



SPI 236

Secrets and Science to Living the Good Life with Jonathan Fields

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Pat: This is the Smart Passive Income Podcast with Pat Flynn, Session Number 236. You good? Good? Okay, let's go.

Announcer: Welcome to the Smart Passive Income Podcast, where it's all about working hard now, so you can sit back and reap the benefits later, and now your host. His dad jokes are getting better with every minute, Pat Flynn.

Pat: What's up, everybody? Pat Flynn here. Thank you so much for joining me today. I'm so stoked to welcome a good friend of mine, and I'm just very thankful that he is my friend, because for the longest time he was just one of those mentors, somebody who I had looked up to for a while, who I never thought I'd be able to have access to. To have him come on the show today is just a special treat for me, and for you guys too, because he's amazing.

His name is Jonathan Fields, and I was first introduced to him way back when I was starting out in online business. He was one of those people that were on the same level, to me, as Tim Ferris and Gary Vaynerchuk. I just had seen Jonathan Fields there, and he had always taken a different approach from those other 2 guys. He was the guy that was always about mindfulness and really understanding what the purpose is in your life. Like me, he is a family man as well, and that's what I really respected about him. To now have become friends with him and to have him on the show is just such a great treat, and I'm just so happy that he's here.

Today we're going to be talking about his new book, which is called How to Live a Good Life. I know that sounds like, "Oh, well, who are you to tell me what a good life is?" He breaks it down in a very, very interesting, but easy-to-understand way, and we'll also talk about his Good Life Project, which is his podcast and his video podcast, and his series where he interviews these amazing people and gets to understand, "Well, how are they able to live the life that they want to live?" We are going to get into all that stuff right now, so without further ado, here is Jonathan Fields, from GoodLifeProject.com.

What's up, everybody? I'm so happy to welcome somebody who

I've been looking up to for years now, and I just so thankful he's on the show with us today. This is Jonathan Fields. Jonathan, thank you for coming on the show.

Jonathan: It's my pleasure, man. Thanks so much for having me.

Pat: I've known you for quite a while. I was actually very inspired by a TED Talk you did a long time ago about fear and how we can all use fear as fuel for the projects that we're doing, and you told this amazing story. You're such a great storyteller and you're wonderful on stage.

Since then, you've created something called the Good Life Project, which is where a lot of people know you from now. Can you talk a little bit about what the GLP is, and what it stands for?

Jonathan: Yeah. Good Life Project really started as an outgrowth of just my own personal deep fascination with human potential, with what it actually takes to live well in the world, and I've been on that journey for decades, for the better part of my life; I turned 50 last year.

Pat: Congrats.

Jonathan: Thanks, and so I've just been really trying to figure it out, what are the big levers? What makes the biggest difference in our time on the planet, and what's all the stuff that really doesn't matter? How can I learn from the people that are actually embodying this and then turn around and simplify, streamline, and share whatever it is that I'm learning?

The Good Life Project, the actual venture, started in 2012. Actually, it almost started as a fluke. I was writing my year-end recap post as a blogger and that turned into this 40-page designed annual report. At the end of that, I teased these things called my 10 Commandments of Business, which is just an alternative way that I look at building business, at doing entrepreneurship and contributing to the world. I then teased this thing called the Good Life Project, which said was coming, and honestly wasn't entirely

sure what it was going to be back then, but I knew I wanted to create something around it.

Those things, both The 10 Commandments, and the idea of the Good Life Project took off on line. We actually started by building the educational side of the venture and then built around that media with videos, and then eventually a podcast, and then courses and events, and now really a beautiful, flourishing global community of people who are really leaning deep into the exploration of what it means to really live well in the world.

Pat: What I love about the Good Life Project is it's not just there for good and for the good of others; it's so well done. The quality is amazing. Out of all the videos that I've seen where people are interviewing others, you're top-notch, I would say, and something to look up to. Who are some of the interviews you remember? What are some of the most memorable ones for you?

Jonathan: There are a handful that have really stuck with me, for different reasons. For example, a couple of years ago I had the opportunity to sit down with somebody named Milton Glaser. What's interesting about him is that pretty much everybody knows his work, but unless you're in the design field you probably don't realize the name.

