like, almost like compensate now by fast. Yeah. Okay. Gotcha.

Steve Emt: ([01:52](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=112.43))

Yep. And the harder they're sweeping, the harder they're yelling and the more chaos it is in there, the worse the shot was. Okay. So if you don't see 'em sweeping at all, it's a pretty good shot. So that's, that's basically curling. There's eight ends in a game, a game down takes about two hours to play. There's scoring at the end of each end. It's like an inning in baseball. So it's an incredible sport. The main difference though, between able bodied and wheelchair is that we don't sweep. Mm. Because it would be kind of almost comical to watch us, try to get down the ice and follow the stone and sweep people be falling outta their chairs. It wouldn't be funny for us. Right. Right. So we don't sweep. So it's harder on us cuz we, again, you know, we got a 42 pound piece of granite that we have to push down the ice about 140 feet and I'm aiming for about the size of a basketball or a garbage can lid down the other end of the ice. So it's hours and hours and hours of repetition and trying to learn the ice and just mm-hmm close your eyes and breathe through the eyelids, like a lava lizard. Let it

Corey Andrew Powell: ([02:45](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=165.4))

Go.

Steve Emt: ([02:46](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=166))

Yeah. So it's, it's an incredible sport. It's an incredible, incredible sport.

Corey Andrew Powell: ([02:49](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=169.66))

Well, thank you. And you know, and I didn't even ask that. I, I want people to know, I didn't ask that in a mocking way. I've always been like, yeah, you know what? I'm gonna Google this one day and figure out what it is. And I just never got around to it. So I figured, you know what, next best thing I had an actual curling guy here. I just ask you directly. So thank you for that.

Steve Emt: ([03:07](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=187.36))

No problem. I encourage, I mean, I encourage people Corey to go out and, and check it out. It's an incredible sport. And if you're in the winter, you know, in your cold winter months, anywhere it gets you through the winter, it's a lot of fun. So I encourage people to go out and check it out and there's curling clubs everywhere. So just drop in and, and try it and you'll have a good time.

Corey Andrew Powell: ([03:22](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=202.41))

That's great, man. Well, thank you. Hopefully our listeners will check that out. We have people all around the country, 1.5 million members. So someone out there is is a cold area. So y'all pick up curling, pick up curling. You heard it from Steve. So awesome. So Steve, your book called, You D.E.C.I.D.E. And you use the word, decide as an acronym. You spell it out. It's D period, E period, C period, I period, D period, E period, you decide. So tell me about that book, why you wrote it and what was the inspiration behind it?

Steve Emt: ([03:51](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=231.69))

Well, I've been told my entire life that I need to, to write a book cause I've been through so much in my life and I have so much to offer and I can go out and impact other people's lives. I had an automobile accident at the age of 25 that completely changed my life and flipped it upside down. And, and because of it, I'm in a wheelchair now probably for the rest of my life. So I always wanted to write a book and I always wanted to put my, my life into it and my experiences and share everything with people, didn't have any time. You know, takes a lot of time to write a book COVID hits. We got plenty of time now, so, right, right. Just start writing and writing and dumping everything. And it was so, so cathartic. It was so it was, it was a great time doing it.

Steve Emt: ([04:27](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=267.33))

It was a lot of fun. So basically my book through my book, I'm empowering people to be the hero of their own lives. It is you decide the subtitle is it's the six step action plan to become the hero of your own life. So many people nowadays are stuck in their own ways. And they're looking for outside influences and inspiration and motivation to go out there and get things done. When all, all we need to do is look inside ourselves. We all have it inside of us, Corey. We are capable of doing great things. We will not, we can, but we will do great things when we have a plan and we're motivated and we're inspired and we're passionate about it, we're gonna do great things. So we all have that inside of us. The book, literally the, the, you know, it's a six step action plan.

