**Motivational Mondays interview:**

**Leanne Kabat – *Airing* 01.25.2021**

**Music intro** [00:00:00-00:00:01]

**Max Irzhak** [00:00:02]

Welcome to another episode of Motivational Mondays.

I’m your host Max Irzhak, and joining me today is Leanne Kabat.

What would *you* do if you were given just 5 years to live? For Leanne, that wasn’t just a hypothetical, that was the hard-hitting truth.

Determined to make the most of the little time she had left, Leanne set out to live life to the fullest. Since then, she’s travelled to 49 countries, published 3 books, and became an international speaker.

I’m really thankful to have Leanne with us today so she can share her incredible story with NSLS members.

Leanne, welcome, it’s so good to have you on the show.

**Leanne Kabat** [00:00:35] It is my pleasure, thank you so much, Max.

**Max Irzhak** [00:00:38] Awesome. Can you tell us a little bit about that moment, when everything changed.

**Leanne Kabat** [00:00:43] Yeah, so it was March 2006. And we had just moved to a new country, a new city, a new neighborhood. And i got up in the middle of the night at 5 months pregnant, and i collapsed on the floor and i stayed frozen for 5 hours. My two toddlers were sleeping beside me, and I couldn't move, I couldn't scream, I couldn't do anything. So I begged and pleaded the universe to get me off the floor, and then at some point I just surrendered to lying there.

And about 7 o’clock in the morning, this flash came over my eyes, everything started to spin, but I could move. So i got up, i got dressed, i tossed the children in the van, i typed in “hospital” in the GPS because we were brand new, and i drove us down to the emergency room. And that really set off this avalanche of exploration over the next 8 months of all the different possibilities it could be. So they were drawing from Cardiology and Neurology, and I had every specialist you could imagine kind of getting into the action. They wanted to know what might’ve caused it, and at the end of the 8-month period, I was brought back into the hospital, and all my brain scans were up on the lightboxes and all my bloodwork, and all my test results were on the table. They said “Look, we don’t know what you have. But we know it’s going to kill you.” And i said “How long?” “5 years.”

And it just changed everything. And i was 35 years old, i was young, i was healthy—i had never even had a headache before that. You know, I was not the person who should be given 5 years to live. And yet, I was. And so, that was really the starting point of this massive decline. And then the springboard backed up. And I just decided they don’t know what it is, they don't know what it’s called, they don't even know what it means. They can’t be right, i am done dying. I am done dying. I have spent 3 years dying. No, i'm living. I’m gonna live. And so that was really the moment that I decided it all changes.

**Max Irzhak** [00:02:54] Wow. And ever since your diagnosis, you’ve been on a mission to help people discover and achieve their goals.

I want to ask you a fairly personal question. How do you set goals for yourself when you don’t know when your last day will be?

**Leanne Kabat** [00:03:08] I didn’t start out wanting to help people set their goals, you know. I really wanted to live. I wanted to travel, because I wouldn't be alive to give my kids the world, I wanted to show them the world. And so I started to, you know, create a lifestyle that allowed us to do that on one salary. You know, getting 5 people around the world is not cheap. And that took a lot of goal-setting. And people started noticing. “Wow, she’s doing something interesting there”. And I wanted to write a book. So I sat down and wrote a book. And then I wrote another one. And another one. And people started noticing again, and thinking “Okay wait a minute here, you’re getting more done than most people do in a lifetime, and you’re cramming it in a mere months. What is your secret?” And it really is setting goals that matter.

So when I think about the kind of goals that I know people set, they’re either very loosy-goosy, and they’re just very ethereal out in the world. They’re not solid, there’s no plan behind them; they’re just wishes and wants. Or, they’re really out of alignment with what the person, you know, what the person wants out of their life. So they look at their neighbor, or they look at their best friend, they look on social media, or they’re checking out TikTok and they’re like “i want that body i want that house, i want that car, i want that life.” And they really don’t even want the work that goes into getting the goal.

So me working with people and helping them set their goals is really about getting super clear on who they are, and what they really want out of life. And then setting goals that *matter*. Because when you set something that matters, nothing stands in your way. You aren’t subject to imposter syndrome, and you don’t feel like a fraud, and you don’t feel like a failure. No, you’re doing whatever it takes, and that involves the work, and it involves the sweat and the tears to kind of get through all the steps, because you want it that badly. You become unstoppable, and that’s what I want to tap into people.

**Max Irzhak** [00:05:07] What role does journaling play in this process? Do you write down the positive, the negatives, your goals, what went right, what went wrong?

**Leanne Kabat** [00:05:15] Yeah, i’m a huge proponent of journaling. It’s in all of my books. It’s the first spring cleaning strategy because when you journal, you are the author and the audience. You know, if you’ve ever written anything down and gone back 3 months later and read it, you’ll think “oh my gosh, first of all that could be genius,” or “wow, i was so naive, what was i thinking?” So it allows you to have this objective view that *you* don’t have, right? I tell everybody, you know if you were a pickle in a jar, you don't know what kind of pickle you were, you don't know anything because you can't read your own label, right? You are in the jar, so you need to see from the outside, and short of you spilling your guts to somebody every day who can reflect back to you, journaling is how you do that. You write your thoughts, you are honest with yourself, you hold yourself accountable, and you cut the crap. And you’re like i am not going to put on a mask, I'm going to raw, bleed, cry, pour my love, my heart, my soul, my fears, my anxieties, all over these pages. And then i'm going to close the book, and i'm going to come back tomorrow, and i'm going to look for the golden nugget. I’m going to look for the thread that is going to weave through the next week, the next month, or the next year that’s going to carry me towards the place that I say I want to go.

Journaling is probably one of the most powerful things people can do.

**Max Irzhak** [00:06:45] How can people learn more about the 5 Seasons framework, and connect with you after the show?

**Leanne Kabat** [00:06:51] Yeah, so i have the 5 Seasons Life. It's the number fiveseasonslife.com website. And i'm on LinkedIn and Facebook, so by all means, i invite people to find me. They can pick up the books, i have courses coming out in January for each of the books, so if you really want me to walk you through every season, and every element of it, i am there for it.

This is my life’s work—having people stay in the dark and drowning out their own sadness and struggle is the biggest travesty. I don’t want you to struggle alone, I don't want you to sit in the dark, I don't want you to fake it until you make it. Get real with yourself, be honest with yourself, get to know your seasons so you know how to navigate through them. You don’t have to stay where you are, because you have the choice to change.

**Max Irzhak** [00:07:42] I encourage everyone to check out Leanne’s new book ‘5 Seasons of Connection to Your Business Brilliance’. I’m also going to provide a link to her website, to her LinkedIn. And there will also be bonus content where Leanne is being interviewed for Toronto City News where she shares more of her story. I highly encourage everybody to check that out as well.

Leanne, thank you so much for sharing your story, and for showing us the inner strength that we all possess. And that with the right tools, we can always find a way to unleash it.

**Leanne Kabat** [00:08:13] So so so good. Thank you so much Max.

**Max Irzhak** [00:08:18] And thank you to all our loyal listeners. We’ll see you next time on Motivational Mondays!

**Music intro** [00:08:22-00:08:27]