



Achieve Your Goals Podcast #114 - The Hero's Journey (An Interview with Patrick Solomon)

Nick: Welcome to the Achieve Your Goals podcast with Hal Elrod. I'm your host, Nick Palkowski, and you're listening to the show that is guaranteed to help you take your life to the next level faster than you ever thought possible. In each episode, you will learn from someone who has achieved extraordinary goals that most haven't. He is the author of the number one best-selling book "The Miracle Morning," a hall of fame business achiever, and international keynote speaker, ultra-marathon runner, and the founder of VIPSuccessCoaching.com, Mr. Hal Elrod.

Hal: All right, goal achievers, welcome to another episode of the Achieve Your Goals podcast. I am your host, Hal Elrod, and today I have not one guest, but two guests. Well, technically I have one guest and one guest host, if you will, so let me explain. Our guest today is a gentleman who I have been very impressed with and very fascinated by his work and his approach to work and the work that he does. That is Pat Solomon, who is the producer and director of Finding Joe. For the past 12 years, Pat's been directing commercials. Now he is obviously a film-maker, and started his career way back when, shooting action sports films -- snowboarding, motocross, skateboarding, et cetera -- and notable films in that genre

include Totally Board and Crusty Demons of Dirt, so by the title alone I'm fascinated to go watch that film.

He started a film, Finding Joe, in February of 2009, and it is now complete. I've seen the film. It is incredible and it is all about the work of Joseph Campbell. Joseph Campbell, you may know, is responsible for the Hero's Journey. From Pat's perspective, and I'll let him tell you all about it, but Joseph's work has influenced every major turning point in Pat's life, including his decision to become a director, so the concepts in this film, Finding Joe, and the concepts that were taught by Joseph Campbell, have radically changed the way that we view the human experience.

Jon Berghoff, my business partner, my close friend, is here today as a guest host. In fact, I think he's probably going to take over and dominate the interview, which is fine with me because when I told Jon about the interview with Pat, he got so excited he practically begged me to [crosstalk 00:02:41]

Jon: I weaseled my way onto this call. Successfully.

Hal: He weaseled his way on, he begged, he paid me. He is here because Jon is very well-versed and very much ... Joseph Campbell's work has made a major impact on Jon Berghoff. Here's what I'd like to do. Before we bring on Pat and Jon, I'll let you bring him on, but Jon, I'd love for you to just take a minute to share why you're so excited about this interview today in your own words.

Jon: Pat, how are you feeling? All this buildup, man. This is going to have to be good, right? [crosstalk 00:03:16]

Pat: I'm super pumped, man. Let's do it.

Jon: I want to get to asking you, Pat, about your life and how Joseph Campbell's work influenced you and what you learned and what you believe the world can learn from his work, because it's amazing. The only thing, Hal, I'll say is I just want to reinforce why I think this is one of the coolest interviews that you have found a way to line up. I believe, not knowing Pat as well, but having explored Joseph Campbell's work at least on the surface, I really believe that the work of Joseph Campbell, understanding that within all of our lives and all of our worlds, personally, professionally, there's a storyline.

While sometimes we might think we have our own unique different story, which of course is true, what Joseph Campbell has done is he's actually gone through time and across cultures and he's basically said, look, you could study whether it's religion or societal, cultural fables and tales that have been told for centuries if not thousands of years. He basically showed us that there is this interwoven story that we're all connected to. That could sound crazy over the top or this crazy idea, but he really found a pattern, and Joseph Campbell has brought to the world this awareness about these patterns that we all have in our lives.

I'm excited because for me, personally, when I discovered this pattern that has been known as the Hero's Journey, I realized that there was so much to learn because of the self-awareness that it brought to me as to what stage I was at in my life. I might have one big story and I have a lot of little stories within that story, and Hal, I just want to say I think having that awareness about our own story is so powerful.

