



**LIVE with Heidi, Episode 3 (03/29/20)**  
**Guest: Doug Cartwright**

**Show Notes:**

- 0:00: Heidi introduces Doug. They met recently through a mutual friend, and she talks about how Doug is in this world to do great things. Doug is a spiritual teacher and an entrepreneur who has developed some incredible tools that will change the game for a lot of people. Doug also lost 100 lbs, and Heidi admires his quest to find inner peace.
- 1:33: Doug joins the show.
- 1:50: Doug talks about being in Austin, TX, and that it's the perfect day.
- 2:03: Heidi talks about quarantine life and asks Doug about quarantine life, and he says life is better than ever. He feels like he's living better in quarantine than in normal life. He says this is because of his message of "The Daily Shifts": embracing the current circumstance. He's looking at this as a unique opportunity. He talks about what he can do with this time and not putting pressure on himself to create huge things. He talks about just being with what is.
- 3:08: Heidi talks about how she agrees with Doug and how "embracing what is" is easier said than done for a lot of people. Heidi asks Doug what he has to say about that. He says he's in the same boat as a lot of people income-wise due to the pandemic. He talks about being shook when everything started closing down so quickly, and how he was also in Utah when the earthquake hit, and that felt like the end of the world. He talks about an exercise he did where he put his phone on airplane mode, went to the park, and did a walking meditation by himself for about 3 hours, and he played out the worst case scenario: "What happens if I lose my job?", and he played out that scenario. "What happens if someone I love gets coronavirus and dies?", and he played out that scenario. He thought about his family, work, and apartment all being taken away, and he sat in that feeling. He says it was horrible. He believes we are very resourceful as humans, and that he would prevail and figure out the situation. Once he did this and let it move through him, it almost freed him. Embrace the worst and then you can come from a place of calm and centeredness.
- 6:37: Heidi loves what Doug is sharing and talks about she's always been a happy and optimistic person. A expect the worst and hope for the best type of person. She doesn't set the bar low, but she goes through the possibilities of a situation—the worst case scenarios, and she says it's really freeing from those emotions.
- 7:56: Doug asks viewers to answer the question: "What are you unwilling to feel right now?" Once you identify the emotion you're unwilling to feel, and then actually feel it, it's freeing. The only way out is through.

- 8:30: Heidi talks about how we all live in a lot of fear. She talks about when her dad passed away and her fears of what would happen if a family member would die.
- 9:35: Heidi asks Doug to share his story. He was a football player in high school and was carrying a lot of unnecessary weight. He talks about feeling like he'll never be skinny. He talks about believing he was the fat kid in 3<sup>rd</sup> grade and there was a 6<sup>th</sup> grader who was smaller who told him he was a fatty. He then accepted the story that he was the fat kid. Doug talks about body image and needing to find validation in other ways besides his body.
- 13:12: Heidi talks about her kids and how they're finding their own evaluation of themselves. Once we create an identity, the choices we make after that are all centered around that identity and how others view you.
- 14:39: Doug talks about always failing at losing weight before realizing this story because he felt like he was the fat kid and incapable of losing weight. It didn't matter what diet or exercise plan he did when the underlying root of his story was that he was the fat kid.
- 15:10: Heidi talks about how his story kept him from trying other things. He says it wasn't until he went back and rewrote his story from being the fat kid to being lovable and worthy (it was a lot of work), then his food changed, his health habits changed, and the weight was easy to lose. There was no resistance because the core issues had changed, and he wanted to take care of his body because of his new story.
- 16:20: Heidi talks about he stopped focusing on the number and on the physical side of it and started focusing on the internal parts of it. Doug says when he made that switch, his whole life changed. He now feels like he lives on a different planet.
- 16:49: Heidi asks Doug how long ago this happened. He talks about his weight loss progress, and how he went from 250 to 205 once he changed his mindset very quickly.
- 17:39: Heidi asks Doug how he actually learned how to love himself. He says it starts with loving yourself. You do this by gaining a relationship with you. Ask yourself, "What makes me feel alive?" "What do I love doing?" What am I grateful for?" Start practicing mindfulness—meditation. Do breathing exercises. Do a gratitude journal. He talks about when he focused on feeling good, happy, aligned, and full of love, then the rest seemed to fall into order because they're coming from a vibration of positivity, openness, and love. The key to learn to love yourself is to do things that make you feel alive. Then go and do those things. We need to connect and create as humans. When you can tap into your natural talents, you're going to love being you. You're going to treat your body better.
- 19:15: Heidi talks about how the cultures with the longest, happiest life spans had a few things in common. 1. A daily happy hour, 2. A strong sense of community and connectedness with other people. Doug believes that if you want to shift your life, sign up for a group fitness class or some other group class. He talks about how important it is to have a community. It heightens your self-love.
- 21:00: Heidi asks Doug about the 3 Ms. Doug talks about this app, "The Daily Shifts," and the app is the first step, especially while we're in quarantine. The app has a checklist for your soul and tracks several things important for well-being. His favorite part of the app is "Recess"—something you do just for fun

every day. Heidi says her recess would be going to her brother and his wife's house and relax and spend time laughing. He also talks about the "Recap" in the app every day.

