

# WORKSHEET

## WOLF CASTILLO INTERVIEW

Wolf Castillo (formerly Jarrod) is one of those people in life that shine the most beautiful light wherever they go – his bright light shines through in this interview. He has had life come at him full force in his teens and into his early twenties through injuries and tragedies. These life experiences only fortified his need to be the best person he can be and give to others. He was bullied and holds a love for his fellow human. He was in at least one car accident and he drove from Florida to California to work at a camp for special needs campers. He and I exchange experiences and find true friendship that ultimately resulted in a cold shower challenge between us! He is a lot of fun, he is interesting and he cares deeply about everything in his world.

Wolf Castillo talked for an hour and a half and I still didn't learn all I wanted to learn but believe me you will know Wolf and love him after you listen as I do.

### **Some takeaways from our conversation:**

- Visit Wolf's website and contact him for coaching here: <https://wolfcastillo.com/>
- Find him everywhere with this link: <https://linktr.ee/FollowtheWolf>
- Learn to be your personal best: The W.O.L.F. Method for true personal development.
- Know the cost and cure for holding back emotions: Wolf held onto hurt for years until he didn't!
- How to maintain physical wellness: Wolf talks about best practices for wellness.
- Think about your legacy: Wolf and I talk about the importance of owning a legacy.

What are Wolf's great reads and why?: He pulls these books off his shelf and they are amazing!

Here are Wolf's faved titles:

1. The Celestine Prophecy: An Adventure by James Redfield
2. The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results by Gary Keller
3. The Richest Man in Babylon by George S. Clason
4. Own the Day, Own Your Life: Optimized Practices for Waking, Working, Learning, Eating, Training, Playing, Sleeping, and Sex by Aubry Marcus
5. The Road Back to You: An Enneagram Journey to Self-Discovery by Ian Morgan Cron and Suzanne Stabile
6. The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types by Don Richard Riso

Wolf Castillo Interview

Stephanie Stierhoff Interviewee

Youth Performance-Life-Coach

Date of Phone Interview: 19 March 2019

List of acronyms:

SS = Stephanie Stierhoff

WC = Wolf Castillo (referred to here as his former name “Jarrod”)

[Begin transcript 00:00:00:03]

SS: Welcome Jarrod. Nice to have you sit down with me today and get to know you. We met at the New Media Summit and I'm speaking with Jarrod Castillo. Did I say that right?

WC: Yes, accurate.

SS: And...You are a youth performance coach...very distinctive and extremely helpful to so many people. So, you really captured me with what you do.

WC: Thank you.

SS: So welcome! So anyway, I'd like find out how's your day going first of all. And where are you located?

WC: Yeah, so ah...first and foremost good morning thank you so much for taking the time out of your day to have this interview I'm super excited! I am reporting from Orlando Florida, right now, more specifically Winter Garden. It's a lovely muggy day out but we are not going to let that keep us down.

(laugh)

SS: I love muggy, I love humidity, I know it sounds odd but it just...I love the moisture in the air I think it's so healthy feeling to me.

WC: I swear, you're like one of few people...I resonate with that, I agree with it. You're one of few people who ever say that. Everyone's like 'oh no Florida has awful humidity!' I just got back from like the west side back in California all the way to Texas, it is dry so I don't like it. (laugh)

SS: Yeah, yeah, I know, I am in the minority with that thinking. I know. People just look at me different that way but, anyway, awesome! That sounds great to me! And, uh, so Jarrod...you do youth performance coaching and is it life coaching? for what age group? What do you call youth?

WC: So, essentially, the easiest way to describe it would be in essence, life coaching. That would be the simplest way to kinda like dumb it down. But in terms of the age range, based off of feedback I found that I will probably be working with anyone generally speaking from the age of like, 12, middle school age to high school. However, I have found that I have had college students and students right outside of college as well who have also worked with...so ultimately it comes down to what people need of me. But I...generally speaking I might say I speak to more specifically to middle school and high school range and just getting into college.

SS: Okay, that's really good, that's really helpful to everyone reading and listening to this blog. Now, there's something that you have developed and it's about a wolf. I want to first of all...but before we go into that though, I've got to find out what inspired you to, in the animal wolf...the animal wolf. What is the wolf to you? What does it mean to you? What does it symbolize to you?