Steve Emt: ([05:09](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=309.08))

The D determine that a change needs to be made in your life. For me, that was my accident. So the main motivation behind the book was getting through my accident and learning to live all over again in a wheelchair. I was a huge athlete before my accident. I was you know, I'm an all American high school athlete. I was an all American soccer goalkeeper. I went to West Point. I was a cadet at West Point for two years. I transferred to University of Connecticut and I walked onto the basketball team. And I played with some future pros like Ray Allen and Daniel Marshall and Scott Barrell incredible athletes. And then at 25, I made a terrible decision. So now as my rehab is going through, and I'm trying to learn life all over again. I remember I'm sitting, I'm, I'm floating around on a swimming pool.

Steve Emt: ([05:50](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=350.35))

And I had to decide right there, whether I wanted to get out with my life and accept what had happened. Cuz there were some dark, dark days for me, Corey, you can imagine. There were some dark, dark days where I allowed keyword is allowing these thoughts to come into your mind. I allowed these thoughts of who's gonna take care of me for the rest of my life. Who am I gonna be a burden on? I'm a vegetable, now who's gonna want me? Maybe this world's a better place without me in it. And I thought about taking my own life. And I thought about, you know, I contemplated suicide 2, 3, 4 days of just dark, dark days. But then I healed. I got into a swimming pool and the water just changed my life. And I'm not a religious person. And if you are, that's beautiful and you listeners, that's beautiful. Personally, I'm not.

Steve Emt: ([06:31](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=391.301))

But it's like I was born again when I was put that swimming pool and I had to make a decision right there in the pool. Do I wanna be this negative person I've been for the last week or so where know doctors and therapists would come into my room and I would tell 'em to get the hell outta my room and I'd throw anything Adam, and, and tell 'em, you know, swear at him a curse at, and I'd just leave me alone. I wanna die. Or do I wanna go back to the person I was before— the life of the party? And you know, I'm a public speaker. Now when I go, you know, I get on stage and I suck the air outta there, I mean, I love, I love people. You know, bring 'em on. I love being with people.

Steve Emt: ([07:02](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=422.6))

I love talking with people, love hearing their stories. So I had a decision to make right there and literally I'm floating around in a swimming pool doing my rehab. And I said, all right, I'm done. I'm done being this negative person. I'm done allowing these thoughts to come into my mind. I'm not gonna do it anymore. And I said to myself, I gotta get outta this pool. I gotta get to the gym. I gotta get through the rehab. I gotta go to the doctors, the meetings and get on my life. So the first step in the book, the D - determine that a change needs to be made in your life. Okay. We, we're all in certain situations. A lot of us, we don't like where we're at right now, unfortunately, but we have the power to change that mm-hmm and I couldn't heal. I couldn't go on heal physically, mentally, emotionally, spiritually, until I accepted that I did wrong that I accepted that I messed up. Right. This is my fault. Go

Corey Andrew Powell: ([07:49](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=469.5))

I'm sorry to interrupt. One part of your story that I didn't really actually realize was that and you've mentioned it twice now. So you mentioned that you made a decision in this situation and you, so this was something that was a result of your action that caused the accident. Yep. And so you raised a really great point, the accountability factor, right? And, and you were not able to move forward with your life until you accepted, this is what I've done. And now how do I, I don't wanna say fix it, but how do I go forward, right?

Steve Emt: ([08:20](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=500.36))

Yeah. Yep. We can't heal until we accept it. And, and you, you and I know Corey life is inevitable. It's gonna happen. You know, sometimes life sucks and we're gonna get tossed some curve balls and some changeups, and it happens. And we have to accept that. And a lot of people are, you know, stuck on the events that happen in our lives. But if we just change our focus and I talk about it a lot about this in my book, if we change our focus and our attention from the actual event to how you're gonna respond to the event. Yes, yes. That's how we move on. Mm-Hmm so it happened. Life happens. Okay. Okay. Forget about it for now. How am I gonna go, go forward? How am I gonna get better? How am I gonna heal physically, mentally emotion? How am I get out of this relationship?

