Fluorescent blue – grit

Fluorescent Yellow - grit and flow and meditation

Grey – flow

Army green – leadership

Fluorescent green - meditation

# TT3.mp3

[00:00:00] So what what's the. How are you? What is this all about? Well, what we're doing here today is first and foremost.[00:00:11] So first and foremost, this study that we're doing.[00:00:17] You are totally under observation in this situation more than anything, literacy. It remains with me. [00:00:31] My goal is. That's about it. Even. None of them. None. None in the organization. We come to them and give them a briefing on what it is. But that is equally true. You have nothing to do with one particular person.

[00:00:47] This is why I even going to be one of know one.[00:00:51] So that's the first thing. Secondly, it's anonymous.[00:00:56] So whatever you tell me.[00:00:59] And first of all, the data would be synthesized and analyzed, then collected and the place.

[00:01:07] Having said that, we sometimes find, you know, in a sentence that is commonly used, abused and we made good, it would be one opportunity. So when you read it and you all can read it to be on an open forum then, which is for them at least with this will be my university.[00:01:26] It's at this the building again.[00:01:29] So if you read it to mess it up, I said that else would the moment. So.[00:01:35] So that's fine. Thirdly, any time during this interview you feel feel that my questions are disturbing you. You can tell me. I don't want to go ahead. I want to stop it here and say it's perfectly on it. Or if you want one for one particular question, you think that by the bus. It's okay.

[00:01:57] So at any point in time, speak up and say that no one answered. These are sort enough.

[00:02:07] And it didn't see your name. I just put it through the. Of course. Yes.

[00:02:14] So are you English dot? Certainly are on Bush and at broadband dot com anguish dot com below.

[00:02:21] So let me end with let it go back. I've got.

[00:02:28] Okay. So, um, push comes to mind. Just before you were coming for the interview.

[00:02:36] Do for here. I'm coming here. Yeah. Oh, okay. And. What were you thinking?

[00:02:46] So I was told by luck from yesterday that you doing some sort of research about how a startup culture suddenly and how people are generally dealing with things and how it's been finding the culture so that that's the way you feel about entering research on that. So, yeah, I mean, it remains a good doctor. Okay. They were you. I was at my desk after lunch and I was just doing some work, but a little bit early because my meetings got postponed.

[00:03:18] Okay. What was the main thing you.

[00:03:20] I was working on this Excel document that at this moment of time, because I just got initiated into a new project. I was just looking up the details of the plan, the bank meetings and all that and figuring out what questions.

[00:03:34] Look, what's holding me concentrating at this time?

[00:03:41] Not so much. That's like asking about this came up from lunch.

[00:03:47] Was it hard to concentrate?

[00:03:49] Not only now. So one of the main reasons for me to join a startup was the excitement, honestly, because I and the focus need to have because there's so many things happening at the same time. And once you lose focus, you're kind of losing the plot as well. So it's high energy and I need to be doing it. And you do it, right? So, yeah. So it's a lot of things. Maybe we don't get an in-depth understanding of a lot of things, but you have to know how to handle a lot of moving parts. So that makes you think I'm certainly going to use that.

[00:04:22] Ok. So it was not hard to concentrate on.

[00:04:26] Right now it was better because maybe for lunch it had taken that it was a little loud because probably I just had some degree needed to come down. Other than that, it's not pretty hard because it's almost too wholesome, consciously self conscious of my work.

[00:04:44] It's not just as you were coming for the interview.

[00:04:46] Don't forget, says countries that not only have their fans by country because you don't have to ignore this chart. Then I'm going to read something you definitely feel on three.

[00:04:58] If you do feel good about yourself. Delicious. Yeah. Well, you're in control of the situation.

[00:05:06] Control of the situation? Not completely, because if it's walkways, because a lot of things I don't know, I'm relatively new. It's about three months, but I've been doing a lot of things. And just this new project has a lot of open ends. I have to figure out a lot of things that are related. So I need to understand a lot.[00:05:24] So maybe go and it's a good thing to not be confident because, you know, be realistic that you need to more.

[00:05:31] So yeah, well, you're in control of the situation was an undertone of the series for the time being.[00:05:41] Yes. Because that just initiated. There's no they have reasons to believe it immediately. So they know what that is. Yeah, but two is during this time they were. You're living up to your own expectations. Then last. Yes. Yes. I think I'm because I'm living up to the expectation of others. That is something. You talk to them. That's okay. Yeah, but I think so.[00:06:12] Maybe I could do more, but that's just me because I would like to grow everything good.[00:06:18] So if I think highly of team the Lord or whatever it is kind of makes you complacent. So definitely I think I can do better. And I'm sure I would expect more from you. So and so. Yeah.

[00:06:33] Okay. So I want you to do this. Just reading this reading will have two opposite words.