[00:03:34:08]

WC: Got it. So, do you want the long version or the short version?

SS: It can be the long version, we've got some time! Yeah, we've got some time!

WC: We've got the time so...it was a couple of things...I'll go ahead and start with the beginning so to speak. Um, I don't really know what exactly it was...but I remember when I started like doing research into exploring different things in the form of like spirituality I found the whole concept that we've heard before like spirit animals, like the whole thing with resonating with your birthday and stuff like that. And for some reason I just always immediately said, OH! like my spirit animal is the wolf. Someone said 'you can't choose your spirit animal' and I'm like 'well I choose it anyways.' And...ultimately it was just like yeah! I chose the wolf and then I ended up getting, I'm in my room right and I'm now actually looking at a tapestry with a wolf howling inside of a moon like this mosaic type thing and next to it my sister uh, colored this painting of a wolf for me as well and it is just something that I took and ran with and then, uh, I started to get further into my journey and my, the coaching program that I am a part of started talking about like how it is that I wanted to express this...inner most calling so to speak that I want to model, like how to brand or market yourself. But beyond that before I even got to that I remember having this conversation with my dad 'where is your fascination with wolf?' I'm just like

honesty it was just like it chose me and I automatically kinda went with it. He said 'that's really funny, when me and your mom were naming you before you were born...we went through a couple of options and that is really funny.' He basically made this game out of picking my name. He said that if I can make fun of this name, to my mom he said, if I can make fun of this name then you can't pick it. Cuz my son is not going to get picked on and made fun of. So, they went through a few names and the finalists were Cruise, Jarrod, Michael and Wolf...

SS: Hmm

WC: I didn't know about it till he told me and this was in the past like 6 months that he told me this. I didn't even know this...

SS: Hmm

WC: So it was really funny...my mom was like we are not naming our kid Wolf, umm, and obviously they ended up picking Jarrod...and it was funny it was one of these things where a lot of the work that I do in my own personal life I talk about the concept of flow and fluidity and y'know all sorts of flow. And then it occurred to me my dad said that is super cool yeah! Like you can...your body does like wolf things and guess what wolf backwards is flow and I was like 'HOLY CRAP!' LIKE MY MIND WAS BLOWN. My mind was completely blown that wolf backwards is flow it never even occurred to me.

SS: Yeah! This is very cool! Wow! It is in your birthright practically the synchronicity of the wolf!

WC: Exactly...it was there!

SS: So just curious, have you been one that the wolf is a very instinctual creature and a family-centered creature, animal. Do you find yourself to have like characters in that way?

WC: I would say yes, so you, your like original question 'What does it mean to you?' I think that lines up perfectly because that next piece that kinda like hit me with y'know when I started asking myself 'What is the wolf? What does it stand for?' I was like okay, well the wolf is multiple facet and in one instance y'know you hear about the lone wolf, the lone wolf that goes off and does, so to speak, it's own work. In a way I've heard that wolf being in that lone wolf state being is like going off and doing that inner work we have to be alone, we have to do go and do the things y'know you need do in order to make sure that you are full like to have your cup full to make sure that your belly is full so you can go out and you can serve. And then the other side of that is it's also a pack animal. In the research that I've done that, they are pack animals by nature and they work as a team so to speak, like they'll corner off the prey or the uh what they need to take down the prey to accomplish this goal and they work as a

team and they go and they get things done. It is very much was deeply rooted in how my family raised me and my sisters. It was all about family. Even to this day as my dad has his around North Carolina and stuff like that and he is always, always, always mentioning about the importance of being closer. He says we would wish that too when we are older. So we've always had this embodied idea of keeping family close. So we are all here right now currently in central Florida. So I would definitely say the answer to that question is yes. We've always had a close knit unit. And even still in that, I'm always traveling and going places sometimes I go and do that lone wolf sequence where I'm out and I'm learning, I'm experiencing and I'm growing and I come back and ultimately I come back to my roots and my family.