Steve Emt: ([08:59](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=539.16))

How am I get a new job? How am I gonna move all these different events that come to our life? Yeah, that's what we gotta focus on. And until, until we get off of that event, we can't move forward. We can't be successful. We can't heal. And that was huge for me. I denied it. Months, months of rehab, I denied it. No, I'm gonna be fine. I'm gonna walk again. I'm gonna wake up one day. I'm Steve Emt. I'm the start athlete. I'm invincible. I will do this. I'm 25. I got my whole life ahead of me. Yeah, no, no. And until I accepted it, then the healing could start in all aspects of my life. So the D-determined how a change needs to be made, you know, and again, whether this is like me making a Paralympic team, me getting through my accident, somebody getting through an abusive relationship, a new job, uh moving, having kids, buying a house, whatever it might be. There's all these great events going on our life. And my life is so beautiful. Right? But we gotta determine that, Hey, something's gotta change right now. We can move forward.

Corey Andrew Powell: ([09:53](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=593.27))

Wow. No, that's amazing. And I think what I also found really, really useful in what you're saying too, is you don't just have this Pollyanna approach to like, change your mindset. You say, change your mindset, but then put in a plan of action to make things happen. So that's where, you know, we all have that talk. We hear about, oh, just positive thinking and you'll be fine. Okay. But that's a little ideological, but it's about the action afterwards of how you change your life.

Steve Emt: ([10:21](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=621.52))

Yep. And that's why this is an six step action plan. This will, whether it's my life story. My book is part memoirs. My life. My book is the second half is the action plan. Now whether you take some parts of my life and motivate you to inspire you to move on perfect. That's why I wrote it. If it takes one step of my action plan to do it. Perfect. All six steps. It's easy to follow you're right there. Next two letters in the D.E.C.I.D.E Big. First one is the "E" we gotta educate ourselves. We gotta talk to people to whether, again, doctors, therapists, nurses call that 800 number, whether it's abuse or, or it's drugs, alcohol, Google stuff. Look on the internet. There's so much information out there. And, and in that, in that step, I also talk about surrounding yourself with great people, taking the good from the good and leaving the bad from the bad.

Steve Emt: ([11:07](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=667.33))

You're gonna hear some bad from people You're gonna hear some bad advice. All right? Yeah. Let it come in and then let it go. The good stuff. That's what you keep. And that comes from the great people around you. Surround yourself with people, not people that are gonna tell you what you want to hear. That's garbage, surround yourself with people that are gonna expect you to be great and you in return, expect them to be great. And it's just, you'd bring everybody up. So we gotta get education, you know, read, educate, find out information. The "C" - create a plan, create a plan. When I was going through this in my rehab, I had steps. I had all these things written out in my mind. And finally I said, okay, I gotta put 'em down on paper. And I started writing journal, journal, journal journal every day about how I'm gonna get through this.

Steve Emt: ([11:50](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=710.6))

When I had an opportunity to make the Paralympic team, eight years ago, I wrote down seven goals and I wrote 'em on sticky notes. One sticky note was seven goals. And I posted all over my house all over my drove, my wife nuts. she she's trying to have company over. And I got yellow posted notes everywhere. I got 'em on my mirror, in the bathroom. I got 'em on my van and my I'm driving. I'm see it. Cuz we see it. We read it, we write it. We say it it's gonna happen. Mm-Hmm so we gotta create a plan. And in that plan, talk a lot about goal setting and the different types of goals and how we we create one goal, right? And then we go ahead and we, we get to it, but then we gotta set another one right away, a little bit higher and a little bit higher and a little bit higher. And you keep on going and you keep on getting better. And the main thing I talk about is 1% every day. Try to improve every day. Just 1%. Mm-Hmm think about that. You know, just every day, it's something you do. Just try to improve 1%. Boom. You're gonna be a lot better tomorrow the next day, the next day, next day. So determine the changes be made, educate yourself, create a plan. First three steps are huge.