[00:06:43] Okay. Okay. So this is your. Okay. Now as you can. So do not think beyond that. For the carefully at the moment. Okay. So it is for each category here.

[00:06:56] You have three on each here. You have three or it could be just neither of them. Okay. It's like a spectrum radio spectrum for like now. Yeah.

[00:07:53] His early so a lot of other things because my plus life has been going well as one takes it to me. So it's building on the positive I most things.

[00:08:30] You look carefully into you. Did you feel any physical discomfort, physical discomfort?

[00:08:36] No. Who bore you with. I was with two of my legs, OK. All right. Now hold as you if you don't mind, I'm training so zero to do anything.

[00:08:54] Starting right from childhood to today. Cast your mind back to when you set a good time, but do it later. Choose to pursue something in.

[00:09:08] Ok. How many times have that happened?

[00:09:13] Quite a few times people came across Mexico, which would be the one which had the deepest impact.

[00:09:22] The piece, in fact, would probably be when I was very young, when I was probably dating the batting for these entries and then for the complete exams under that, and they wanted this. These good qualities, they like these and some of that. And I kind of the bad we did when it that up. And let me make a call. Up next, police didn't pass this word and I didn't they never liked to make that happen. So I just thought the state exams. So I automated deep in the computer exam. They did. And that kind of I think that momentum of it was quite going quite well. Then and then I think I decided that I was a little too late. It was. And that's not a good feeling because you're neither engaged in what you're doing and your left leg should be somebody that it's not even doing well.

[00:10:12] Back to L.A., that exhaling that you wanted to be somewhere. Okay.

[00:10:18] So then you chose something that you had to to something else. But that was because of external factors.

[00:10:26] Maybe not unlike some. Maybe I couldn't do it because I was only going to be that maybe I couldn't cope with the amount of things that was happening at that time, and maybe I should give myself more time or made it more practical.

[00:10:37] You guys got 5:00 in the morning or I'll come back and back and do that six days a week. So actually, I think I just got a note. Okay.

[00:10:47] You describe yourself as a person.

[00:10:51] Would you describe yourself as a person who gets distracted by new ideas of a new project from previous?

[00:11:02] Mm hmm. I guess that wouldn't be two weeks.

[00:11:07] Yeah, I see something I'm doing for like a couple of weeks and I kind of ignored it happening and maybe I'm doing it and I come across something else just coming my way, which is more, in fact, thinking of something maybe that I'm, you know, which is I'm more engaged in. But I think the whole game is being the same. So if I think I can add more value in there, then sometimes the things go in the bag. When I was having. I think you're going. Yeah.

[00:11:44] And that happens often.

[00:11:46] Often I am the with the the environment I'm in currently because there's so much to do all day. Right. But I would not say very often but often enough I guess often enough.

[00:12:06] So what would happen for most of your projects gives some tangible figures for me.

[00:12:12] Maybe so because I plan on my work. You lied to me. Even if I am, I can't completely give up on what I'm doing. And I have it sometimes. So there's always gonna be easier because I have a plan to it. I know if I do these things, that's what you carry on. But being completely engaged in that and this, that might not happen. So I feel like doing people to the times where they do most of the work and anything happening organically because they already know what I'm doing. And then one of the more exciting things that's very popular at school.

[00:12:45] Okay. So is there any project or any anything time on this weekend?

[00:12:52] Is it getting any is that you obsessed about?

[00:12:57] Oh, yeah. I was very a lot of thing that say some amendments. I'm good, but I always want to play the guitar. And it's been a long time back to even get because I guess the thing that left is never about because of what it was some childhood conviction that I really had in mind and kept learning and eventually equiped and I happily playing have performed in a couple of places.

[00:13:18] Okay. So how many years did it take?

[00:13:20] A very long time, because initially when I started off, I was very slow because somebody in the mental thought that I couldn't do it. Then I gave up and I again stopped it and then gave up that I had a roommate who was very good, like he's still a good family. So he used to play very good lead. And my look at him playing the easier to play. I didn't think it was that hard. So he started getting more time. And I chose a song which I kind of liked. I learned that song. And then when he stopped playing more, I think again.

[00:13:51] Okay. But how many do so years?

[00:13:54] I think it would be so when I found the day I actually performed on Stage and next, I didn't know it would be very long and the stage would be when I was 25. I started learning when I was 7-8.

[00:14:15] So I guess on a tiny note, how many names did you leave? To the foothills, when we look at the left for how many, how many long months, months and months and months and months and because so little game is the fact is I didn't do anything long enough to get through it.

[00:14:38] So an easy a blackboard, you're not doing it and you don't have the environment. You kind of this fall off putting once in a moment again. I think it's sad. And that's I grow again. Living a plateau. So I end up joining, in fact. So I move in.