Pat, I know that for you, you've mentioned, at least I was reading about you, you had a passion because of what the Hero's Journey did for you to bring that story to the world. Maybe a starting point, Pat, is maybe share with us how you were introduced to Joseph Campbell's work? You eventually created this film about him. Talk about pressure, by the way, to create a film about the guy who understands stories as well as anybody. How were you introduced? Tell us about that introduction.

Pat:

Like many people of my generation, I was introduced to it by the Bill Moyers interviews. Bill Moyers interviewed him very late in his life at the Skywalker Ranch that George Lucas owns, and those interviews came out on PBS. I think I was still in high school, maybe it was my senior year of high school. I had an English teacher that had mentioned him too, but I didn't really pay that much attention to it. When those interviews came out, man, I just was glued to the TV and it's Campbell and Moyers, and they start talking about myths which, on the surface, especially at a young age, seems kind of boring.

What really caught my attention was they were talking about myths in a very modern context, like the story of this myth is the story of your modern life and here's why. It was so fascinating to go, oh my God ... It just struck me, like, this is so true and if you can understand this story, you can apply that to your life, and oh my God, your life is actually unfolding like a story and it's a journey and there's all these amazing, rich stories out there that speak to my life and that was just fascinating to me.

Jon: By the way, for any of the listeners who listen to this discussion today and they really want to follow up, correct me if I'm wrong but I think those interviews were actually transcribed into one of his books. Is that correct?

Pat: Yeah, it's called "The Power of Myth," and they were transcribed, but it's a very edited version. I think there were hours and hours of interviews. I think there was like 12 hours total, and the book only encompasses a short bit, but that's another, very easily accessible Campbell. If you're interested, definitely get that book. It's an easy read and it really is a great introduction to Campbell's work.

Jon: Tell us a little bit about ... You're introduced to his work, you're fascinated by this idea, this modern explanation of mythology and how it actually exists in our current-day stories. What kind of impact did that have on you in your life? How did that lead you in your...

Pat: Those interviews really kind of set me off on a path that ... It validated the urges that I was having already. At that time, anyway, I wanted to be a snowboarder and make snowboard movies, but there was no money in it and I could've gone to college and it really validated the urge that I had to go off and do my own thing and follow my passion, which was film-making. Every time I got stuck a little bit, I always remembered those. At that point actually I had several of his books that I was reading, and I always connected to some story or some bit of information that Campbell had about following your bliss and about being on your hero's journey and about the setbacks that you're going to encounter.

It just validated what I was doing and it just gave me a sense of mission and purpose and a real sense of, oh my God, I'm on the right path. I'm meeting really interesting people that are helping me along the way, and I'm running into dragons and barriers that are squashing me along the way, but that's normal. It was just an amazing information to have at such a young age.

Jon: That's really cool to hear. How did that lead to... Do you remember the moment in time or when this thought came up for you of, hey, I'm actually going to do a film about Joseph Campbell? Tell us how that came up for you and emerged as a vision that you eventually carried through.

Pat: That was a long one. I had been carrying Campbell with me for quite a long time, and as I grew as a film-maker, I graduated from doing action sports movies into commercials, it was something that I always toyed with. I always went, oh, at some

point in my life, I'll do this movie about Campbell. Maybe it'll be a bio-pic. I don't know what it'll be but I really wanted to share that message that I got with other people.

The film came about in a series of crises. It was later in my life and I was having really classic, horrible, mid-life crisis, like the classic American mid-life crisis. Then right around the same time, both of my parents died, within weeks of each other, and that was really, really difficult time in life. I just remember at some point going, and I don't know why I thought this, now's the time I should probably do this movie. I think it had something to do with the fact that I lost my parents and there was some kind of ... I don't know why it was a wake-up call, but it really felt like okay, they're gone now and you're going to be gone too at some point. Why don't you get about the business of doing what you were put here to do? I think my feeling was somewhere along those lines, and I started taking little steps toward making it, like seeing who was available for interviewing.

