



LIVE with Heidi, Episode 1 (03/22/20)
Guest: Chris Powell

Show Notes:

- 0:00: Heidi and Chris talk about options for the title of this show. Heidi talks about being quarantined but still connected with people all around the world.
- 2:30: Chris plays the guitar and dedicates one of the songs to Washington State.
- 5:15: Heidi talks about Brene Brown's podcast about being at the intersection between being scared and being excited. They talk about fear and uncertainty in our lives, and how there's also excitement since so much can come out of what's going on right now. The best things come from our challenges. We have a blank slate right now, and we can create the life we want to create. It's all so new. New can be scary because we're not good at it, and we can be afraid of being judged. They talk about serving others and yourself.
- 8:50: Heidi talks about the show and about what type of guests she'll have on her show and why.
- 9:20: Heidi talks about Chris' influence on her life. And how others have helped her learn to love herself, and now they can help her viewers.
- 10:27: Heidi introduces Chris and talks more about his influence on her life, a lot of time through their struggles.
- 12:05: Heidi talks about the questions viewers had for Chris: Financial hardship, fear of the future, how to handle being alone, how to stay motivated right now, how can I be my best right now, anxiety.
- 13:45: Heidi and Chris talk about his story: He lived in his car, was \$300,000+ in debt.
- 14:10: Chris talks about his story in more depth. He's a big dreamer...if he could dream it, he could do it. This was instilled in him by his parents. He's trying to give this gift to his kids.
- 15:40: Chris realized his dream was to help people through the journey of transformation. It filled his bucket and gave him purpose.
- 16:10: Chris talks about his Stax System he invented and the story behind how he got into so much debt.
- 19:00: Chris lost everything due to this experience. Then he hurt his back and got addicted to pain killers. He was in physical and emotional pain, and the drugs managed his physical and emotional pain and the depth of despair he was in. He couldn't pay his bills, so he floated around from couch to couch. It took a year to get to this point. This addiction lasted almost 2 years. He was alone.

- 21:15: Heidi asks Chris what was running through his mind at this time, what was the inner dialogue. He didn't realize he had a problem with pain killers for about a year, and at that time, he realized his circle of friends was also addicted to pain killers. He knew he had to stop, but he couldn't. He justified his actions.
- 22:40: They talk about the importance of surrounding yourself with people who want to make you better, especially during fearful times. Chris used despair to numb himself. It's human nature to try and numb fear. Chris learned a huge lesson from this experience about how to get through hard times, because they will happen.
- 24:20: Chris decided to change when he saw what a friend was going through (suicide watch, cystic colitis, etc.) who was also addicted to pain killers. Chris still had nothing. He floated from couch to couch for about 3 months.
- 24:50: Heidi asks Chris what was the moment for him. (All of this happened right before Chris and Heidi met). His epiphany was waking up on his friend's couch in California and realized he'd been there for 2 weeks and hadn't opened up any new doors for himself, he was still in \$300K in debt, and he realized he was running away from all his problems.
- 25:45: They talk about "geographical therapy" and how it doesn't work. He woke up and told himself it's time for him to stop being upset with God. He talks about why he was upset with God. He realized he put himself in that position, it wasn't anybody else. He realized this was a trial and he was being tested, and he had to get himself out of this. He had waited for months for someone to come and save him. He was still pissed.
- 26:50: He got in his car and left town and got his tattoo with a million in Roman numerals down the side of his chest to represent all the people he was going to help in this world. That tattoo would remind him every day that that was his purpose in life. (Chris shows his tattoo). All of the numerals have been checked off.
- 28:05: They talk about the important of having a purpose actively working towards that purpose and mission every day. Chris shares the saying, "The two most important days of your life are the day you're born and the day you find out why." Your purpose will lead you and fill that hole you're trying to fill with other things (drugs, alcohol, etc.). This changed and saved his life.
- 30:00: Heidi's takeaway: During our current time, one of the most natural things is to try and numb and fill a void. There's beauty in feeling your way through situations, not numbing (food, alcohol, work, drug of choice). Where is this coming from? Trying to control something we can't control. There is a reason for everything—the Serenity Prayer. Control our reactions to things.
- 32:30: Heidi talks about how Chris' parents they raised him. They talk about how this has been applied to coaching others and helping them to believe in themselves. The greatest gift we can give to our children is to teach them how to believe in themselves. They're here to do great things in the world. If they can dream about it, they can do it.
- 34:00: Chris shares lessons/takeaways about what we can take his story: Learn to believe in yourself...talk to your 8-year-old self. It's easy to believe in others. We're all capable of doing extraordinary things. He talks about how to do this and the importance of serving others.

38:18: They talk about a quote about how “only the doers know...”. You know what you know, and you don’t know what you don’t know. These things that we don’t know that we don’t know are the greatest space around us. We all have untapped potential. Your words direct and guide your life and impact the people around you. Speak to yourself like you’d speak to your favorite person in the world.

41:05: Call to action: Go look in the mirror and talk to your 8-year-old self, tell them that they’re going to be okay. Journal this conversation and embrace what you’re learning. Keep learning and growing during this time.

42:05 Chris talks about the importance of working towards what you want—work ethic. You gotta’ do the work! This leads back to the couch epiphany. He worked towards his goals day by day, year after year. If you don’t believe in yourself right now, take their belief in you and run with it.

44:30: Viewer questions:

What is one thing you do to stay positive in a world that is negative?

What is your favorite thing about Heidi?

Any tips for recovering after this quarantine?

What’s your favorite at-home workout?

Don’t you ever eat junk food?

How would you approach setting goals when the world is so uncertain?

End of interview

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