[00:14:55] So growing up, I was a fat kid, so I didn't do anything with any media, just watch TV, etc.. So now I feel like I'm going with overcompensating and learning all these other skills. So I'm a license and my. Okay. I, uh, I got a singing certificate from the London Association. Believe me, I guess I'm a.. Yeah. So between singing and a bad name. That's pretty good. Yeah, it's pretty good. Yeah. Yeah. So it just does. I like to mix things up so every now and I look out like five pounds a week. They ever get out like four times. I play poker so I don't. I like to do different things and test me. And it's funny. Growing up, I kind of avoided maybe even socially meeting people. So, yeah. Okay. Maybe do a flight over that. I don't eat too much on my plate hamburger.

[00:15:54] But I think it's more better to get stuff to focus on projects that take more than a few months to focus on a project taking more than a few months complete.

[00:16:09] I wouldn't say it's very easy to be very honest because I think at one point it gets boring and comes to make the same old routine.

[00:16:18] But it depends if it's.

[00:16:20] If I structure it in a way where it's certain amount of time and you know how it's growing and stuff like that, and then not doing any dependencies on people that it should be heavy. You know, I don't like following up with people and telling people what to do with the more organic. And I know it's not always the case. Maria, I don't like the building people and stuff like this to get around and really get the work done. There is this field that leaves a bad taste and then things want to learn how to go about it. I could kind of relationship, I guess, without an end to that. Then I can get space. So if there's a deadline, I might end up panicking, right? And I don't like me in I'm it. So I generally like to be literally if I know it's a project. I took a day to be level meetings with the person and know them for the people there because it's identities is to work and see if you actually have to get something done. It's easier to have those kind of conversations where you can tell them to do this in the time you want them to do it fast and then come on being telling them that they're not good at it. No negative outlook of food labor. I don't like that because I would not like anybody doing that to me. I think it works because that's how haggling that's something Steve Jobs did where he achieved success when you've been this. But I think it's more it's more good creatively. Well, and you have to open team and make your problem everybody fucking right and just don't dig the bird in that sense. I think just getting to know the people a little more human.

[00:18:09] So you did achieve a goal. My next question was, have you achieved a goal that took years of work?

[00:18:15] So you're saying that it ended and there's a saw. So how does it say. I like to get it. I mean, exactly. I mostly enterprises. I had the plus. That was a bonus song for somebody who got close friends of Bass Strait on a stage. And I liked the young people. And then the good enough. Let's examine this. But NBN, when people are literally calling my name out and jumping once more. Once more. That issue. Yeah.

[00:18:39] For someone who's never performed for you, your singing took you singing.

[00:18:47] It's actually has been like that love letter so that I don't really have a really good voice and a certain song is kind of it. But I'm a baritone so I could always sing. But all the normal song if I think no, it sounds great. So I don't like that. Thanks. And I don't know, it is kind of hard to sing and those kind of Elvis Presley and old school girls. So I I guess I'll go into the studio. I think that was fun.

[00:19:18] So you took you to.

[00:19:21] Not to come to that state from there, nice stopped it thing. Yeah, on an off site existing singing, I never sang before that that because that song this felt like it took me about maybe a couple of months. So maybe I listen three that took me about to do that. So then I decided to because I realized that this support me and we're on the side of working. I wanted to like company. I didn't want this to this go off because I've been so I joined the guitar class first and then an engineer on another demo. This August thing that is happening. So I started going. Then he'd so this connecting the exam up another couple of other than my voice was kind of sorta the kind of things I guess the songs. So the fact is they did it a lot for the fitness and ending.

[00:20:10] Went straight to India isn't it. Yes. So that was a that's mass years. Anything else that took two years.

[00:20:19] Zuber the most high stakes. Okay. I know because of my it. So I used to practice. I realized in fact it doesn't. Let's go to these classes. You know something on college fitness. Okay. Which used to have my name. Don't quote me on multiple locations all over Bangla. And he just booked a class on the app. And so I used to go. I like to look out to people, look at something they like to do in magazines. And obviously it matters that everything goes by so much because it's not affecting my living. The list is long. I don't feel the same. But yeah, I kept doing it a lot. So I did it for a year and a half and then I had some time in my hands when I was deciding what to do next. So I did this education because somebody said it's a good thing.

[00:21:07] So the guitar was the longest.

[00:21:08] Was there any other which was really not one in terms of skill. Lighting hadn't been the longest in the US steps. Anything else? Maybe even getting maybe in a relationship where they took it out. But I like my space. I like my things. And I had a base to define notions of how I should be. The other person has to be. And I had to do my duty ambitions, goals. And so I never focus on that too much. I got on late payments and their relationship was hands, man. Yeah. So within it's that time arguing about things like no good. I think I found somebody nice recently. Okay, so that's okay.

[00:21:52] So that's what deal. Plus the leg.

[00:21:55] Hard to find this person. How long did it take when you consciously started thinking that is no, I need to find someone and find someone.