Milton is actually the most iconic living designer. He is, I believe, 86, at the time that we're recording this, still massively prolific, runs a design studio in New York City, has museum shows, teaches. What people may know him for, or may know his work, probably is he's the creator of the most ripped-off logo in the history of logos, which is I Heart NY, along with literally millions of other things, and he's taught for 50 years.

The thing that actually resonated with me is he's got this stunning body of work, but the bigger thing that resonated with me when I left him was the way that he lived his life, and the way that, not "lived," lives his life, and the way that he's built his career, which is that he could have built a massive design agency. He could have gone really big. He could have built structure, process and

employees, and all of this stuff. Instead, he very consciously chose a different path.

He chose to stay small and to be very selective, and to let the work create his ripple in the world, and to move beyond that by teaching, teaching generations and generations of other people to see the world differently and to design and to make a difference. He's had this absolutely incredible impact and at the same time kept his life really almost exquisitely intimate in the way that he lives his life, the way that he contributes. He still has a studio with just a handful of people that he works with in the studio, and he's very, very selective about the work that he does.

Pat: Oh, man, to be a fly on the wall at his office to see how he selects would be amazing.

Jonathan: Yeah, it was such an incredible conversation. For him, he was one of the people where I walked out of that, and this was when we were filming, so we actually filmed the whole thing at his studio. I walked out of there and my crew didn't want it to end. They were like, "Wow, I wish we could have stayed here all day." It was also one of the moments where I was struck and I was trying to find out why I was so struck by it. What I realized was that I looked at the way that he was building his life and his career, and I was like, "You know what? I would step into that." The choices that he's making, the elevation of craft and devotion to family, and to life, was something where it just felt so aligned with the way that I approach life.

Pat: I love that, and like you said earlier, in his world he's well known, yet he hadn't made the choice to go huge, like all of us assume we have to go in order to make that ripple effect. He's been able to do it with his craft like you said. I definitely have to check that out.

I want to get to your book really quick. Congratulations on your new book. I was very fortunate to get an advance copy of it. It's called, How to Live a Good Life: Soulful Stories, Surprising Science, and Practical Wisdom.

This isn't your first book. You've written many books in the past, but before we get into the content of the book, I just want to know who is Jonathan Fields, the author and the entrepreneur? I think people who are listening to this want to get to know you a little bit more first.

Jonathan:

Yeah, yeah, no, my pleasure. Fundamentally, I think I'm a creator. I'm somebody who's constantly searching for and trying to understand human nature, the human condition, and what makes it better. That's led me, for the better part of my life on the contribution side of things, to becoming an entrepreneur, to becoming an artist and a maker. I was a lemonade stand kid. I've been fortunate to found, build, and sell a handful of companies, both brick and mortar, and largely in the online space.

Back in 2008, actually when I was still running a yoga center in New York City ... You can tell it's New York City, because you can probably hear the sirens in the background right now; this is 100% authentic. I really started to develop a deep fascination with the craft of language and writing. I actually sold my first book while I was still running a yoga studio and teaching yoga, and going deep into exploring the human condition from that side, and at the same time was just jonesing on understanding how to write better.

Since then, I've shifted a lot of my focus into the world of media and writing, and creating trainings and events, all in the name of really trying to just dial in, focus on this big question: What does it actually mean to live well in the world?

I'm far enough into life now that ... Steve Jobs' famous quote, "You look back and connect the dots looking backwards." I have enough dots now to be able to start to look back and see that the common thread in almost everything that I've done is this deep interest in human potential, in the human condition. How do we live a life that's deeply meaningful, where we're vital and alive, and we feel profoundly connected to those around us, to something bigger than us? That's really been the theme that guides me.

Also, if you look at any bio that I share, I pretty much always start by

saying not books I've written or businesses I've built, but by saying I'm a dad and a husband, and that's the heartbeat of my life. I know it's similar for you. Everything revolves around my ability to just be a present and engaged person in my family, because that's my deepest love.

Pat: Thank you for that. I think that's why you and I, the few times we've actually met, we connected really well, because we have that same understanding with why we do what we do. What is it about this stuff that ... You could research all this stuff, you can live it, and you can experience it, and practice it yourself, which you are doing, but why and what is making you want to teach this to everybody else?