[00;09;14;27]

SS: That's so cool! So...And now you've incorporated the wolf into your programming for uh, your clients and uh, I just find the whole symbolism, the how you have worked it into the instilling of your life coaching it's very integral to the whole process. So, do you want to talk a little bit about the W-O-L-F?

WC: Yes, absolutely! So, it was actually the brain child of me and my coach. When she initially heard out what I was talking about in this embodiment of the wolf and like what it was what W-O-L-F stands for. Ultimately, the final piece of like this coming into the wolf was this realization for me and it goes perfectly into the process, the embodiment of the wolf for me was in essence, I'm actually said this to my dad, I've actually considered and probably will in the future legally change my name to that. And it's this weird thing where I've had this experience of y'know where I was essentially given everything since I was born...I was given a name, I was given a culture, I was given a religion...I was given all these different things and for a good period of my life I was essentially just taking everything that everyone kept giving me and using that as the foundation for what I did but then at some point I realized that I wasn't living my truth and so this idea of stepping into wolf was like me being reborn. I was being reborn as wolf and this was like the point in my life where I said like, okay, I am now the, I am going to create and going to manifest wolf as the reality I'm stepping into and I'm going to be responsible. That's really what it was it was about me taking responsibility and not being dependent on somebody else...so out of that the W-O-L-F process was born and ultimately it started with this idea of...okay like...uh...we ultimately want to have this idea of where it is that we want to go...you can call it a goal, you can call it a mission, you can call it your vision, you can call it your dream...I always like the word

dream. Um, where we talk about this whole concept of, uh, you know, and only in my dreams...and like to me like I realize I like to turn dreams into reality. Y'know having that embodiment. I don't want to get to caught up in the wording of it...just having this rough idea of okay this is where I want to go and so WHY? So now we know, we have this idea, okay where do I want to go? It's starting to get to the core of the WHY? and the reason for the WHY? was so important...it is from the reading and learning that I did. I'm not sure if you heard of Simon Sinek?

SS: No, tell me about that. How does that figure into it?

WC: So Sinek, Simon Sinek he's absolutely brilliant I highly recommend his work, he has this book it's called 'Start With Why' and the original, origin of me actually finding his work was in this video where he was talking about essentially this millennial generation the coming generations. And the biggest takeaways were from his words. He is such a powerful speaker! I definitely wanted to be in the presence of his work. He's just so powerful! But, he, he basically started talking about how this future generation is extremely dependent upon like their self esteem, their self worth, their entire embodiment of who they are is very dependent upon the approval of others even more specifically on social media and things of that nature. There was this whole connection in neuroscience to, y'know when we get a text or when we get a message or when we get a like or the lack of likes on social media there is this release of dopamine, which is essentially like this hormone in our body that makes us feel good and when we are constantly getting that hit, when we get that hit it, it feels good you keep on... and when you don't it's like our, everything who we are is attached whether or not we are being approved in that person's eyes, in those people's eyes. Which is y'know really detached from reality in itself.

SS: umm hmm

WC: But like listening to that video is like oh man! This guy's good! I started like going down this rabbit hole listening to his stuff. And, his biggest thing entire work that he does is committed to starting with your WHY? Which is the name of his book, the book that I have read. and he goes in details in depth of having a good solid WHY? Because most big business and corporations a lot of times people work with this idea of if you can imagine like 3 circles, a bigger circle, a medium size circle, inside of that one and small circle inside of that. Most people work from the outside which he would describe as going from WHAT, HOW to WHY? Versus going from WHY, HOW to WHAT?

SS: Hmmm

WC: And the reason why he made that question of importance is it really was...because once you really know what the core of why you're doing things the HOW and the WHAT in itself is an expression of that WHY. It is how you go into the world and make that happen. But when you work from the outside in and you go and do a bunch of things there's this almost like lack of clarity on what your method actually is and you're going doing versus actually being.

SS: Oh, very well done, I completely agree. You need the WHY? It's the fuel, that fire, that lights you up that puts you in forward motion...

WC: Yeah.

SS: ...to carry out y'know anything. I mean, you've got to know why before you almost walk out the door in the morning.

WC: uhmmm.

SS: Why am I walking out the door? It's crucial. That's extremely powerful.