[00:22:07] So how long did that was hard right now. Because with all of the dating apps, they had moments and they were going to find them and see these. But many consciously, maybe six, seven months back. Okay. That's really fun. Yeah. At out and never give anything serious before that. I was doing a lot of other things. I didn't have time for that. And then and then they realized that that is an important aspect to actually focus on.

[00:22:35] Okay.

[00:22:35] So you focused on that because you thought it wasn't important access as if it helped like that they could have your personal life in your professional like whatever that actually think that wanted to do that and that aspect of my and my family and close my family. So I had like everything. And then to meet people I don't know, I never found anybody like that investing on the guest room. But it's funny, though. So you how it happened that it is because this is very new to Phoenix. So I wrote it down in December, down this whole business life coaching thing. Okay. I mean, it opens. Yeah. Yeah. So he has this program, which I kind of hanging out with Kim Kardashian to basically listen to segregation. They don't go into it. So there's this thing on relationship I go to. What we think is a funny thing is that I believe that now it is almost exactly how to go towards. And so I would say putting it out and we are nice, maybe we can move together. So you actually voted and you literally voted like not about feet turn and suddenly how pleasant shouldn't you be, but how does the beaches. Yeah, exactly. Not a physical feature.

[00:23:42] So you put that down and then you do what you do. Posted some legit or I just wrote it down.

[00:23:47] So it's a yeah it's a it's a 30 day thing and one day without doing anything I'm unable to relationships. So I like this today. But what do you want. That's what it seems to have. You show that doing. Do it. I did. I did. That was very good.

[00:24:09] So basically none of your goals actually to contain except that you have bricks.

[00:24:16] So I gave you what it was. I have no stake. So I'm very ambitious in getting a raise. And one of the main reason that in this type of thing is to understand how a business sort of works. So I want to cite something I may want as well and activate. In fact, last year, which was an automatic successful one, because I get one of these scalable. And it was it's something maybe then and test me or engineer figured out. But so my main aim is I believe that my wonderful and being able to provide value and jobs and something that I didn't know, it's like a big this. But then I don't I have the skills. As of now, today. So the whole idea, spend a couple of years, get to know how the things work, can make up for a network banks and understand. So that's a goal. Is it still under that? That's OK. So you're looking for. So did begin o having them for a long time to. The things I learned because I was going door to door myself, I always had a lot of self-esteem set about issues. So that's how by doing all these other things and like opening up my personality, I think that has given me more confidence of being able to achieve something ridiculous is not only to this, I know what it is, but what I am being able to do. I make a maybe a billion dollar company, but so.

[00:25:39] But then you begin, I think and begin began young.

[00:25:48] When I was 20, I'm beginning something that's been that's been new. Right. And it was I didn't have any other skills. So I come from a place I'm kind of pampered. And when he came knocking and they didn't belt long and what I love. So my understanding of how things work was very limited, but I just wanted to do it. And one way was to get back as well. Well, I feel very grateful for that. And this is so much I'm just as it was with the bullies and stuff. So I want to make it. It's been money. That's. So maybe it is not necessarily that I needed to make the money and Ben had it can do it anyway. So I get it. Look, look, look at them as well. So I've always been inclined towards those things. So we had everyone in business not for making these thick things and to be that person. And more than the goal is the person you become to achieve the goal.

[00:26:42] So that's OK. So suddenly 20. And now you're 20 now. Treatment is an answer to this is more that I had extra money. OK. How do you keep it moving in the right direction?

[00:27:00] I am German, so I write a about what I'm going through. I don't have a timeline of their lives. That's just too much pressure. Like maybe even at 40 and this and I'm going fine with this 25. I'm leaving it a little open and this to make sure I'm just lacking and steady. They do a check on if I'm engaged in texting then if I'm going basically. So then I feel good is still the same. Yeah. I mean honestly it's. Does it OK? Yeah. And so it used to be somebody because I'm owned by a damn. I'm 40. I should be. This be a name. I did have it and then I kind of like it because after ultimately the I do thing that happened and suddenly I didn't know that. Mm. I didn't really because my a good idea that I am. Thanks. In college. And then finally just meet people and start something immediate to get something back. It's kind of weird looking back, make it sound a little different because immediate treatment. But having said that that was the idea that why would you want to do. A man getting.

[00:28:18] Do you finish whatever you begin? I'm not on the plane either. Uh.

[00:28:31] Maybe because some things take a lot of time and they take a lot of things.

[00:28:36] So when I do a lot of things, maybe the country, everything to see in any better days and then something I have to go away. Mm hmm.