Jonathan: It's a really good question. It's funny, because it's been a consistent pattern for me, is that I go into really complicated topics. I do deep research sometimes for years, and then I try and simplify things and then turn around and the moment I think that I've got something that'll make it easier for other people to explore, I turn around and I teach it. It's been that way as an entrepreneur in the very early days, as eventually a yoga teacher, and as a writer and a teacher. There's something about me, there's a teacher in me.

Yeah, I think one of the things that lights me up is the ability to turn around and pattern recognize. Take all this complex stuff, distill it into something that's almost deceptively simple, yet really powerful, and then share it in a way that allows people to step into it a lot faster and more effectively than a lot of times the bumps and bruises it took me to get there. I love to be in a room when I see the lights go on, when I see somebody sparked. When I see a flicker of possibility in somebody's eyes to be in a place where I have the opportunity to create that is just, it's kind of magical to me. I'm curious, because you're really a teacher as well, do you feel that as well?

Pat: Yeah, on the micro-level, every time I find a new tool or some amazing technique that works, I immediately share it, just because I want others to experience that same thing, and I also want to be the one that shows it to them, so I can continue to be there for them and support them throughout their online business journey, or it's

not even related to online business, to whatever it is they're doing. I want to be a resource for people. I think that goes along with legacy, I think, and that's something that's really important to me. Do you think that far ahead in terms of why you do what you do, in terms of legacy and having your information live for years beyond?

Jonathan: Yeah. It's really interesting, I've actually been thinking about the word "legacy," a lot lately. I'm not sure why. It probably has to do with the fact that I'm in my 50th year. It's funny, 30 and 40, I didn't care at all, but something happened in this year where I got really reflective and I really started asking that question, "What am I doing here? What's my work on the planet, and is it meaningful to me, and, hopefully, to other people?"

Yeah, I do think about it, but there's been an interesting shift in the way that I think about the word "legacy" as well, and that is that I think less about the body of work that I'm leaving behind, and I think more about legacy as the way that I'm living my life on any given day. I have come to the place where I really feel like, if I wake up in the morning and I can allow myself the bandwidth and the grace, and the space to do good work that day and then I rest my head on my pillow at night and I close my eyes and say, "You know what? This has been a good day. I've done good work. I've done stuff that matters, that's meaningful, that leverages everything that I have."

If I just do that every day, then I think legacy, by any definition, is just going to take care of itself.

Pat: Do you think to yourself at night every day whether or not it's a win or a loss?

Jonathan: I think I probably do. I don't know if I actually ask the question that way, but I think I do rest my head on my pillow at night and I just reflect briefly. I have a bit of a morning practice and an evening practice, and I want to know that the way I've been spending my time is worth it, that it's meaningful, it's contributing in some way, and that's it's well used. I think we all tend to believe that there is what we believe to be potential, and then there's what we believe

to be living every day. I haven't yet met the person that doesn't feel that there's some amount of gap between those two.

I think what I try and do is consistently ask myself, "Am I doing things that allow me to close that gap? Am I taking actions that allow me to step more fully into what I believe to be as my potential, and also explore it and help identify what that space is?" Yeah, I probably do a bit of mini-debrief at the end of every day or so, and if not every day, then minimally every few days.

Pat: Yeah, that's something I do every day. I use a journal, called The Five Minute Journal, which actually you write in every single morning and every single night, and at night you do a little bit of a debrief on what you wish you had done better, but also what went awesome that day. Just to be able to keep track of that has made me more motivated each day when I wake up to make sure I have something to talk about at the end.

Jonathan: Yeah, no, I totally love that. I think also it starts to put you in the frame of living life as a practice. I'm a huge believer ... It's interesting, along with the book that's being traditionally published, we've actually spent a whole bunch of time creating our own companion practice journal and the idea is exactly that. It's that it's almost like there's an inciting incident which sort of like shakes you from your status quo and then an experience which allows you to learn something new, to essentially put on a new lens and get a new model of the way to move through the world. Most people become really inspired for the first month or so, and then it falls away.

