



Podcast Episode 165
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“The Source of Your Unlimited Potential (Hint: Anyone Can Do This)”

David Loy: Hi and welcome once again with Andy Andrews. I’m your host David Loy and with me is the talented, the lovely, can I say that?

Andy Andrews: It’s so silly.

David: I was going to see if I can get a laugh out of you. Andy Andrews. Andy, thanks for joining us.

Andy: Thank you buddy. I appreciate it.

David: Yes, absolutely. We’re here again. This is, this podcast is so fun to do, we really enjoy spending time together but more importantly we believe we’re adding a great value. I think there’s great value in content that you putting out there Andy and we do this for free. So anyone that’s listening, please share this with your friends, this is a passion of ours and we want to reach as many people as possible. Andy, your mission for so long has been to just reach people. We’re in the people business; you’ve said that for years. And we want to reach people with these encouraging messages and this podcast is yet another free way that we do that. So share this with your friends. Share it on Facebook, send an email, shout it from the rooftops, whatever you want to do, however you want to share, we’re happy for you to do that.

Andy: I'm just trying to get lovely, just trying to wrap my brain around lovely. Anyway I am lovely.

David: Hopefully somebody's still smiling about that one. That's great. Andy we've got a really interesting question today, we've got another great voicemail. We've been encouraging people to call and leave voice mails. Obviously we love emails as well, but if we can hear your voice, we love to do that. And this is not from me but this is from another person named David. But David called and left us a voicemail so let me play this for you Andy real quick and then we'll get your thoughts.

Questions 1: Hey, this is David and I'm from Tennessee. My question to you, I was just finished listening to the In The Loop podcast about what great coaches have and you said, people will only achieve what they truly believe. And you briefly touched on how do you expand what you truly believe. And that's what my question is, how do you expand what your belief is? I currently think I am probably, only believe in about a hundred thousand dollars a year or something but I would love to believe bigger. And I would love to just have the faith in myself that I can actually be, you know, have more and be bigger as long as the lord allows. I just wanted to ask, how do you expand your belief? Thank you, love the podcast.

David: Wow, thank you so much for calling and leaving that voicemail, that's fantastic. Andy, I think there's a question there at the end, how do you expand your level of belief? That's, he tied it to money but there's a bigger, that's a bigger question.

Andy: Yeah, money is, and it's fine to tie it to money, money is a very easy way to provide a gage. I mean, it's a very easy way to see a temperature rise or an

amount rise, or a number go up. But you know, it's just easier than assigning a number to other things. On a scale from one to ten, you know what I'm saying, so it's absolutely ok and what I have found is that, if you can expand your level of belief in other areas, your money goes up. Whatever it is that you're doing. And a large part of that is because you have become more valuable. You're more valuable to other people when you have an expanded level of belief. Because even when you have an expanded level of belief in yourself it allows you a different level of belief in others. I mean, it's like me, I lived under a pier and so sometimes people say, do you really believe that anybody can do something great, do you really believe that anybody can be successful? And of course if you asked any speaker in the world, any writer in the world that writes inspirational stuff, if you ask them that, they're going to say, well of course I do.

Ok, and I don't disagree, I believe that they probably do. Me, I don't just believe it, I know. I mean, I know you can because people go, so the guy in the ditch, the guy in the ditch can be successful? Well yeah and I know it because I was the guy in the ditch. I mean, this is not theory to me. Now it comes with its own little baggage, I'm not a good guy to complain to. People go, ooh, I don't have the money to be able. I say, really, do you drink tea, do you go out to eat at McDonalds twice a week, do you have a television, do you have two televisions, do you have cable on those televisions, do you live indoors, do you have air-condition? I mean, there's money there that you can get to use it so don't tell me you don't have any money. I'm not a good one to complain to. But because of what happened to me my level of belief is through the roof for you.

David: Absolutely, and I want to make a quick distinction here 'cause I can just imagine an email coming through saying, oh Andy I don't think that there, you know, you're talking about ego, you're talking about unhealthy sense of ego. You're telling me that I need to have a fuller sense of myself than what I should. I

think belief sometimes people confuse with an unhealthy ego. Is there a distinction there for you?

Andy: Yeah, there is for me and curiously and this is very curious and I know I'm just going to make somebody mad here and you know, right now, today, the way I feel right now, I'm fine with it. I am fine with making them mad. You want to be mad, get mad, just don't write me a letter cause I won't read it. But curiously the people who say stuff like that to me or that I hear talk like that are people who are, I don't know any other way to say it, they're Christians alright. Now, I am a Christian, alright. And so this particularly bugs me because I feel like, they want to say this to me, you're killing us here, you're hurting our cause.

David: You're giving us a bad name.

Andy: Yeah, do you really want God rolling his eyes at you. He's like rolling in the back of his head right now. People say, well it's just. Look if you believe that God knows what he's doing, he created you, ok. If you believe that God wants his best for you, that's what he says in the Bible, God wants his best for you. Ok, what do you want? Ok, do you want God's best for you? Or you just want God's mediocre for you? They say, well ok. I mean, you're putting out here to me that you shouldn't think. Oh you shouldn't think about yourself that way. I'm not talking about thinking of myself that way or telling you to think, I'm just saying, it says in the Bible, you're made after a God's own image so at least try to think like he thinks about you.