- 23:11: Doug talks about the 3Ms: **#1: Move.** Right when you wake up, move your body, and why you should exercise first thing in the morning. They talk about all the free workouts available during quarantine time. Heidi asks viewers to post where they're getting their free workouts. He talks about the importance of taking care of his body. Heidi talks about how her workouts have suffered a bit routine-wise. **#2: Motivate.** Doug talks about writing down his goals in a journal. When he journals, he writes a minimum of 1 paragraph on an internal checklist: "Today I am feeling \_\_\_\_\_ because of \_\_\_\_\_." Then he does his goal setting technique, which is a 4-step process: 1. Take 10 areas of your life, define those roles, then attach the emotion he wants to feel with it. (Doug goes through an example). 2. What type of person feels that way/the emotion? 3. Actual goal you started with. 4. The how: What are you going to do to achieve that goal—create a plan. Then write down that goal every morning and read it out loud. **#3: Meditate.** The key is to take 20 minutes of total silence: breathe, use affirmations, visualize your goals. Then and go and take on the world. He says this 3M makes you bulletproof.
- 33:30: Heidi asks Doug about meditation and how to do it right. Doug says his best advice is to before the logistics is to not judge your meditation practice. Meditation is sitting up with a straight spine and allow thoughts to come in and surrender. Don't try and silence your mind. It's not possible. The purpose of meditation is allowance. There's no perfect meditation. Be comfortable. Spend 20 minutes doing this. Silence and surrender.
- 36:29: Heidi recaps what Doug shared about meditation. Doug suggests trying guided meditations at first. Heidi asks about any other meditation techniques. He says to create a physical space in your house for meditation because it serves as a reminder. Don't overcomplicate things. What meditation is for the mind is what fitness is for the body.
- 39:15: Heidi talks about loving the idea of investing in a space, not necessarily with money, and finding something that brings her calm and putting that in her meditation place. When you invest in something, you're more likely to do something. Doug says it's removing resistance. They talk about how kids and pets can make it difficult to meditate. If you can surrender to your meditation practice, you're more likely to surrender to the craziness of life.
- 41:55: Heidi asks Doug how you let go of the past people and make new, healthy connections and trust people again (viewer question). Doug suggests you realize the story you're telling yourself. Doug shares his favorite quote: "Suffering is when we're attached to a specific result."
- 43:35: Heidi talks about dealing with her own situation, and, for her, weighing out the pros and cons of having certain people in her life. It's a control issue, and it's taking up a lot of energy in her life right now. Doug talks about the importance of grieving fully. Doug talks about the death of his dad and how he suppressed those emotions for 7 years. The longer you resist fear, grief, and sadness, it's not going to go anywhere. Don't be afraid of your feelings, and it's okay to feel them.
- 47:13: Heidi asks Doug about his process of letting go of his past (viewer question). He talks about this experience and leaving his religion, his job, and his relationship all at the same time. He shares a quote: "We're not scared of the unknown, we're scared of losing the known." He compares this quote to losing things we love and staying small. He knew there was a new calling for him. Doug talks about

this with coronavirus. He believes that once everything dies down that our lives will be enhanced and more beautiful. Heidi agrees and says we have a tendency to freak out and want what we don't have.

51:10: Doug talks about how not one person on the planet knows how to solve this current situation or how difficult it will be or the aftermath. It takes off the pressure of figuring things out because there are no answers to figure out.

51:42: Heidi asks Doug if we should stick up for ourselves when in public and people make fun of us or should we stay on our own journeys and just let it go (viewer question). Doug talks about how being teased has nothing to do with you and everything to do with that person and their insecurities. He suggests sending them some love.

52:45: Heidi thanks Doug for coming on the show and about his tools. He talks about his online course and how it's \$99 right now + a free phone call. Heidi thanks viewers for watching and interacting.

Interview ends.

### **Connect with Doug:**

Instagram: @thedailyshifts

Facebook: @thedailyshifts

Twitter: @Doug\_Cartwright

Website: <https://www.thedailyshifts.com/>

### **Products + Services:**

Shift My Life course: <https://www.thedailyshifts.com/course>

The Daily Shifts app: <https://apple.co/2Amt6W3>

Happiness Hacks (free eBook): <https://www.thedailyshifts.com/ebook>