I'm a huge fan of approaching life, approaching almost everything as a series of daily practices that are somewhat gentle, almost innocuous in how sometimes easy they feel, but then you keep doing them every day and over time they have this compounding effect, where you look back after 6 months or a year and you're like, "Wow. Things are really different in a large, measurable way."

Pat: Yeah, I love that. Now let's get into the book. In one of the first few pages here I see an illustration that has 3 different buckets on it,

and you talk about these buckets throughout the book. It's even on the cover as well. What is the importance of these buckets? How do these things help us visualize what's going on in our lives, and how can they help us?

Jonathan: Yeah, I referenced this earlier. If you ask my team what my particular rap is, they'll probably tell you language and pattern recognition. I love taking big, messy datasets and distilling them into really simple models that people can actually use to guide their behavior. That's essentially what these Good Life Buckets are.

The truth is there's probably very little that's genuinely new in the world of human potential and personal development in, I'd probably say, a few thousand years, if I'm being honest. I think the big challenge is that information very often isn't shared, isn't offered in a way that's simple, digestible, and actionable by almost anyone without forcing massive disruption or deep study.

The goal was to create a really simple model that you could hear once, you remember forever, and you can wake up every morning and it's actionable. For me, I call these your Good Life Buckets. Think of your life as 3 different buckets and those buckets are Contribution, Connection, and Vitality. Your contribution bucket is fundamentally how you're bringing yourself to the world, how you're bringing your gifts, your strengths, your values to the world. Are you contributing in a way that's leveraging the fullness of who you are, and is deeply meaningful and making a difference?

Your connection bucket is about your relationships. It's about your knowledge of self, but also your relationship between any intimate partner, family members, close friends, colleagues, your community, if you have a close, likeminded community. We all need a really deep sense of belonging. If it's something that matters to you, whether you define it as Source, or God, or whatever it may be, and so it's about those relationships.

Then, the vitality bucket is about optimizing your state of mind and body. I speak about them not uniquely, but as one thing, because

it's crystal clear now from all the research that they are, in fact, a seamless feedback mechanism. There is no separate mind and body, so it's really about are you doing things on a daily basis to optimize your state of mind and your state of body?

The idea is really simple. It's that a good life is about filling these buckets and about keeping them as full as possible on a regular basis. Every day, what we're looking to do is say, "Hey, super-quick snapshot, how full does my vitality bucket feel today? Am I satisfied with the level of my connection bucket? Am I satisfied with my contribution bucket, with the way that I'm contributing to the world?" Then, if you're not, focus on the bucket that feels like it really needs some love, and do something to fill it, so you're constantly filling these buckets.

The thing about the model is it's really simple; you hear it once, you remember it, and then maybe the most important thing to me is it guides behavior. It will tell you what to do. If you feel like your connection bucket is low, well, there are a whole bunch of tiny things that you can do. You can commit to doing a single thing that day to add, to fill that bucket a bit more. What happens over time is that you just keep filling them pretty close to full, and keep topping them off, and without even thinking about it, without any big, disruptive moves or making big changes, your life just starts to get a whole lot better.

Pat: I love that. It's interesting that you use "bucket" as the analogy there, because I think we've all heard of The Bucket List, right?

Jonathan: Yeah.

Pat: We all think of, "Okay, these are the things we have to do on our bucket list before we die, in order to consider ourselves somewhat happy that we've achieved those things that we've always wanted to achieve." You're breaking it down to something not just to shoot for one day in the future, but how to guide your daily life. These buckets, they're really interesting. We're speaking on an analogy right now, but are they all the same size? Can we fill them? Can

people remove things from them?

Jonathan: Yeah, I think they're all pretty much the same size, although it's rare that they're all full, and it's rare that they're all equally full. There are what I call, "The laws of the buckets," also.

It's funny that you mention the idea of a bucket list essentially, because that phrase originally comes from "kick the bucket." When that times comes when you kick the bucket, where you cease to live, these are the things you want to have done, which is essentially when the bucket tips over and it's empty. It's pretty much true of these 3 buckets too. If at any given point any one of your buckets runs dry, you're going to feel a world of hurt. If 2 run dry, you're going to be in excruciating pain. If 3 run dry, you will literally and figuratively be dead. You can't exist at the time that all 3 of these buckets go empty and get kicked.