David: Yes, which so often is so much bigger than what our natural instinct is.

Andy: Yeah, I mean, do you. And it just drives me crazy because I want to say to people, do you really think that God said, I'm going to make them, they're never

going to be able to do anything? I mean, I'm going to make this person but God knows that you're a failure from the beginning. And no...

David: That's never happened.

Andy: No, that's not happening and so there is a huge level of belief that you can grab hold of but it will once again, it will come about according to your thinking. And so, David basically wants to know, how do you expand your level of belief? Well the answer is by shaping how you think, because your beliefs are totally governed by how you think. And so what is it that affects how you think? Alright, well, the books you read affect how you think. The people that you are around affect how you think.

David: The podcast you listen to.

Andy: The podcast you listen to. Hopefully it affects how you think in a good way. Listen I had a conversation with a guy today, who asked me, said, I had somebody kind of giving me grief about a movie that I was watching. And you know, it's not really, it's not horrible movie or anything but I was like, should I have watched this or what do you think, he asked me, what do I think? And I said, I know the movie you're talking about and so here is what I think. I think that if you want to watch a movie like that and you have decided that you would like to just kind of layback and hit a mediocre place in your life then that's probably a good movie to spend time with. And there's a lot of them like that. And the reason that I say that is because I can't think of, I haven't seen the movie but I've seen previews, I've heard people talk about it. I can't think of any really redeeming value of it, I can't think of anything that it would do to push your life in a direction that you would want it in. And I know me, I have enough problems controlling my thoughts than to go around putting stuff in my mind that I have to work around. I mean so

watching a movie like that is putting a new obstacle in the course for you. Ok so now you got to go around that. Ok so now you're thinking about that and it may not be horrible but is it great? So if you David, if you want to expand your level of belief than you choose wisely what goes in your mind, what goes into your presence.

David: And what I'm hearing you say also and I think you lived this out is that an incremental expansion of belief is almost like a daily repetitive thing, it's not like a light switch, almost.

Andy: Yeah, this will not be a lightning bulb, this will be something you look back on and go, wow, that was a daily thing.

David: Yes 'cause under the pier you're not thinking about being this, you know, touring around the country with the major stars as a comedian and then becoming an author, you're thinking about getting out from under the pier.

Andy: Right. Your level of belief will not be expanded in a day. Your level of belief will be expanded daily. That makes sense?

David: That's really good. It will not be completely or fully expanded in a day, it will expand daily.

Andy: Which brings me to another point, I probably talk a long time about this cause I'm, you know, and you and I have laughed about this, that I tend to kind of think backwards, if everybody's looking that way I'll go look the other way. And I hear people talk about success being slow, success is slow. That to succeed it's slow, and I agree, it is a daily process but what most people never think about is

failure's slow too. You know, failure is a slow process too. And when that prison door slams shut, that didn't just start last week, right.

David: It took a while to get there.

Andy: And so, I mean how many times there's not a disaster that any of us have ever observed in a person with their business, with their personal life. It's not a disaster that most of the times, certainly if we're around them that we didn't kind of get together after and go, wow we saw that one coming, didn't we? Boy, did you call that four years ago? I mean, look at here. And so just like success is slow, failure is slow too. And I think that definition of failure is important in your own life. I'm not going to define it for you but I think that you need to determine, ok what is it five years from now, what is it that in five years from now if you're at this place that that would be a failure to you? What is it that it would be a success to you? But here's what I want to say, for me, being in the same place five years from now, that's a failure. And so it is very important to grab a hold of how you think so that you can expand your level of belief because he's right, we've talked about this before. I really absolutely know that people can only achieve to the level that they really believe. And so our time would be better spend rather than setting a goal or anything like that. Our time would be better spent figuring out how to truly increase the level of what we really believe is possible. And so that would have something to do with your relationship with God, something to do with your relationship with God concerning your purpose, why you were put here, what you should accomplish, what is available to you, mentally, physically, emotionally. You should have some time spent there determining what'll move you forward, what you need to maybe ease out of your life, what you no longer have time for.

David: And the importance of doing those things continually. This is not a one-time activity and you're done.

Andy: Yes. So that's really it. I mean, that is really in a nutshell. I mean, we could talk about this for a long time, we could tell it in a different way but there you go.

David: We'd always come back to that. That's a great question David, I hope you got some great information out of that, I know I sure did. So thank you for calling and leaving that voicemail. Feel free if you have a question for Andy or if you have a follow up about this topic, give us a call 1800 726 2639, leave us your name, where you're calling from and your question and that could be used on a future episode. You could also email us to intheloop@andyandrews.com and we look forward to seeing those questions keep pouring in.

Andy, we'll talk to you next week.

Andy: Ok buddy, thank you.

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

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