[00;19;12;10]

WC: Absolutely, I mean you're right on the nose with that one. Like...Why am I walking out the door? Why am I getting up y'know at unGodly hours? Why am I staying up late? Like these types of things.

SS: Yeah, it's that whole...y'know checking yourself. You almost have to check your WHY? throughout the day as a practice, yeah, that's so cool! So there's the WHY? Of the 'W' of the W-O-L-F.

WC: umhmm, yes. So that's...so once you have this clarity of, okay, and mind you it doesn't need to be perfect again, I think that this business of...I'm speaking for myself and I don't believe that y'know it's probably not just me but I have and I think that a lot of people...of my age range specifically and also even younger and probably older get really caught up in having everything perfectly worded like perfectionist quality comes out. So, y'know, having this idea of a WHY? but also being open to allowing it to refined over time and not getting stuck on it...like none of these steps are something that it's like oh, okay, I got 'W' now I go to 'O' then I go to 'L' ...like, no! You may be going back and I just wanted to preface that...

SS: Well, there's an evolution, it's an evolving process, it doesn't have to be in a sequence of order 'A' before 'B' before 'C' or in this case 'W' before 'O' before 'L' before 'F' but, they're interchangeable...

WC: Yes, absolutely.

SS: Yeah, and uh so the 'O' is 'Old self' which I love! Being aware of who you are. Y'know the whole, y'know just really looking at who you are. And you want to check yourself.

WC: umhmmm.

SS: When I think about being my old self, y'know who was I then, how I am I now. What improvements have I made and um y'know my y'know core values and beliefs, y'know get those in check, in place. How do you coach with the 'Old self' to your clients?

WC: Yeah, so I'm assuming you've taken a peek at my website.

SS: Yeah.

WC: Uh, it's actually, it's going to be changing soon cuz we are going to be kinda putting in the story little bit of the wolf, from the old self to the old wolf. Um, and it's y'know ultimately saying the same thing but it's just in the light of that. And, y'know, like exactly like you said. And actually like the picture has rights, it's like having a peek at ourselves. And, uh, recently one of the things I've become fascinated by I guess, a big topic of conversation is the idea of shutter work? And, uh, this is interesting because I have this idea that shutter work was essentially doing work with the negative aspects of self, that's what I thought it was...but based off of like some of the research I've done and more specifically like just yesterday...somebody came up and made me realize that ...doing some of this Old self work, that Old wolf work, that Shadow self work is actually taking a look at the things, like we have our actual being present, but is what I would say is symbolic of what is conscious to us what am I consciously aware of and then the shadow self being...What am I not conscious of? Which could y'know be something like, oh y'know 'I get angry whenever somebody does something I don't like, even more specifically...When cuts me off and I rage.' That's the conscious, I know I get rage full about it. But maybe where I don't know about it is the shadow self that there is this aspect that has not been distinguished that is keeping me from actually having this transformation just letting that wave come and go. And then the other side of the shadow is maybe there is a part of me, like my true joy in life that's in the shadow is keeping that from being totally expressed...

SS: hmmm, uhmmm

WC: so...yeah, it was really weird! Like that to me, was like big time! I was like, holy crap! There's parts of me that have been in the shadow that really need to see the light!

SS: That's something that I have not had access to — Shadow Self. So, it's, y'know it's a nice visual. um, I can visualize the shadow...and I can visualize that as a term. Because I can see well there's things hiding in the shadows that either you don't see because it's so dark or you keep hiding them because...

WC: yeah.

SS: ...it could be, perhaps, some insecurities or some emotional side to things that you just don't want to bring up and uh...

WC: yes

SS: ...you want to hold them there. Uh, that's extremely helpful to visualize that picture of the shadow self. I like that a lot!

WC: yeah!

SS: Who, was the person you learned that from?

WC: So, this is actually based off of work of um, you might had heard of Carl Jung and Sigmund Freud?

SS: ah, yeah...okay.

WC: yeah, they did a book together and they basically talked about this idea of the shadow self!

Which, y'know that's entirely what I considered to be like what psycho analyzing is and uh anything like that and uh we talk about (unclear audio)...or uh remnant of the subconscious or unconscious aspect of self.

SS: umhmmm.