I don't look at them as being different sizes, but I do look at them as a dynamic process of having to regularly fill them. It's almost like I look at them as 3 buckets, and you have a watering can, and your job is to just keep circling around them, filling them a little bit each day.

The thing is, they all leak, so there never comes a time when you can fill up, like you completely top off your vitality bucket. You've got these beautiful practices, you're moving your body, you're meditating, you're eating, you're sleeping, you're doing all these things to completely optimize your state of mind and being and you're like, "Okay, I'm good. I'm done. Can stop." That time never happens, because that bucket leaks just like the other ones do, which means that there's an invitation every day. Here's a practice. You need to keep doing a little something to keep them full, even when they're most full. Very often, especially as entrepreneurs, we tend to abandon some of these and not respond to them until they're causing a lot of hurt for us.

Pat: It just reminded me, actually, of another bucket thing that my son is doing. He's in 1st grade. He just started 1st grade and on their first day of class they read this book called, "Have You Filled the Bucket

Today?” He was telling me about this exercise where you imagine that everybody has a bucket and your job is to try and fill it by giving people compliments, by doing things for other people. That’s how you fill other people’s buckets.

Jonathan: I love that.

Pat: You can take things away and have them not have anything anymore by being mean to them, disrespectful, not doing things for them, that sort of thing. It’s really interesting that even at a kid’s level they’re understanding these buckets. If he can in this sense, we absolutely can with these 3 buckets that you’re talking about.

We only have a little bit more time, so I just want to cover some of the bigger ideas and things that are maybe more actionable that people can take away from this conversation. Obviously, I want everybody to go and check out the book. Actually, where’s the link where people can go and check it out, before we . . . ?

Jonathan: It you just go to GoodLifeProject.com/book, that’s where you can all the information.

Pat: Okay, sweet. Thank you. There was one section in here that I commented on, because it’s something I’ve been trying to learn how to do more. I’ve been pretty good over the last couple of years, but I can still work on it and I know a lot of other people can too, and that’s the idea of saying, “No.” Can you talk about why that’s so important?

Jonathan: Yeah, and this is something that so many people have so much trouble with, because we’re trained to be gracious and to always say, “yes,” because that’s the courteous thing to do. The problem is the pace of life these days and the ease of access that people have to us, and the expectation that you’ll always be available, has made it so that requests for our time, for our love, for our energy, for our bandwidth, for our wisdom, have reached a near-merciless level.

That’s led to a lot of us living these fiercely reactive lives where,

instead of actually waking up in the morning, intentionally choosing what genuinely matters to us, and then giving everything that we have to those things to make a real difference, we end up actually populating every moment of our day with the minutia and the task lists and the to-dos, and the agendas of a thousand other people, who essentially push their priorities and their agendas onto our lives.

It leaves us feeling maniacally busy, overwhelmed, and gutted, and also that we're just so far from our potential. The underlying reason is that we're not aware of, but also because we've never actually learned to say "No." We've gotten to a place where we're just like, "yes, yes, yes, yes," and then we have no time to actually do the stuff that genuinely matters to us.

I'm a huge believer in actually practicing the art of saying "No." Literally, before you say "yes," to anything, before you let anybody else know that you're available to them, ask a question. Say, "Does this genuinely matter? Does it make a difference in something that's deeply important to me?" If the answer is now, then the answer to the person who's requesting should be "no," as well, and that's what gives us the ability, the space, to do what really matters.

Pat: I think a lot of us are worried about letting other people down, though. How do we get over that?

Jonathan: Practice. It's almost like exposure therapy. It's sort of like the more you do it, the more you start to realize that people ... It's really fascinating to me. I'm sure, like you, I get requests all day, every day, for all sorts of things, and I literally have a bunch of different ways that I say "No." I've really tried to think about how I would say no in the most courteous way, where it's respectful and not offensive.

I've had a number of people reply to me and say, "You know, I was really bummed that you said 'no,' but I actually completely understand it, and I actually respect you for saying 'no,' and explaining that, 'I'm actually saying no so that I can make room to really focus on the things that are deeply meaningful to me,' and you're setting a great example for me; so, thank you for that, and

I'm going to start to do the same thing." It's almost this way to teach without teaching.