As soon as I started taking steps, I started getting signs. I've never, ever, ever seen a "Follow Your Bliss" bumper sticker, and I started seeing them. I was in line at Starbucks and I saw a "Follow Your Bliss" t-shirt. I've never seen one before in my life. It just felt right. It was one of those moments where it's difficult to describe, but it just felt like that was the time, I don't know why. I'm doing this movie.

Jon:

It's so interesting. I guess there's a lot of irony, I don't know what to call it, that what you just described about your journey

to do the movie, true to the heroic journey is literally what Joseph Campbell teaches you. We all feel this call to adventure which is, in a sense, one of the early stages in the journey, and then he calls "crossing the threshold."

I want to ask you to share with us what you've learned about these stages, because I think our listeners can take a lot away from reflecting on these stages and where they're at in their lives. It's neat, Pat, if you think about it, to hear you talking about you going through the exact stages, of course, the stages that you can then create a film about these stages. That's really interesting.

Pat: It was really interesting to me at the time too. I was like, let's see. We're making a movie which is Hero's Journey base, but we're making it about the Hero's Journey. It was a really weird ... It was like looking in the mirror and it just keeps reflecting back at itself.

Jon: Yeah. Tell us ... I want to hear about what that was like to make the movie. Maybe this is a good time to introduce to Hal's listeners here, the podcast listeners, maybe introduce a high-level explanation of what is the hero's journey and some of the ...

Pat: Yeah, that's a good idea.

Jon: Some of the steps and stages, because I think everyone who's listening, if they haven't heard this, they're going to find they can immediately relate to this idea. So please.

Pat: I'll try to keep it as short as possible, but essentially the Hero's Journey is this pattern that exists in all stories. It's easily found in stories with a single hero, which is a lot of them, but it exists in all stories. Essentially what happens is a hero starts out in their normal world, their village, and they get a call to adventure. Sometimes you get kicked out of the village, sometimes as in "Star Wars," which is a [inaudible 00:13:47] example, Luke's parents are killed and his village is burned and he's got to go. He's got no choice. Sometimes you're out in the forest following the butterfly and all of a sudden you find yourself on the path.

In any case, you're called to an adventure and in your adventure you go through struggles and you're constantly crossing bigger and bigger thresholds and you're faced with bigger and bigger challenges to get to your goal. You have the final crisis battle, in which you slay the dragon or recover your treasure or you get to your goal, and then that's not the end of it though. You're meant to come back to the village with the treasure you had and share the treasure with your village.

In a nutshell, that's a classic Hero's Journey, and then for ... That's what struck me the most, is that, oh my God, that's what we do as humans on this earth. That's how our stories unfold. When I was making the film, I was just dumbfounded every time we had a problem or a hassle or things really worked out

the way we wanted them to, it was like we were having this perfect Hero's Journey that we were making a film about.

Jon:

That's really cool. I know Hal has a thought he wanted to jump in with. I just want to point out to all of our Achieve Your Goals podcast listeners that what Pat just walked us through, this idea of a calling to adventure and then we go through some sort of transformational crisis and then we've come out with some new wisdom and then we return to the world with this wisdom. Pat, what's really neat about having you, and Hal bringing you into this call today, is for so many of the many listeners of this podcast, they may have never thought of it this way, but many of the awarenesses that Hal and many of his guests have brought to them have served as examples of symbols or leaders or teachers on their journey.

If any of you are listening and have ever heard an idea from Hal or through this ... or any idea anywhere, that's an example of going through some sort of transformation. Pat, maybe you'll talk more about this later in this conversation, but if anyone here goes and explores the steps and the stages of the Hero's Journey, you'll notice that when you get into the detail, it's so clear how this kind of thing, like Pat, you mentioned earlier, when you were going to make the film, sometimes you question the call and sometimes you face resistance towards following this passion of ours to follow this call for adventure and then you make this commitment. These are all real things that we can all relate to. I think it's so cool.