Corey Andrew Powell: ([12:49](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=769.87))

Wow. That is incredible. And you know, when it comes to what you said about just sort of accepting things, I think that is where a lot of people have trouble in general. So it's not as if you have to really embrace adversity. I mean, no one wants to hug on, you know, hug a situation that is not fun. But I think what you've tapped into that I've heard a lot of successful people, successful CEOs, especially talk about is this willingness to be adaptable. I'm no longer able to do this. And I have to either be pliable and change my vision or else I'm not going to make it, right? And that willingness to be, to be different, to change. And also you tapped into another successful trait. I've noticed with CEOs as well, which is you just nailed it, surrounding yourself with good people and also allowing them to be able to shine as well through your greatness. I mean, it's really pretty much how you can survive. No man is an island so to speak.

Steve Emt: ([13:45](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=825.98))

No, no, no. And, and the greatest leaders and the CEOs and, and sports and all that people out there are surrounded. They only surround themselves with greatness and greatness is expected of them and they expected them with each other. So they, they just push each other and that's, that's what we need to do. And again, you, you said it perfectly, as far as adapting and again, life happens. Life happens, you know, life hands you lemon, you make lemonade. If life, closes a door, you open a window. I mean, you've, we've heard, 'em all we've heard. 'em All

Corey Andrew Powell: ([14:15](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=855.29))

Appreciate.

Steve Emt: ([14:15](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=855.57))

Yeah. Ally said, and it's really, it's really not that hard though. It's not, it's not that hard to do cuz we have it. We all have it inside of us. We, the human mind, the human spirit, the heart is an incredible, incredible thing. And we have it in right inside of us to do great things so...

Corey Andrew Powell: ([14:30](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=870.99))

Well, you know, I do wonder, although of course we wanna believe that everything's possible and we will prevail in end and have a more contented life. I do wonder about in the line of work that you have, where you're trying to inspire others, how do you convince people to remain hopeful and optimistic currently in such a very difficult time that we're living in and whether it be a political landscape or you know, wars and two years of a pandemic, like, I mean it's a lot of stuff happening. So then you compile that onto someone trying to overcome something. I mean, how do you instill hope in people with all that going on?

Steve Emt: ([15:08](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=908.35))

Yeah, it, I mean, it's not a one, one shot deal either. It's not just, you know, come hear me speak or, you know, hire me, come to your company and you're gonna go out the next day and change the world. It's not gonna happen. So I share a lot about my own life and everything I've been through. As far as my accident, I've lost both my parents. I've lost a nephew. I've had awful things happen to me and the darkest the days again with my accident. But I've also flipped that around. And so I know it's possible. I know. Yeah. I might be wired a little bit different. I'm a Paralympian. I know I'm a little bit more competitive and wired different than other people. But like, again, I can't go say enough. We, we all have it inside of us. And if it's one little Iotta okay, fine.

Steve Emt: ([15:43](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=943.84))

We can work together and we'll pull it out. If it's a lot, then boom, it'll be one meeting. Maybe it is that one, you know, speech that I give that inspires you to do it. So yeah, it is difficult. And I understand there's a lot going on in the world, in each other's worlds. And you know, we don't, we don't know specifically what's happening in other people's worlds, but everything it's possible. There's a silver lining to everything and it's a, it is, it's just a mental mindset to switching. And for me, that just came to that aha moment in the pool where yeah, okay. I gotta flip, I gotta flip this and I use that word a lot allow, you know, and a lot of the, the people and I've got some negative people in my life that I don't hang out with, but they're in my life.

Steve Emt: ([16:21](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=981.52))

Yeah. That are negative. That just, they just allow themselves to be that way. Mm-Hmm, , you know, they allow these things to come to mind. They allow things to happen to them instead of going out there and making the change, you know, get up early every day. I'm up at five o'clock every morning. I work out, I meditate. I do some breathing exercises. I mean, it's just, it just starts my day off. I mean, that's that right there. Before I was doing that, I wasn't feeling as good as I feel now, but that's, that's the way I start my day. And it just fires me up for the whole day. So there's changes you can make physically there's changes mentally, emotionally, spiritually, religiously, if you are, whatever it might be, there's changes that you can make individually to make your life so much better. Unfortunately, a lot of people don't want to see that. I don't want to hear that and they're stuck and hey, we can work together and I'll, and I'll help you out. Get you outta that.

