



Podcast Episode 154
Unedited Transcript
[Listen here](#)

“Not Finding the Right Role Model? This Works EVERY Time”

David Loy: You are listening to *In the Loop* with Andy Andrews, I’m your host David Loy. Andy, once again thanks for joining us.

Andy Andrews: Thank you. And once again, you are David Loy. Yes, you are.

David: Absolutely. You know what’s sad about this, I just realized. You’ve done thousands.

Andy: Probably a lot of things.

David: A lot of things but this is about me. You’ve done...

Andy: There’s definitely a lot of sad things about you.

David: Over your career, you have done, it’s safe to say tens of thousands of interviews, is that right? Probably ten thousand interviews, I don’t know.

Andy: Yeah, probably.

David: It’s more than thousands

Andy: I wouldn’t say tens of thousands, but yeah.

David: Maybe ten thousand.

Andy: Yeah, between seven thousand four hundred and seven thousand four hundred and two.

David: And I was just going to say, you've been interviewed by some major personalities. And then you have to come and sit here, weekly, with me, and get interviewed by this guy, who has no clue what he's doing. In fact,

Andy: Well David, that is true, you have no clue. But let me just tell you this, I love doing this with you. I mean, to me, to me, I love doing interviews with people who just have fun and are just like, you know, just conversational because I love having conversations. And I love having conversations with you, so.

David: Well if our goal is to appeal to the lowest common denominator then that's why I'm the host.

Andy: I'm thinking our goal is probably to appeal to each other. And I think we're doing great David.

David: There you go. Well speaking of big personalities, you actually were interviewed by one of the best not too long ago. You flew up to New York and had a conversation with Robin Roberts.

Andy: Yeah, I love Robin she is awesome. And Robin Roberts, with Good Morning America, she's been a buddy and she has been a champion of *The Traveler's Gift* and of *The Noticer*, and *The Seven Decisions*. And so, you know, she and Patty Neger, up there, you know, I tell you what. There's a lot of people who say, men *The Traveler's Gift*, *The Noticer*, they have helped so many families, they have helped so many businesses, they've changed so many lives. You know, Robin is responsible for a lot of that.

David: Right.

Andy: Because a lot of people, if it weren't for Patty Neger who puts me on the show and Robin who, you know, Robin asks for me I guess, she certainly reads the books. But if it weren't for them, there are a lot of people that would not have gotten these books because they wouldn't know about them.

David: Exactly. So you went up there to talk about *The Seven Decisions*, did a great interview with Robin Roberts that ended up airing in, what, mid-August I guess.

Andy: Yeah. I mean, can't you see that on...

David: You can see it on our website, on andyandrews.com. On the Good Morning America website, still has it up. So it's up at a lot of places. Easiest it would be to go to andyandrews.com, I think it's still on home page there.

Andy: Oh ok. And if you're not on Facebook, with us, definitely get on Facebook, twitter. And on Facebook just find Andy Andrews and click like, I will be your friend.

David: There you go.

Andy: Then the twitter's [@andyandrews](https://twitter.com/andyandrews). But if you're not on those, definitely, because any time we have something fun or funny or new or any time I decide something's funny to me, we'll post it.

David: We'll put it up there. It's always exciting to see what happens with that.

Andy: And I do, I so much appreciate Robin.

David: Absolutely. And that's what I was going to say, it's not, for her, it's not a one off, just another author type of thing. She was interviewed last year by the New York Times. And when her book came out, I think you probably remember this, was it last year or earlier this year, I forget? Anyway, she was asked, what are the five most influential books she ever read? Now this woman has been in the industry, she's read tons of books, you know her, she's an avid reader. And over the five most influential books that Robin Roberts has ever read, she still has *The Traveler's Gift* as one of the top ones.

Andy: That is amazing.

David: And so, we're so thankful for that. I know you're a great friend, you've all got, a little bit of a, I forget how you all met in the first place?

Andy: Through Joe Lake.

David: Oh yes, Children's Miracle Network.

Andy: Yeah, Joe Lake is a founder of Children's Miracle Network. And I actually forget where we were but I remember standing, Robin was with ESPN at that point. And I remember standing backstage somewhere, I can't remember where this was, but I was standing backstage, and just talking for a long time with Robin and Dan Patrick. And so that was really the first time we met. And then, you know, a bunch of years later, then *The Traveler's Gift* comes out and I totally, I mean, we only met, we weren't friends or anything. So I didn't have a number or email or anything, but then when *Traveler's Gift* came out, she really, like she really liked that book.

David: She championed the cause for the most part.

Andy: She really did. And in fact on Good Morning America, they called it, I remember Charlie Gibson saying, Robbins's book, this was Robin's book. And so but Joe Lake was the connection there, Joe and his daughter Michele.

David: Wow, amazing. Well we're so thankful to Robin and like you said, to Patty Neger.

Andy: It's that butterfly effect man.

David: Exactly. That, reading that one book, taking that one step and now fast forward, how many millions of people been impacted because of that decision. So we're very thankful to them, that entire staff of Good Morning America. Make sure you check out that video on andyandrews.com.

Andy, let's go and get right to today's question. We've got an actual voicemail from the listener.

Andy: Can I tell you something? This is kind of crazy. I mean, the ADD kicks in sometimes. And I said a minute ago, sometimes people look at me and go, how does your brain work? And I don't really know but I do have an example for you. I have an example. Here's the example. I said, the butterfly effect and then you were talking about something, because my mind took off on this weird, because I thought of Robin there and then I thought of Patty Neger, who with Good Morning America, which Patty books the guests on the show, and she also books Jack Hanna on good Morning America, longtime friend Jack Hanna. And then I think of Jack Hanna, it made me think of Hanna, who is a character in a Randy Wayne White novel. And Randy Wayne White is this great author from South

Florida, and then White, Randy Wayne White, then White, I thought of Suzy White's father, who, when the boys were little, they called him White, rather than Mr. White, they called him White. And I thought about how he is like, 94, 95 and still running and walking. And he played for Georgia when Georgia had leather helmets. And then when I thought of leather helmets, anyway.