Hal, you were going to jump in with a thought, yeah?

Hal: Yeah, Pat. Thanks, Jon. Pat, I'd love to hear your thought when it comes to the Hero's Journey, and when you describe the Hero's Journey or anyone who's studied it, any time you follow someone who has become a leader and made an impact in the world, you often find the Hero's Journey is what they've followed. They went through adversity, they decided to overcome that adversity, then they brought their lessons that they learned and they brought that back to the village, I believe is the term. But they brought that to other people. They're sharing [inaudible 00:17:02].

Pat: Yeah, they're sharing the knowledge.

Hal: So here's my question, and maybe there's kind of a series of questions that these all kind of are interconnected. The question is, what, for someone listening, because you don't automatically follow this journey. It's the journey of becoming a hero, so for the average person, for anyone listening, where are the choice points along the way that you are ... You either choose to be the hero or the zero. You know what I mean? In terms of, you choose either, oh, I hit adversity so I'm just going to complain about it, become a victim, and therefore you don't become a hero because of that choice.

Pat: It's so funny you said that. I'm sure there are plenty of stories that are like that, but they're not very fun to watch, so they don't turn into good books or movies. I think similarly in life, to me the choice moments are when you decide, when you set your

goals and you decide that you're going to follow them. Whether those be short-term or long-term passions, like mine was long-term because it was a career choice, and I said to myself I'm going to be a film-maker despite what my parents are saying and what my friends are saying and what society in general is saying, hey, you're not going to make any money doing that. You should go to college. Blah blah blah. That was one choice moment.

Along the way, there are many moments where it gets to be too much. For me, anyway, there were moments where I wasn't going to be able to pay my rent. Like, oh my god, what am I going to do? I can't pay my rent. This is not working. Do I go get a job? Do I quit? Do I give up on my passion and my dreams or do I figure out a way to overcome this? I'll just take work as a production assistant and I'll still be close to my dreams and I can still make money and then I'll meet people along the way. Then it just keeps going. There are so many moments where you could just give up and the greater the adversity or the greater the challenge, the deeper you have to dig.

It's funny, I also find that, in stories as in life, for me anyway, each time you overcome one challenge, it gives you confidence and knowledge to overcome the next one, which is usually a bigger challenge. So you're overcoming a bunch of these challenges, pretty soon you're really geared up to take on some pretty big challenges.

Hal: That's a great point, and that's usually how it unfolds. If you really even go from childhood, as children, the adversity that we face is typically not as life-threatening or consequential as it is as an adult. I think that in general just the progression from childhood to adolescence to adulthood is exactly what you're talking about, which is where the challenges that you face, for most of us, they tend to increase in difficulty as we get older and have more life experiences.

Jon, your thoughts or questions? I know you had a couple things you wanted to ask as well.

Jon: Yeah, Pat, I'd love to know ... I don't know if I could ask this question of someone who's more qualified. How can our listeners, and all of us ... So you've become intimately familiar with this journey that you said is a pattern that we all are operating in. How do we make it so that we're more aware of what's going on? What are some ways that maybe we get in our own way where we cut ourselves off from being aware of what's actually happening with our own stories? Then I guess connected to that is, how do we not only become aware, get out of our way, but even accelerate our ability to kind of go through our own heroic journey?

Pat: That's a really tough one, and I find that, to me anyway, you need to develop faith in the process. You need to develop a faith that you're on the journey and that whatever comes was meant to come and you have the ability to deal with it. Or, faith that you're on the journey and that you'll meet the right person to help you along the way.

When I did the film, I just had faith in the process. I just went, okay, I'm going to go out there into the wilderness and I'm going to bump into people. Whoever those people are were the people I was meant to bump into, and I have faith that that's what's going to happen. So, the first person that I met along the journey there was Brian Johnson, who introduced me to Rob and Sharma, who then introduced me to Deepak Chopra.