WC: So y'know, when I work with youth...I'm not necessarily going to go as deep as y'know Freud or Jung...but y'know I start to distinguish like what do we know are the things that are serving us the least. Like what do we know right now? Of course, I can see things. Like it's very easy for us to look at someone else and be like "oh, I see that." And, uh, y'know however we go about it. Or we say, I don't like that...or oh, I see that in myself. That's why...I started saying more than anything...if I see anything outside of myself that I don't like so to speak then that actually is then inside of me. So it is really easy for me to look at you and say "I don't like how you reacted to that person." But now I look back, I say "oh, there's all those things inside of me. So, let me look at that."

SS: yeah.

WC: So, in a way, I try to hold a mirror up to the people that I'm working with and say "well y'know this isn't serving you, for example, if, and a lot it having to do in the realm of like self worth and things like that. Uhm, believing in one's own ability...Okay, well y'know like...Do you want to keep that?" "...you see that it's not serving...like you do you want to keep this?" And it's like looking at this aspect that teaches ourself that aren't serving us. And maybe even shedding light or providing questions that

they themselves can bring themselves into spreading that light or awareness on aspects aren't serving them. So then once we know, in my opinion, is to have awareness to shed the light.

SS: I completely agree. Yeah. So you are shedding the light on some of those shadow areas of themselves and...Is there an Ah-ha! moment that occurs when you do that with your client? Like 'oh my gosh! It never occurred to me! I didn't see it!' Um, anything that comes out like that?

WC: I would say that with the people that I have worked with most of the time, I'm gonna say - yes - and y'know I really do try to hold this idea that, again, I'm a mirror, I'm not giving them the answer I'm merely providing the mirror so they can see the answers for yourselves and then, y'know, it's really more empowering...it's one thing like if I give you the answer and another thing if you get the answer for yourselves...

SS: yeah.

WC: and you see that...like "oh snap! I've been a butt hole to my parents this whole time!" That's not cool. Then it becomes this thing, like I myself and other people I work with have these huge emotional releases because we have this like realization, this awareness like "oh my goodness! I never saw like that, I never saw it in that light!" So, I would say — yes!

SS: And then they see — oh! I see I have this behavior — and then what is the cause of that behavior. And then you can track backwards to find out...um, I react to my parents in this way when something happens and uh, I stronger react, it's a trigger for me but okay, but looking at that helps my shadow self go a little...take a few steps backward to find out, okay, so what is it that is so sensitive in that spot right there.

WC: yeah.

SS: There begins the work.

WC: Absolutely. Once you see it. Once you seen that shadow. Once you've seen that aspect. Y'know, ultimately there's choices that come after that. Like one of them is okay, screw it! Y'know, I don't want to even worry about that — I'll just let that be. I might now say that as much...but like that whole idea of like sweep it under the rug, y'know? And I think that is the next step after awareness I truly think that it's taking responsibility. So once I know that's happening, it's like okay, I need to take responsibility for that.

SS: That's where the "L" comes in, I think, in right Jarrod?

WC: What's that?

SS: Where you take the leap into the responsibility piece to the transformation.

WC: Am I taking the leap into it?

SS: The leap, so...

WC: Oh yes, yes, yes...

SS: Yeah, I was following the W-O-L-F and it sounded to me like we had gotten to the point now, okay, there's awareness, we know this behavior occurs now taking the responsibility is now owning up to that and making that change.

[00;25;37;16]

WC: Yeah, so the way that I describe "leap" I think like that responsibility is this, it's almost like this, okay, I have seen it and now I have to take responsibility for it. The way that I relate "leap" is, it's this responsibility of leading into...I think it's like this symbiosis of things...it is, okay, I see this, now I'm taking responsibility. Now, how am I going to make this different? And the way I would describe it is... it's now it's time to start to think about and to create so to speak...a plan! I see this, I take responsibility...what am I going to do differently when I am confronted with, uh, some kind of emotion that is triggering during an interaction, let's say, with my father. I see that. And normally my response is - X - my response normally is to shut down into...this is actually true to how I used to deal with an interaction with my father. Uhm, instead of like fully withdrawing, and just having it go in one ear and out the other...I can do these y'know one to three things instead. So, y'know, this is a simpler model an idea...but actively choosing this is what I'm going to do — here is my plan — that is mostly what "leap" is.