[00:28:47] So that's that's an external factor because you get external and those things as well because hey, I'm doing so recently. Finish. So it's coming, OK? I'm just saying do the thing. Because I used to be quake and it was a months later and now I don't do it anymore. But I go for yoga. I used to be a kickboxing. We would like some nice little Olympians for some time. And I thought I posted that lame something. And then mentally I did. But I took up something else. So by I think I just don't define it. They say, hey, if I don't have any solid business, a little open ended. So what they did initially when you start something, maybe I was imagining me becoming the sector. Then as a minus, I got my license but didn't need to mount a class and something. But then I realized maybe that's out there that I I'm terrified that this time because it focused on my career career. Let's say that I'm just toiling on what I actually want to do.

[00:29:55] So that you're not actually giving it up.

[00:30:01] Not only am I giving it up, I still keep going back. So there's different formats and to some extent also as a mother taking off. So there's something I dance for. So I go there. Then I have a couple of like that's points that Logan would make it out for some time. So if I'm the mother, don't play and then I need somebody to play it and I think we'll get out of here. So it's just I think what the. Simon, again, because we just stopped going picking up my guitar. I idolized that. I like to sing. And he says, what's his accent? So maybe that's it's a thing where they talk. So I need to get into that and say I have staffing issues. I must almost everything. However good am I the first eight minutes I'm so late. I do good. But then once I get into the floor, I probably the mistakes happen. But I just need to, like, give myself time and then accept that I'm working.

[00:30:56] So how do you overcome setbacks to conquer an important challenge?

[00:31:07] Overcome setbacks? Yeah, for sure.

[00:31:11] So I was very conscious.

[00:31:16] So after my MBA. I was in the company thing for about two years and it was a good job. There's a lot of opportunities out on the. But I just didn't feel aligned because my goal of starting something would never be a team that would always be in the corporate side of it. So you need to take a risk. And then I had to quit my job and doing a friend and what he was doing his business. I did six, seven months of probably hardest work I would then. But then I gave that up as well. And I realized that this was not something that's aligned to what I was thinking. And then I had a couple of months of basically figuring out that those are the hardest, honestly, because not only taken up, but I was very good with money times, but because I lived at home.

[00:32:05] I mean, I love my kids. So there's no I don't need to give them money back home because my dad didn't buy from them.

[00:32:12] So but these four months are hard because I had to figure out I'm almost going to start away again. So backstabbing is everything. That was everything. So that experience of actually seeing if it or not, because the first class had stayed. But I think those few months were very hard. But yeah, eventually everything. And I'm happy that happened as well, because I got to know more about myself. Never love challenges about close friends and family members by seeing. That is hard for you and Amy Morrison to do it as true. I mean, Danny and score. Yeah. So when I met your son passed away and there was an engineering very hard on me to do. I just didn't get close people. I just felt like what's important to any loss? I mean, died in the fire by accident. And he was not getting anywhere in the it was I mean, we were together. And because when he got the bike, we went to Baghdad. And it's something that is very close to a sketch. Then I believe that I and I was doing it. So I was taught to be clever and everyone knows that I was close friends at home sketching and then every few months I should make a sketch of this for the next four years. Then I got close to his family before my mother and then his sister. And now I'm in a close knit family. My dad, that's still hard.

[00:33:53] He's sort of Southgate his absence with his family's presence.

[00:33:59] He made them feel good today that he had. He did have good people with I mean, I was still a part of his life like many minutes of him do.

[00:34:11] Sendak's discovered at this point.

[00:34:17] I think I would if you ask me this a few years back, I think it would be. But I know. I genuinely feel like I said back and going to define you. Because when it's going well, it's easy. There's nothing left. You're probably just happy that two deaths comes when it's heart rate and you actually after you. And that's when I think you get the noise, have more and more.

[00:34:42] And you suppose that's better? Do think better.

[00:34:46] And so I think no matter how do you describe yourself as a humble guy, I could be arrogant.

[00:34:57] I actually hate that. One thing I'm facing is that maybe I'm too late, hardworking and not. He's smart in my work writing. I will do a lot of hard work in terms of getting things done precisely where some benefit. It doesn't emphasize that it can lead to more value as in it can be done, and then you can move on to something else because I get caught up in the details sometimes, and especially this a concept. The end this job is tainted because you concentrate on the more they do this.[00:35:42] So that aspect of it gets to your normal and hard work, a combination of partners.[00:35:53] I am working on getting them balance. Yeah, it's too hard working. I mean, I don't believe somebody give me a job. I probably do the long nights, but now I kind of think of other ways maybe to make it better and because it's all over. I say letting out so that hard, hard work is you're going to be replaced. So everybody has to upgrade their skills. So I think starting in a higher level and see how this can be done more easier. I mean, we dedicate some things and maybe make a plan.

BB: [00:36:30] Yeah, you do describe yourself as did you?

AB [00:36:35] I guess that would go on to say something I kind never stick to. It might not be the best to work with someone, but I will definitely take my time to get over it.

[00:36:49] Can you give an example?