It was one of those magical moments where I was like, oh my god, this was totally meant to me. I'm on the right path here, but if I didn't have faith in the process, if I didn't have faith that something like that would happen ... I didn't know that exact thing would happen, then I never would have started.

Jon: So Pat and Hal and all of our listeners, I have to tell you this, how surreal it is that you answered that question the way you did. My next question, I'm staring at my notes here, I was going to ask how important is faith in the process?

Pat: [inaudible 00:22:19] that's crazy.

Jon: I didn't want to insert that in the question. I wanted to see what you truly felt, so I'm going to now reflect that my experience has been and it has been that having faith in whatever it is that we're going through and that there's some sort of symbolic wisdom or gift or opportunity within our struggles of struggles, for me personally has been huge. I can tell you today, in my

past, when I look at my great challenges, sometimes I realize that's all I have. That's all I have. I don't have certainty. I can't tell you what my future looks like, but I can guess. I don't really know. At the end of the day, I've found that to be like, I've just got to keep having faith. That's so cool that you shared that. That's awesome.

Pat: That's actually amazing that you wrote that.

Jon: Yeah. Hal, go ahead, buddy.

Hal: This question, Pat, is from actually the filmmaker, the director, of the film that we're working on, The Miracle Morning documentary, Nick [inaudible 00:23:29], and when I told Nick that I was interviewing you, he was jealous. In fact, I could have, between Jon and Nick, I could have gotten a bidding war going [crosstalk 00:23:40] interview, and you and I could have just split the profits. I didn't think of that until just now.

Being that our good friend, Nick, who's a mutual friend of Jon and I's, is a filmmaker, I said hey, if you could ask Pat one question, what would that be. I've just got to make sure that I get this in here before we wrap up this interview today. I guess the context behind the question is, you could say that Finding Joe is a personal growth film, or a personal development film designed to help people grow, help people develop and helping people understand how to in some way live differently or view the world differently. So the question is, this is very much a filmmaker question, but how do you create change within

people, in Nick's terms, using moving images? How do you create change, behavior change, or get people to act differently using moving images? That is Nick's question.

Pat: Let's see. For me, the answer to that question is with a story.

Hal: Yes. Okay.

Pat: Your message needs to come across in the story and in fact, to use Finding Joe as an example, it would have been a totally different movie if it was just a bunch of talking heads giving you information. You can get information from a book in the same way. You can hear words and you can listen to the English language, but the medium of film is visual, and when people watch a film they're expecting to see a story, some action unfold, some dramatic events taking place that hook them and hopefully within that story you've embedded the information and that will show the world and make change.

Hal: I love that. I think that, for our listeners, there's so ... That's such a powerful lesson. A lot of our listeners, probably 80 percent or more are entrepreneurs, and I think that what you're talking about, in the same way that you would influence someone through moving pictures, as Nick puts it, or through film, is the same way that you would influence someone through any medium of communication.

If someone's listening to this and they go, I'm a blogger, right? Well, how are you going to make your blogs intriguing, enticing, and keep people's attention and influence them? It's thought the power of story. If you're a blogger, if you're a speaker, if you're a writer, if you're writing ad copy to sell a physical product, the power of storytelling, I think you're absolutely right. That's how you influence people.

Pat: It's amazing. I work in advertising as a commercial director, and the amount of effort and money that goes into developing the story that you see in a 30-second commercial is mind-boggling. Most people really understand that in order to get into your head, they have to come up with a really good, unique, interesting story, or they're not going to sell their product to you.

Hal: Yep. That's exactly right.

Jon: Pat, I'd love to ask you another question about storytelling, and just to give a little bit of context, Hal and I and a good friend of ours, John Vrooman, we're hosting an event actually in about three weeks in San Diego called The Speaker Trainer Experience where we are teaching an exclusive group of folks how to be exceptional at presenting and facilitating, and one of our core modules is storytelling. Knowing that Hal has so many listeners that are entrepreneurs, maybe they're in sales, maybe they lead others, in your life's work, what are what you consider to be some of the fundamentals of what makes a great story?