SS: Yeah, just a little bit aside there...Do you ummm...When you see these kinds of interactions with parent and um, y'know, teenager, do you coach them on as a together sometimes? Is it necessary to bring in the parent and have a walk through in some of these interactions and I'll be here — you as the coach — be there to mediate or to coach through certain interactions that you discover with your clients that could be y'know, sort of, a stunting point for their growth and if they could get past, uh, certain fears within their relationships uh, that perhaps, there's the growth that could take place? Have you had to go through uh, experiences like that with your coaching?

WC: Uhhh, so...may I answer that question by prefacing uh, an opinion of mine that could be, possibly pretty valuable but also maybe contrary to what some others believe?

SS: Sure, absolutely.

WC: I, again, it may not be a popular opinion...but I do wholeheartedly believe that the child or the youth or the, y'know, person that is growing up, is a product of essentially how they were raised. Their interactions with their parents, with their peers, with their school...and y'know, I do believe that...from the research that I've done and from listening to like Seneca and people like that...that ultimately how we grow up it is a lot of times correlated with the parenting or parenting style. So, I don't know whom this is or whom this is not...but, I think that it is, in that old saying, it takes a village.

SS: hmmm.

WC: It is both the individual for the youth but also the parents to take that responsibility. Y'know, it's not like this...okay, here's my son and here's my daughter go and take care of them and here's all their stuff...hmmm, no, like there really is, I believe, an extreme importance for their esteem and interaction and a working together — as parent and child — because if a child is doing all the work but their environment or their experience with their parent isn't transforming at all it's really, really difficult be a transforming individual in an untransformed environment. If that makes sense?

SS: It completely makes sense. I did a coaching, I do coaching is also with families. There is an example of one youth, he was a young high school baseball star...really talented individual but he was a hard gainer. He could not put on weight...he had what's called an over sensitive in terms of his tastes? He was a high taster? Where, y'know, the average herb if you eat it — yeah it's tasty — but for him his oral factories would just explode and not only was he a hard gainer but he had a very, very difficult time eating anything with flavor, for that reason. I actually was coaching him, specifically, on what he could eat, what he could make for himself and, uhm, in order to gain weight and, uh, be healthy. Well, it actually really involved the entire family — we sat down as a family — and we um, talked about how the family interacts in the kitchen and the foods that they make. And then I worked solo with him and how he can empower him in the kitchen with what he could make and, um so, and then we came back to the family and this is what we discovered. And it wound up being the result was quite successful, he was eating, the family, everyone was on board. And uh, they could go forward, I actually lost track of him, but, he was doing really very well when we closed our coaching sessions. So, I completely understand and agree with you Jarrod on that one.

WC: Yeah, and I, y'know really I do believe that...I haven't had long interactions kinda like as you were asking earlier...with y'know working both with the parent and the kid? Y'know usually it's separate...right? So, like with one client I work with, I work with him then I'll interact with the parent and then we

will kinda like go back and forth on things that y'know work...but never been, I think where, I guess it's been like both things together? I would be curious as how that would go. I think that um, I would love to be able to get that type of work. Especially if I could partnering up with somebody who could probably more easily be understood and seen as an adult figure, cuz I'm still probably seen as a kid... it's funny...I kinda relate to myself now sometime playfully as "oh, I'm Uncle Jarrod!" In that way... but...uh, definitely do believe that it is a group effort. Y'know, I think that, just like you said, like working with the actual youth themselves and then also the parent think that, that is ultimately the way that it all comes together versus the y'know, child thinking they have to do it all on their own. Like wanting to eat healthier but then all they see is y'know junk food all the time. It's like all my will power is being used in the beginning of my day!

SS: umhmm, yeah, it may appear y'know, as being young for the work that you do, but you have an old soul in you that is very wise. There's a lot of wisdom, when I saw that and felt that the day we met. So, um, y'know, age doesn't mean anything no matter where on the timeline on age you happen to be it really has more to do with who is inside...uh...I want to finish out the W-O-L-F before we move on — Feeding the Wolf — taking action. Y'know, how do you think about that last piece to the WOLF acronym?