Corey Andrew Powell: ([17:04](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1024.8))

Well, that ties right into really going back to, when you say stop waiting for a hero to arrive, right? Be your own hero. That's a very strong statement I saw when I was looking at a lot of the content that you put out and you mentioned earlier, so many of us are looking for like that sort of silver bullet or someone to, you know, I know this person who like follows Tony Robbins, like around the world. And I said, you pretty much, that's a mortgage that you just spent like over the past 10 years. And she's like searching for something. You know what I mean? At the end of the day, I'm like, I wonder if you're following him around because you know, you really think that he's going to end your adversity or solve your problems. And maybe there's something that you can do for you to make that better. So I, I love the idea of like stop waiting for someone to save you.

Steve Emt: ([17:50](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1070.869))

Yeah. When I was growing up, Larry Bird was my, my hero, Boston Celtics. I bleed Celtic green. He was my hero. And when I was 25 years old and I was woke up to my coma and I was told, I was never gonna walk again. You know, Larry Bird's not gonna help me walk. He's not gonna help me get through it. The doctors, the nurses, the therapists, as incredible as they are. They're not gonna help me get through it. Ultimately it's gotta be inside of me and I have to want to do it. Cuz I was in the hospital with people with the same injury as me that went home and died because they didn't take care of themselves, cuz they weren't right mentally. And they weren't strong enough to get through it. And they weren't, they didn't accept it and they didn't allow them to do the healing process to occur.

Steve Emt: ([18:28](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1108.83))

So we all got it. We got it. We'll get through this. And we just gotta keep on, keep going and change it for ourselves. You know, again, be your own hero. When I get asked, literally I get asked now who's your hero, boom. Right away. I'm my own hero. Cuz I've been through a lot. I'm in charge of my own life when I'm 70, 80, 90 years old. And I look back on my life, all the great things I did. I did them. All the crap that I did and all the failures, which I've had a lot of them. I failed. Alright? But with failure, Corey, and this is a good one. There's winning and there's learning. There's no losing in life. That' sport. That's life. That's relationship. There's winning and there's learning right? You get that other L outta your life. Get that losing.

Steve Emt: ([19:09](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1149.94))

You're not a loser. No, we're learning. We're learning every opportunity we get. We're learning. Go back to heroes again. Michael Jordan, I've had the opportunity to meet Michael Jordan a couple times. A lot of kids, a lot of people say, you know, Michael, Jordan's my hero. No, no, he's a mentor. And in my book, I talk a lot about the difference between heroes and mentors. Mentors come into your life and teach you things good or bad. You know, Michael Jordan is one of my mentors. I hung out with him in the locker room for 30 minutes. I was actually on a Netflix documentary, the last dance episode seven, about 56 minutes in. But who's counting. Yeah.

Corey Andrew Powell: ([19:41](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1181.619))

I'm gonna go fast forward. I'm gonna go check it out. I'm gonna go check it out.

Steve Emt: ([19:44](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1184.5))

but you know, I hung out with him and that night he taught me a lot just in 30 minutes, like here's Michael Jordan, the greatest, the greatest basketball player of all time. All right? In my opinion. But he, he could have gone home to his wife and kids that night for, you know, but he didn't. It was 11 o'clock at night on a Saturday. And he hung out with me for 30 minutes and he taught me that night that no matter how big you are, you always make time for other people because you can impact lives. And that's what this is about. Life is beautiful. Go out there and smile at people and say, hi, greet people. And I'm so glad these masks are coming off because I travel so much with curling and you know, I'm in airports two, three times a month. And I just love looking at people and smile, how you doing, you know, good day. Yep. Just that's that's what it is. Cuz you don't know what that other person's going through.