David: And all of this within a matter of two seconds?

Andy: Yeah, you said something, I don't know what you were saying but that's what I was thinking.

David: So back to the question of how does your brain work. The unsolvable mystery. That's fantastic. Ok, well let me get, let's play this voicemail, this is from Mickey, in Illinois. And Mickey and I have emailed a couple of times. She's fantastic. But I just wanted to play her question.

Andy: So she's a lady?

David: Yes, correct. We'll play her question and then we'll get your thoughts. Let's hear what Mickey has to say.

Question: Hi Andy, my name is Mickey and I'm from 8:15 Illinois, a very rural community down in Southern Illinois. My question is, I am reading *The Seven Decisions* and just love the book. However, you talk about creating a personal board of directors. And I'm having a hard time identifying people that are in my life, that are good examples or role models for things like health and spirituality. My husband and I have talked about this at great length and I guess, I'm just wondering, when you get stuck on a question like this about trying to find people in your life, that are good role models or things that you want to aspire, to people

you want to aspire to, how exactly do you handle that, if that person doesn't exist in your life? How do you find people that might be a good role model or what do you suggest I do when I'm stuck on this question? I would really appreciate your answer Andy and I love the book, *The Seven Decisions*. Look forward to getting through it and getting through all the exercises. It's already been very enlightening to me. Thanks a lot Andy and I really appreciate the time you're taking to answer this question.

David: Ok, Mickey, thank you so much, that's a great question.

Andy: Yeah, yeah, that's, I think that is, not only a great question, that's a question a lot of people struggle with.

David: Absolutely. And you know, I want to say we've heard similar questions to this in the past but I don't know that we ever addressed it this way. So I'm excited about this, I'm eager to hear your thoughts.

Andy: Well not to be a smart aleck Mickey, but you know how you said that having a hard time identifying people in your life that are good examples or role models. Well then you're on the right track of doing this. I'm not trying to be a smart aleck but you have identified that yeah, the people that you are around, are not necessarily a great role models, ok. And so here's what I would urge you to do, and this is what I had to do. Because you go on to ask, how do you handle this if that person you're looking for doesn't really exist in your life? You know, how do you find somebody to, you know, to be mentored by? And so remember, I think Mickey if you remember one of our earlier podcast, one of the things that I talked about, I made kind of a smart aleck remark, hard to believe that I would do that of course. But I said that I have been mentored by dead people. And what I meant by that is I used biographies a lot. Because there was the time in my life as well

that I did not have anybody in my life that I could look at and that I could choose to spend time with, that I really thought was bringing me to a different level. And you know, Jones appeared, but he was in and out. And it was really me, kind of watching, and looking, and wondering, and questioning.

So two things that I would say. One is, read. Get biographies and read. Read about these people. Because you will learn about, you will learn from the crazy things they did, the mistakes they made, you'll learn from the great things they did, the great decisions. You'll learn how they think, right. You'll learn the thought process that they had. And another thing too is to contrast and compare a lot of that, that you're reading in these biographies, with what you're seeing around you. Ok, now, you mention here that you're into productivity and leadership, and this kind of thing, and so you're obviously watching people. And so, when you're looking at productive people or you're seeing and I'm not talking about you know, people speaking about leadership. I'm talking about you just seeing leaders in your community. Watch them, what characteristics do they have. You know, I would urge you to take notes, I do this all the time. I will grab a piece of paper when I'm sitting at lunch by myself, in an airport, or something, and I'll start looking around at how people are communicating with each other. And what the look on their face is, and what their tone of voice. And do they smile and how often, or are they smiling while they're talking? And how do they react to the guy who's coming to clean the trays. I mean, man, there are so much Mickey, that you can watch and so many people out, that you may not know their names but there's so many people that can be great examples and role models for health, spirituality, finances, parenting, there are tons of people, just open your eyes and your ears.

David: And that reminds me of something I've heard you say before, about the difference between finding and choosing. There are unlimited options out there. So you could find anybody and clearly she is struggling with that right now

because she's not able to choose, apparently from a great set of options. So I think just the fact that she's asking this question, like you've said at the beginning, is a great first step.

Andy: And really, you know, you talked about *The Seven Decisions* and so, who do you know that exemplifies those? Right? I mean, who do you see in your community, who do you know about that you watch from afar. Because we all have people around us that we don't necessarily know them, but we know who they are. And we're able to watch them. And if we're paying attention to watching them, I mean, if we're intending to watch them, we get to see a lot more than if it was kind of inadvertent.

David: Absolutely. Well Mickey I hope that helps, that's a great question. Thank you so much.

Andy: Thank you, yes,

David: For leaving that voicemail. Give us another call if you got another questions in the future, we'd love to hear from you. And if you're interested in leaving a question for Andy on a future episode, again that phone number is 1800 726 2639, 1800 726 Andy. Or you can email us intheloop@andyandrews.com. And Andy I think that's it for today. Thank you.

Andy: Awesome, awesome. Thank you buddy and thank you Mickey.

Would you like to run something by Andy? Contact us and your question might be featured on the show!

- Phone: 1-800-726-ANDY
- Email: InTheLoop@AndyAndrews.com
- [Facebook.com/AndyAndrews](https://www.facebook.com/AndyAndrews)
- [Twitter.com/AndyAndrews](https://twitter.com/AndyAndrews)