Now, there's irony to asking this because the hero's journey is all about an embedded story that exists in all stories, but anything that you can think about, knowing who our audience is, that might help them when they're thinking about a presentation, whether they're trying to just inspire, influence, persuade. You've learned a lot about telling stories. What's maybe the most important lessons you've learned?

Pat: I'm not clear on the question. The question is what is the important part of storytelling, or what's the best way to tell the story?

Jon: Well, I would love your thoughts on either of those two questions.

Pat: For me, personally, I find that the simpler the story, the more easy you make the story to understand, the better, particularly if you're starting out. If you have a single character that's going on a journey and you can relate to that character, you kind of mold the character to your audience. I think that has a lot to do with it. Just to use advertising as an example, there's a demographic that you use, so if you're selling a BMW, your audience needs to see a certain character onscreen. That's totally different for Froot Loops, that's a totally different character. So understanding your audience and what character they're going to relate to, what character is going to carry your message, I think that has a lot to do with how well your story gets across.

Jon: I'd love to know, on what you just said about understanding your audience, that's something that we teach. We call it "entering their world," and we talk about how important it is to really vividly try and enter the world of whoever the audience is going to be. I'd love to know, in your life's work, what are some of the ways that, when you're creating film, that you essentially enter the world of who your audience is going to be. Are there ways of preparing, mentally, psychologically, emotionally, anything that we might be able to glean from your experience?

Pat: From my experience, I try to think about what I would like. I try to make myself my audience, unless it's an ad. But for me, when I was doing Finding Joe, I really wanted to make something that the lay person, someone who'd never heard of Joseph Campbell before, would go, oh, I totally get it. I'm going to rush out and buy more Joseph Campbell books or study the Hero's Journey more. That was my goal, and the audience was so wide I didn't really know where to start, and at some point I consciously went, you know what? I feel like I might be pandering and I should just focus on what's going to make me happy as a filmmaker, try to make something that I would enjoy seeing or that my kid would enjoy seeing, and I just made a conscious choice to not think about the audience too much because it was such a wide audience.

Jon: That totally makes sense. Hey Pat, one or two more questions here. One thing I'd be really curious about is, since the film came out, I'd love to know what kind of interesting doors or opportunities that opened up for you. I can only imagine the kind of feedback that you got or relationships that were generated from that. What happened after it came out?

Pat:

I've got to say, it was pretty amazing. It was really like the classic Hero's Journey that was so self-validating. As a model for life after the movie was over, I looked back and I went, Oh my God, this is exactly how all lives are, should be lived, all passions should be pursued in this way. It was amazing, and I met so many incredible people along the way and made so many great relationships just with all the people that I interviewed and during the film's release.

One person in particular, Robert Walter, who's the President of the Joseph Campbell Foundation, I badgered him forever and he didn't want to have anything to do with my movie at first. He invited me to go on a retreat for Campbell's birthday to [inaudible 00:31:48] and so I went out there for a week and hung out with those guys and they got to know me and I got to know them. That's a relationship that I still have to this day. He's just been such a great help and great guide. He was like my Yoda during the whole process. I would call him for advice and he would say, okay, young man. Sit down here under this tree and I'm going to tell you a story.

Jon:

Wow. Wow.

Pat:

There's just been so many relationships like that that have just been amazing. And opportunities as well, opportunities to make different movies, which I actually have not pursued yet. Now that I'm talking about it, I'm just remembering all these great moments and yeah, validating the fact that it's amazing when

you look at your life like a story. It is, and it's the reason why stories look the way they do, because they come from your life.