Corey Andrew Powell: ([20:29](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1229.43))

Yeah, yeah.

Steve Emt: ([20:30](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1230.21))

Right? You don't know how bad if they could, they could be contemplating some seriously dark stuff. Just a little smile from you might save their life.

Corey Andrew Powell: ([20:38](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1238.33))

You know, I love that. You said that because that's been, for me, I'm a very expressive person. I love people as well. I mean, we're very similar in that way. And the mask thing was, or has been so difficult because of the nonverbal communication that we are now also masking. So, for example, a little child got an elevator and she was so beautiful, her little dress on her, going to some event. And I was, and I like like a little doll and I thought, oh, she's so pretty. And I smiled and, but you didn't see that. Right. I so was like this and inside I'm like, oh, she's so precious. And that would've been just a moment between strangers to say hello with her mother. And, but it just was completely blocked because of the masks. So yes, I am happy. The masks are coming off. Yes. As well, because communication and connection is such a big part of the human experience.

Steve Emt: ([21:25](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1285.98))

It is. It is. And that's how you live, you know, enjoy life and love life and go out and just see people and, and, you know, get outta your shell, get outta your comfort zone too. Get outta, get outta, you know, stress a lot. Again, I always go back to my book, but that's what we're talking about here. Get outta your comfort zone, you know, do, do different things and you know, live and, and love and laugh.

Corey Andrew Powell: ([21:44](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1304.369))

, you know, that's actually another CEO common denominator. I have spoken to, gosh, I think maybe five or six in general, who I can remember who all said, at one point they had been faced with an opportunity that they were terrified of or in an environment where they weren't comfortable and they had a decision. Am I gonna do it or not? And when they made the decision to do it, they were like, I'll figure it out when I get there. you know, I'm not gonna say no because I'll miss out on the opportunity. So the thinking outside the box and not being fearful is definitely a big one. But you also mentioned something else too. The failure one, losing, it's not losing, it's not failing. It's learning. And that's another trait from successful CEOs. It took every opportunity to say, okay, well that didn't work. Mm-Hmm and then fine tune the plan of action to make it better next time. And that's different than failing.

Steve Emt: ([22:37](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1357.49))

2018 Paralympic games in pong Chan, we came in 12th outta 12 teams. We were dead last Corey. We were two and nine. We were awful. Our team was awful. Right? And it burned me for about two days. It burned me. I leave me alone. Don't talk to me. I was pissed off at the world —fired up, but then okay, now I gotta switch my mindset here. All right, let's learn here. Let's get this out. Let's watch game film. Let's get better. Let's spend more time in the gym. Spend more time in the ice, training. Yada yada yada. This past three months ago we were in Beijing. We took fifth place. We were one game outta medal contention right now we're ninth in the world. Before that we were like 25th. So we're learning. And because of that, because myself and my teammates took that as an experience. And hey, it sucked, you know, we were the worst in the world. We were a laughing stock at the competition, at the Paralympic games, a laughing stock. We'd learned that we learned from that. We took that and we just moved forward and got better. And now we're the top five, six teams in the world competing for a medal every time we go out and compete and try. So it's huge. Huge. Yeah. Winning and learning. There's no losing.

Corey Andrew Powell: ([23:38](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1418.6))

Absolutely. The book is called you decide by Steve empt and it's been an absolute pleasure. And I really enjoyed talking to you today. So thank you for your time here on Motivational Mondays.

Steve Emt: ([23:48](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1428.05))

Thank you very much, Corey. I appreciate your time. And thank you, your audience for listening.

Corey Andrew Powell: ([23:52](https://www.temi.com/editor/t/LjM2LAvQ7o9HqYA1uVECDizWM228zs8X7Q2I93fKkYrTmJ7EI8EGeOEmVa9_7CFEJZy-GhLcLArdzYJ-tMA4jVaQT5Q?loadFrom=PastedDeeplink&ts=1432.05))

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