[00:36:53] It can be as simple as making a presentation. So I used to be the person to kind of get stuck and be dead. You you have to be exact. Thought process know exactly what is. And I kind of just get the word out and then keep working on it. And that because I think the rate of improvement is much better than what we you just from ahead and then just not going to get auditing. So just get over it now and then work on it. And that's just going to save you time. And it's a more common experience, I guess. You have a. No. So you didn't move me out. I don't have people under me, but we are a victim here. We have different parts of the company. So most of my interaction happens with my deviancy.

[00:37:44] So what would you have teammates involved in?

[00:37:49] They would say, oh, so this is funny. So there's a senior colleague who just left, left, left is taking a break for a couple of months. He might come back. So she mentioned to Val leaving. They were talking about it. Let's talk about everybody. People are getting whatever going 0 for me to like it too. Nice. I didn't need to be a little more shrewd. I guess that's what I meant to say.[00:38:14] Yeah, I think they think I'm a nice guy. I can make maybe a little bit. I can be sure. But I know I can. [00:38:23] I won't. We're going to maybe end up with a couple of ends and then I want to eventually get to this in the motor books actually do it.

[00:38:29] Me and yeah, I wanted us to watch a movie on who will either put the name of the person designation or the MVP.

[00:38:43] Yeah. Okay. So what would you say about him?

[00:38:49] He actually. So I mean do I you so. Well, I suppose I come back to it. So I mean my break with figuring what I want to do. I can't just leave in the play anyway. And then a lot of guys who can tell them to get I liked what I was doing and how they were actually going about a market until I had to car payment and multiple things. Case cases, actually. What? So when I came in here and I had a couple of attacks and then he was one of the guys were into. So he he was quite impressed.

[00:39:21] So he knows this this yellow bench, maybe because we are articulate and we react and everything. And so he pushes me. So that's one thing. Yeah. So I like that.

[00:39:41] What is your day to day look like? Well, what does it comprise?

[00:39:47] So it's been about three months now. Initially they were trying to say I didn't come with any new skill. So I'm a part of the sales team, but I come with a specific expedient.

[00:40:01] I was hired based on what they thought was this totally talent. So they are trying to get me into the system gradually. So I did a lot of the first two months. I found a couple of marketing agencies and then I was involved in projects like for someone having heard of this gunman fest. So these is the invite as a festival. The book, my show, the app in India, a kind of book for stuff. So I'm in a meeting in Mumbai, came back, which doesn't happen often. So we just made it and we do. So if I don't make the call, those supporters who may say just call this number and docs or end up calling back or calling the founder of this company. And he put me in to the CEO, who's his son. And then he told me to open me to him. So he made it. We deal with it outside the entrance of our hive. And they liked the video. And then they insisted they come and meet them and splatter. So that was actually quite interesting.[00:41:05] Speaking so much feels a part of you just listening. It is only when you so I have this thing that I like lady like on my side of him. I made it is very important and I think it's hard to say exactly the questions you access will be important because when you take if you're talking somebody asked a question, then they themselves actually stopped talking into their lives that they probably have the answers. It just gives you a different perspective and a way to get in your head. That's not going on. That's easy. I know it's better to get things out.

BB: [00:41:44] Okay. So you your world that things in terms of a mode of interaction.

[00:41:50] Yes. Yesterday I was the meeting interviewer there was another meeting.

[00:41:54] I mean, even interaction within.

[00:41:57] And that speaks. Yes.

[00:42:00] A lot talking love to.

[00:42:03] Now when you get the time to concentrate or focus on something. And that's a good question.

[00:42:14] Mm hmm. I think I work best with deadlines. That's it. This thing with me. So if I say it, that meeting to women and to be I know it has to be done. Then I said, don't get it, that they say there's nothing like that. You know, I spend a lot of time doing other things. Maybe eating more and that, but not really connecting. So I like this. Well, that's one way of me getting focused. I started checking the deadline to make a plan for the day. Do this at this time. Do this this day. And then maybe it must have been delayed because I know I need something with is really work. How do you get this center, the central idea in mind when we maybe meet a fan? No.

[00:42:57] So so you concentrate for some time while you plan your dinner. Just kidding.

[00:43:03] And next year, Gagnon will do the same thing.

[00:43:06] He didn't get a full night's sleep off label because he made so many blessings. So ever go gonna meet her in the mornings or ever so gently that things were very important for me to function properly? Okay. I mean, if in 76 between six and eight hours.

[00:43:28] It certainly does.

[00:43:29] I understand offline to get it off me. There's a lot more work. Is that so? A lot of meeting of those that become chipped in houses as a way to get in. How was this a lot of people coming in and going around? So maybe not in the last few days, but then, Delia, because I understand.

[00:43:49] So Lemuel concentrating. So say, what is the maximum number of farms that you can find? I mean, it will be put into that and and do a this idea.