[00:34:26;37]

WC: Yeah, so we have now...we have an idea of where we wanted to go. We know why we wanted to go there. We've seen, ultimately, what is possibly keeping us from making that change. We said, okay, I see that, I have a plan now. Now seeing the wolf is essentially going in and having that new action taken out. Whatever it is. If I know that if I really want to change my diet, which is something that a lot of people go and want to do and they try it and maybe they fall off...um, I'd say that, okay, instead of trying to jump y'know immediately into uh, having a perfect diet regimen and y'know working out 3 meals a day 7 days a week of exactly what I'm going to eat and I'm going to work out an hour or two hours every single day. I'd say that maybe it's just starting with something simple. Y'know there's some people who are ready for radical change and y'know maybe it comes because of a need for a drastic change in that point of their life, and I'm like, go for that! But for some of us, y'know myself included, sometimes it a little bit of consistent effort to see the result. Like for me, I wanted to take on doing yoga, and I was like — I want to do it everyday! — and then I started doing it and then I missed a couple days and got really hard on myself and I ended up dropping it. But then I just committed to a

simple 30-day yoga challenge, that was only like 15 to 20 minutes a day. I saw it through to the end... and also had compassion for myself whilst going through that process, because there were a couple of days where circumstances ended up arising and instead of actually doing that specific program, I just said, you know what I'll do just 5 to 10 minutes of stretching. I won't actually take this hiatus. I'll just y'know make my 30 day a 34 or 35 days and being more compassionate. All that to say, I digress a little to say that it is taking action. I think from every self-help person or book I've ever read it's about doing it consistently. You don't need to read a book a day or 50 pages in a book a day but if you just show up and read just 5 pages you compound that over 365 days of the year, you're well over the 1,500 page mark and that y'know, may equate to on average of about 5 to 6 books which is obviously 5 or 6 books more than not having read at all.

SS: Yeah, I think you have said a couple things there there that really resonate with me and how I, um, coach but one is to be super-compassionate to myself and teach that to others that compassion is extremely necessary for keeping the action in play. If you, immediately say to yourself — oh, no, rats I missed it today! Um, I'm not going to have that hour or I'm not going to, y'know, eat like the perfect example of what I should be eating — well a variation of that even if it's an action toward in the forward direction, however that looks is still action. So, uh, I, I uh, completely think that the compassion side of things has really got to be internalized because too often we dismiss, one slight fault and then it's okay, is all or nothing kind of thinking is just um, not serving us at all. So, forward motion. Y'know, action no matter however that looks. Could be long, short timeframe. Y'know it can be all in, it can be one foot in, y'know, that's okay!...as long as it is in the forward direction.

WC: uhmm, you're, I think that you are spot on with that. I couldn't agree more. I would even go to the extent of saying that compassion is important and is necessary.

SS: yeah, that's huge piece too and I think that is why many of us are not staying in the game, y'know, for our own transformations. Making our WHY into a WHAT and it really does stand in the way and so compassion is very, very important. So, my next interest about you, Jarrod, is why do you do this? Tell me about uh...What's your story about how you came to, uh, becoming a life coach for youths? And uh, I want some background on you. I think you've got a niche here that is so incredibly important. I can almost see you training others in, y'know, others in your age group. I think it matters. I think the age group that you are in helps a youth to feel that you can understand. Y'know, you come from a place of a true mentor. Because ... you're in your 20s? Am I right on that?

WC: Yeah, I turn 23 on the 23rd of February. This is my golden year!

SS: Okay! Alright then! So tell me...how did you come about becoming a life coach?

WC: Well, that is a good story. A good long story I would say. Um, I will say that...it's got so many facets...so I will just start by starting. Um, ever since I was young. Middle school and even entering into the high school I was uh, bullied, ostracized, and kind of like left out and it wasn't as overt as some people experience it. It was very much uh, covert and more like very subtle like — you don't belong — type stuff.

SS: uhmmm.