Pat: Right, so you're not necessarily just saying, "No." You're also explaining yourself and being honest at the same time?

Jonathan: Yeah, exactly.

Pat: Then how do you prioritize? Obviously, we have to say yes to some things, but how do we know what to say yes to, versus what to say no to? Do you have any special ways that you prioritize? Obviously, there's a lot of books out there on how to do that, Essentialism, and The One Thing. What's your technique?

Jonathan: I'm actually a huge fan of Essentialism and The One Thing. I love both of those books. I think they're really powerful, so rather than duplicating what they say, let me go one layer off to the side. I think there's a foundation question that we're not dealing with when we're talking about prioritization and productivity, and that's awareness. How can you choose the one thing that matters? How can you actually understand what to say yes or no to, until you actually do a little bit of work to understand yourself?

We live in a vacuum of self-knowledge. There's a level of self-ignorance that so many of us tend to walk around with, where we don't actually understand what's important to us. We don't understand what matters. We don't understand what our strengths and our gifts are, or our values or beliefs are, and that makes it nearly impossible for us to understand what to say yes or no to, because without really knowing ourselves, we don't have a basis to prioritize.

I think it's really important to adopt a system like Essentialism or The One Thing, or whatever other system just works with the way that you look at the world and the way that your brain functions. On a deeper level, I think the bigger challenge, and the much more effective unblock key is going to actually be to spend a bit of time in self-discovery, and just really starting out by trying to ask yourself

the big question, “What’s important to me?”

If you literally sit down and ask yourself the question, “What’s important to me,” and then just start to free write and see what comes up, that’s the stuff that allows you to prioritize. I think if you don’t do that and then you try and apply some sort of surface-level methodology, you’ll get efficient and productive, but it won’t necessarily lead to fulfillment and meaning.

Pat: I think a lot of people, they often assume they know why they’re doing what they’re doing, or what their priorities are, and they almost kid themselves sometimes. How can we help ourselves if we don’t want to?

Jonathan: Yeah.

Pat: I know it’s a loaded question.

Jonathan: It is a really loaded question. True circumstance is almost like you can’t help someone until they’re ready to be helped, but I also think that community, having people in your life that are genuine mirrors, who you know are there for the right reasons. They’re there. They’ll be honest with you. They’ll support you, and they’ll also provide accountability to you, not because they want to cut you down, but because they want to see you rise. They’ll be honest because they want to see you flourish. I think having that one person or small community of people can be really mission-critical in helping us course correct. I know I have those people in my life. I know you have those.

Pat: Yeah, I have.

Jonathan: You probably have a couple of people and groups in your life as well. I think those have been so instrumental to me in understanding how to, especially how to fill my contribution bucket. Interestingly, I’ll have a small business mastermind or a group of friends, and ostensibly it’s about how we’re contributing to the world, but it always gets personal because, underneath that, if something’s not working right, it’s always personal, and so we go there.

Pat: To finish it off, Jonathan, you had mentioned earlier about how just fast life is going right now, and instantaneous things are happening. You wrote a chapter, or talked a little bit about living in the slow lane, which is the opposite take of what most people say. We always say, “Let’s live in the fast lane,” because that’s the quickest route to wherever we want to go, and the slow lane is typically where people don’t want to be. Why do you mention we should travel in the slow lane sometimes?

Jonathan: I think what happens is we are so run by pace and by speed, and by trying to get to the outcome that it does 2 things. One is it completely obliterates the experience of joy along the way. It kind of just crushes us and then inevitably what happens is, even if we get to the outcome, we realize that it’s not the outcome that we thought it would be. It’s not making us feel the way we thought it would feel, and so now we’ve now gutted our self to get there, and now we’re there, and it’s not giving us what we needed.