[00:43:59] But so everyone go. I don't think it's very long. Honestly, I think from what I understand, I think I can work in a set way and do this for a way that I need like a be at least step out of this fish. That indicates that because like I said, with most things, I get like many layers so that I can make the best perspective. And then I come again for 20 minutes. And it just I think that this works and we we just get out of it. But for now, it's about pulling buckets to 20 and then a break or maybe not having long and maybe even doing that. So maybe this stone, 30 turkeys, I can then come back to just stop doing that and come back again since April 20 and doing it in 20 minutes that they could do for probably two, three hours. So you can do it. That thing flows. Yeah, I listen to that. There's a couple of days and so I like having gone with these and the ideas flow better like that because it's one. That's it. So unless it's in discussion, then I can sit for a long time. Yeah.

[00:45:07] So you do this little thing. Yes. And then you have another set of work to do or something. Correct. Then you might need another three to two hours. So how long would that gap be in between this two.

AB [00:45:20] Look, maybe a lunch break or maybe wanting this to be a nice one.[00:45:32] Okay. So we didn't have to do that. So you would do was there are 2 to 3 hour job really concentrate being put in half an hour to not come back and do it in three. [00:45:46] Correct. Having said that, because you do multiple things. It's more easier to do it with a galaxy. Hit of with allowed very valued into the eyes and on behalf of my country guys because it's different things. These pockets get investigated because it's only sitting in the lobby, the document, it's getting things done. So it's all looking up and seeing what the state of this is and why there's not happy with who is in charge and how to understand is what led up to it. So it's interesting things that keeps going gets if it if it's well, this is there something on making one document that I can get those that I need more breaks on these papers? [00:46:24] Okay. Yeah. And so it's on the paper while also building that and unfortunately it doesn't to something there that would take you that I could be longer. I think it is a world that Rick Lazio can concentrate on, but just blow your set to be just be yourself. I'm not going back to the guy. [00:46:44] The longer it takes seems to be more efficient because I think I look better in discussion than the more expedient learning than reading something that is because that just.

[00:46:57] So when you concentrate and then you are into that splitsville interactive thing. OK. So like saying about doing something to if somebody else came and disturbed. How would you feel?

[00:47:14] I have about 16 on my own, although I would not say the same thing if I were by myself. So you go by myself. I'm doing some things I'm becoming and I would not like it. But an actor thinks I'm becoming and a part of the same kind of reason I would love it. So that's part of the scene on and not get this done.

[00:47:32] Okay. So if his father and in his family do at least get a bit busy and then the flow is broken.

[00:47:42] What else?

[00:47:43] Well, I don't think that in the last few months like this meditation of this nine minute. And it's a 15 minutes live to Istanbul.

[00:47:59] What does that mean? Well, it may have meaning a lot of yoga is helping a lot. You do a lot of that. I've got this. So this is a very meaningful Live 8. I feel for my skate, OK? I'm buying not only a very famous gym called Kill Outfit, go for it. And they have other things that are going to take effect safe as might fit and fit. OK. So we're expanding a lot. That is a big open anyway. So you say able for that. You're stations there for today, Monday, I guess that formula that.

[00:48:31] But you haven't said you haven't done a deal. OK. You never know. Oh, my gosh. So, so and so.

[00:48:38] Recently, I guess. How many days where do you get to go? I was doing some other things. I was I visited this place, your left hand. So I to meditate. And I know that we've been doing it and only started making did something. And it may not be aligned, but the same thing. What's happening that is under aqueous looking, we can assist. Yeah, we're clear and kind of hold you back from expanding your things. And yes, they have an open there, things like this. So then how do you said anything that is? Firstly, I start getting more flexible, which is not the case. We're getting a little space because. Because I continue. So you know, it's so in the field.

[00:49:16] And so. OK. So first of all, how many days in a league do outfit have you're not ready for?

[00:49:23] So the person I'm meeting actually using. Right. Oh, OK. So these are that actually going as far I like it as it is. I like pushing myself this like X. And then on top of that. So it's been about two million in two weeks since only property on my side.[00:49:40] Secondly, secondly and I know two weeks. Not for how long it's been since 50 pounds.[00:49:51] And before that, you said something about the condition.[00:49:53] Yes. So I there was a factor. This was a fan of David, which I still do. But nobody he was taking meditative factors. He's sitting down and continued breathing. Maybe I am dealing in that, too. It's a 20 minute. Yeah. You know, how hard is it? So you sit down and make a position like cos maybe last night and then you kind of get into the right mindset to ask yourself today questions and review subcommittee to come this way.[00:50:24] He was breathing in from what makes us better now. Yeah, it's gone. So go forget something. So what. So that there's something about it and then the next 20 minutes would be another event. This would be that in the Dreamers is divided into these funds. This would be one. Then there is a chunking or.