Jon:

Wow. That is so cool. So Pat, a good closing question here. It's been such a pleasure to hear about your journey in sharing the wisdom from the Hero's Journey, all about Joseph Campbell. If you had to take the Hero's Journey framework, what for you have you found to be, within all of that journey, what's been maybe the most valuable learning or wisdom that you could leave our audience with as kind of a practical take-away? Assuming maybe they have no awareness yet of all the stages and steps, but if there's one that in your journey you felt like wow, here's one that you feel like it could help people more than many of the others, based on what it's done for you. I'd be curious if there's any steps or stages that you could leave as kind of an actionable thought for our audience.

Pat:

You know what? I do, actually, and this is what I took away from it the most. The Hero's Journey is a very ... On its surface, it's a selfish act. You're pursuing your own goals and it's great and obviously, definitely, when you're on the path, it's amazing, but recognizing that when you're on your Hero's Journey, you're going to meet people that help you. You're going to meet Yoda who's going to help you, or several of them who are going to help you. For me it was way more satisfying toward the end there, and even now, to be the Yoda character to other people on their journey. Whoever you run into while you're on your journey or in life, is also on a Hero's Journey, and recognizing that when you two meet, you may be able to help someone along their way, and that's extremely powerful.

Jon: Wow. Wow. Kind of the 'putting on your oxygen mask first', right? In that you have to be selfish at times in life. You've got to take care of yourself and be the best version that you can be in order to really give your gifts to other people.

Pat: Absolutely. If you weren't out there on a journey, you wouldn't run into those people in the first place, so it's good to be on the journey, but also good to recognize whoever you run into is also on a journey.

Hal: I can speak for Jon and I and so many others that are so grateful that you were heroic in pursuing your journey and making that film and sharing Joseph Campbell's work with the world, so thank you so much for that.

Pat: Well, thank you guys so much for having me.

Jon: Where can people learn about you? Where do they go find the film? Where can they learn more about you, Pat?

Pat: The film is on the website, Finding Joe The Movie. You can get it there, you can get it on iTunes, you can get it on Amazon. There's more stuff about me on there and there's a couple little interviews and some more little clips from the film in there.

Jon: Awesome. Well, we'd encourage everybody, all of the Achieve Your Goals podcast listeners, to go check it out, buy it, rent it, watch it, share it with others. So cool.

Hal: I got it on iTunes. I rented it on iTunes and then I actually got a physical copy as well, so I'm all about it. Well Pat, I really appreciate your time, and you sharing this. The film, I think, for anyone that enjoyed the interview today, the film's going to just really exponentially increase the understanding that they're going to have of the Hero's Journey and how it can be applied immediately in their own lives. So, Achieve Your Goals listeners, thank you. Jon Berghoff, thank you for cohosting today, my friend. I really appreciate you.

Jon: Yeah, and hey, even if they didn't like the interview, they should still check it out. [crosstalk 00:36:37]

Hal: Yeah, the film's way better than [crosstalk 00:36:40]

Pat: Yeah, definitely.

Hal: Hands down. Anyway, all right, goal achievers, I love you. I appreciate you. Thank you for tuning in to another episode of the Achieve Your Goals podcast. If you are up for it, leave us a review on iTunes. That always helps. If not, I still appreciate you, and we will talk to you next week when we'll be

interviewing a UFC cage fighter, Charlie Brenneman. Look out for that. We'll talk to you soon.

Nick: Thank you so much for tuning in to this episode of the podcast. So now, we want to know, what were your big takeaways from The Hero's Journey and how you can actually apply it into your life. Simply head on over to halelrod.com/114 for episode number 114, and leave a comment there in the show notes page. Also, if you haven't done so yet, please go subscribe to the podcast in iTunes or go to halelrod.com/itunes, click on the little subscribe button, and then if you would, please leave a rating and review. Rating and reviews are truly the best way for you to show your appreciation for the show, because they help more people find out about the podcast and decide if this is the one for them. So now it's time for you to go out there, take action, and achieve your goals.

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