At the same time, what I’ve experienced is when you move super, super fast, your rate of error increases dramatically. So much of the reason that we end up being so busy is not because we have to be that busy, it’s because we’re moving so quickly that the error rate is making us have to redo, have to go back and fix and correct. I’ve run some experiments and I’ve found that actually I’m as productive, if not more productive, dialing it back, dialing everything I do back, and moving more slowly than I am when I’m moving hyper-fast, because it removes so much of the error from the process that I actually end up in the same place if not a lot better working much more gently and having just so much joy along the way.

Pat: Yeah, I think that joy part along the way, you often move so fast you miss how amazing the climb is sometimes, because you’re just trying to get to the top so fast.

Jonathan: Especially for entrepreneurs, it’s a huge phenomenon. We just want to get there, never realizing that the only “there, there,” is honestly, “here, now.”

Pat: How do you slow down?

Jonathan: For me, I'm constantly checking in. I think for me there's a really big overriding thing, which is that I have a daily mindfulness practice that starts every single day.

Pat: I know you meditate, right?

Jonathan: Yeah, I do. I wake up every morning. It's the first thing that I do. Actually, it's not the first thing that I do. The first thing I do is grind my coffee beans and turn on the coffeemaker, and then I meditate while the coffee is brewing. Not only does it set the tone for the entire day, but also, over time, it cultivates the ability to just be able to kind of zoom the lens out and notice when you're really just doing stupid stuff, when you're just frittering away all of your time on stuff that doesn't matter.

I know you have a practice also. Do you still use the MUSE? I know you . . .

Pat: I do, I do. I need it and I love it because of the immediate feedback and the tracking. That's what motivates me, personally.

Jonathan: Yeah, and do you find it makes a real difference for you as well?

Pat: Oh, yeah. Oh, absolutely. In so many areas of my life, like you said, it helped me focus on certain things, but also when I get distracted or when I get out of focus, or I realize I'm doing something I'm not supposed to, I realize that sooner and I can more quickly get back on the right track. That's the biggest difference I've found with my meditation practice.

Jonathan: Yeah, I totally agree. I've seen that. It almost caught me by surprise when I started noticing that that was happening. I was like, "Wow, that is," it's a really powerful benefit.

Pat: Yeah. Love it. Jonathan, I feel we could talk for hours, but I guess everybody will just have to pick up your book and check it out. Where can they find you and your book?

Jonathan: GoodLifeProject.com/book is where the book is at, and, of course,

it's also just available at resellers everywhere.

Pat: Awesome. Thanks, Jonathan. We appreciate you. It's been such a pleasure to talk to you here on the show. Like I said, I've looked up to you for so long, and it's just really cool that you're here with us and sharing some of your wisdom today. Thank you.

Jonathan: Yeah, it's my pleasure. Thanks so much for inviting me, Pat.

Pat: All right, I hope you enjoyed that interview with Jonathan Fields. If you want to get his book and check it out, go to GoodLifeProject.com/book, and of course you can get all the links and the resources mentioned in this episode at SmartPassiveIncome.com/session236.

I actually had the pleasure of having dinner with Jonathan not too long ago at Podcast Movement, in Chicago. It was him and Andrew Warner, and John Lee Dumas, and myself, and I got to meet Jonathan's wife. She was amazing, and it was just such a cool atmosphere to be in that restaurant with somebody who I had been looking up to for so long, and just, honestly, hands-down, one of the most genuine, heartfelt guys I know.

Jonathan, thank you again for being on the show. Good luck with the book and the launch and everything, and I'll be sure to do what I can keep my buckets as full as possible, and to keep everyone else's buckets as full as possible who's listening to the show. I think that's a great analogy. It's something that I would want to pass on to my kids for sure, so thank you for that, Jonathan.

Now I want to take a quick moment to thank today's sponsor, which is 99Designs.com. If you need any design work done for your business ... If you're doing business online, you likely need some sort of design, and you can't design that one designer that you can work with for full-time or even part-time, if you're just doing a one-off project, for example, I would highly recommend checking out 99Designs.com. Not only is it a quick turnaround, you can get a design done in 7 days, but it's really cool because you get designers from all around the world sort of pitching in with their version of your design. You get to pick the one that you like best

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All right, thanks so much. I appreciate you and I look forward to serving you in next week's episode. Until then, keep pushing it forward. Keep filling those buckets, and I'll see you next week. Bye, guys.

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