[00:50:45] I've had a number of times and then there is no time to breathe a little faster with be to for some time. I might be them. Back in a moment. I just learned. I didn't want to get too much into it. But I think if you get to do it up, I will again putting my pinky. And then that is something that this coming out and observing. So it's more friendlier. And this is to do this. I did, too. So I'm now the only way I'm not going back. But then I think it's always the same with just after eight months. I used to do this every day, almost 20 minutes.

[00:51:22] Every day, every day. How long did you do this?

[00:51:26] Basically do it first I did twice a week. But when they see me every day, they started off. So I started doing program, started out to ensure you do it twice a day for the first 40 days. And then so the first six months was okay.

[00:51:52] It was six, seven months.

[00:51:54] So I've been moved longer. So it's been 20, 17. It's when I start to 17 knees. Yes. So now I do it. Yeah. You know, I read about it. I get to know Edward about. Oh, yeah. So now I heard about maybe three or four times a week.

[00:52:16] That's great. Yeah. Maybe engineers would be a good.

[00:52:20] And that's what I feel like. Yeah. It definitely. Be just harder because a lot of moving. But it's good to have time for yourself. So do the folks out there. Right. What do you want to do? And then you get to the things that maybe you would teach.

[00:52:35] You all do this.

[00:52:37] If she only that she let equally, by the way, says, you see what I wanted? It was his idea. Bombay and Bangalore and basic with her coffee get to be doing all that. So be. Linda.[00:52:50] And then so long as you make her do the meditation. Murphy Humanity, you know, you are the only entity.[00:53:00] Kerry Yeah, something else.

[00:53:05] So how do you feel when you when you finish your managers, when they finish on their feet in a strong sense of governance and you really do observe things a little more, maybe the small things that the light is a little better or maybe the leaf moving in that way is one thing they tend to miss. Get to those stillness and the fact that it doesn't last long is that you have to come to my way of life. But to be able to do that. So that's I don't know if meditation is very, very important. If you can really get that in your day, you have to make showing your work to put in those, you know, those breaks of legs. Phyllis, just to get creativity. I guess so. So even if I miss a couple of days, not that anybody back, I'd like to get that and maybe somehow make me we just sit and observe something a little more more than usual. So, yeah, I'd hate to meditating. That would come with a calming effect.

[00:54:18] When you have some of the last it. Yeah. This is your reflection on this interview. Okay.

[00:54:27] So you saw your skills in the actor and your skill set and so the challenge of the activity. So they call challenging. We'll see you and your skin is all blank, will you? Are you able to tell my mind? I mean, really able to say censuses. Let us what we have been asking you for a second. So we always understand. Okay.

[00:54:54] So I can this it starts zero today.

[00:54:57] I would also just give.

[00:55:05] Just keep in mind. I think I spoke a lot. So it's actually important for you.

[00:55:14] Yeah, I think it was. Whether this activity is important to others means to you. I don't know. I think Facebook and may maybe we are succeeding at what you were doing.

[00:55:30] This was before I came here. That's not just this activity. It doesn't mean anything. I think that.

[00:55:41] You wish you had been doing something. And I really liked what you said to so how you were doing against some things I could conceive. How important exactly, actually, in relation to your do your own role to quote unquote.

[00:56:07] Good perspective. OK. If you had a choice, you didn't have to come to this interview. What could you have been trying to understand the logic?

[00:56:21] Let me ask you that. Would you be. I think Mike's had for some time until I met to somebody and then discussed it.

[00:56:31] Ok. One I one of the last questions. Have you ever been to counseling? Well, as I can, I'll just take a therapist.

[00:56:41] So I didn't like quoting will do something similar. Ongoing good persons. But at one point. Yes. When I was figuring out what to do, I want to see if I was feeling. So if I was feeling anxiety and depression.

[00:56:56] So, I mean, and spoke to one person once and he said, I think you said you have a good time, actually. Yeah.

[00:57:06] Maybe sometimes a little anxiety where they think.

[00:57:09] How do you get your brain working all the time?

[00:57:16] Mm hmm. Yeah. That's kind of my day to make getting that, so it's all good.

[00:57:22] You know, it's working all the time, I think. Yeah. Pictures. Thank you.

[00:00:00] So how was it?

[00:00:01] I tell you, it was so I was great. Let me keep that in mind. So we are ready. But my parents have family mango. So my maternal grandfather. So he was very keen on unknowingly the sons, et cetera. And he had two daughters, which had a lovely marriage, just like the most amazing thing. All right. So and so. But then then I was born and I was like, we were only gay. And then so it was a lot of like a lot of love letter for next year. And make Feed Me company has this list. Five came out with just not doing a lot. And then that guy said he has a good order. I mean, is this all detectives? I didn't know much. They started breaking up slowly, but it took me time to late. Do you think tiny moments? You have too many things kept to make sense. I was relatively smart, I guess, for two days to read and licking. It was as high school stuff. Media extortion. Scare them back.

[00:01:11] Yeah. Yeah.