WC: And when I got into high school I did everything I could, in my eye, to fit in, I did popular sports, I joined the football team...I uh, quickly was put down because of my height. I was too short despite the fact I was one of the more talented...uh, when I was doing...so then I ended on taking on competitive weight lifting. So then, I'm like okay, if I do this then, so to speak, I'll be good enough. So I done the competitive weight lifting and ultimately dropped football and ended up sticking with competitive weight lifting, I got really good into my junior year I started cheerleading as well and I basically, I started seeing myself as someone who was gifted in these areas. I ended up going to states, in both, weight lifting and also in cheer leading...getting a state ring amongst other things. And I do very well in sports, uh, and somewhere along that journey I had this idea like — oh! it would be cool! — to be able to, to share this knowledge to others and I started teaching, kinda like, not ever like formally like others did but I started coaching people to lift weights and stuff like that and the idea was to help people do more with their physical capacity and stuff like that. It was something that I enjoyed. It was something that filled a need that helped people could see that within themselves in its own right it was a confidence-booster. And, uh, after around the time when I graduated high school, I did, just like a good boy, like I was supposed to and I went straight into college. I started going to a local community college at Valencia, put in my two years A.A.. And around that time, uh, in my first year, heading into my second year into college in the 2015 into 2016 year into college, mostly 2016...life was...I was doing all the things I was supposed to be doing. I was going to school full time. I had four jobs at the time to try and pay my way through school. And I had a girlfriend. I was making pretty good money. I was working out almost every single day. Ultimately was able to graduate college with no debt, to pay my way through...because of kinda like the never-ending encouragement from my parents and things like that but y'know, it was ultimately was able to do all the things I was supposed

to do. And in, y'know, hind sight, it all seemed great like I graduated magna cum laude and honors... and I did all those things...I continued to excel, taking care of my body and things like that but what people didn't know about is what was going on behind the scenes. Which was that I was y'know, working and schooling somewhere of close to 60 and 70 hours a week. I had no social life, I didn't spend any time with friends. I...any time that I wasn't spent studying or schooling, I spent with my then girlfriend who, at the time, was struggling, heavily, with mental health related things and uh, ultimately what ended up happening was...was I kinda getting beat into the ground by a series of events. And, to make a long story short...and within that...my parents, on both sides, my parents are divorced...both sides started having conflicts that uh, was rippling through our family, and I have always been the rock in between both families — the person that everyone always kinda came to and like laid out all the things that they were struggling with. And I was always the ear for that so I was always trying to be the rock for them. And umm...but, I had some dudes pop up with both of my sisters that ultimately was liken taking up a lot of energy and kinda throwing it into the mix with our family which was also very difficult and amongst that I basically had an accident where I like, destroyed my ankle which knocked me out of walking for about 9 months which, y'know obviously, I wasn't working out around that time. And that was like...that is how I took care of myself, like working out and moving my body was how I took care of myself so that kinda like really put a damp on my mood. I recovered from that and then all of a sudden like everything all at once just decided it was going to explode and that was when the peak of everything that was happening in my family exploded in my face. Um, my experiences at work becoming very unwanted and very unliked because I was showing a fellow student work and then and I was getting like some simple things about like how I need to cut my hair off...things were nagging at me...and then amongst that, I was with a friend of mine...whom 5 minutes later, I was with my girlfriend and with my friend...5 minutes later drove up the rode and got into a terrible car accident and ended up passing away...and then, had to come and like deal with all the emotions of that...uh, with my girlfriend and things like that...and then also shortly after that had gotten into a horrible accident, totaled my car, and messed up my girlfriend and cracked my ribs and had all of that I needed to deal with...and it was really becoming just more and more difficult to deal with because she was really struggling and I was trying to be there to support her and I was trying to work my jobs and I was trying to go to school and I was trying to take care of myself but it all just became too much...it got to the point where I realized that I was numbed out to the world...I didn't feel

anything emotionally and very little physically...I was able to work out I wasn't able to do anything for me...and it truly left me questioning my life...I cut off my...the relationship ended with me and my partner, um, I quit all of my jobs...

SS: All four of them!

WC: All four of them...I uh...the only thing was that I did stick during that time was school and it was very fortunate because I was an online student so I didn't have to go anywhere. So, ultimately, what ended up happening was very few people knew about was that I stayed in my room suffering in silence, in a dark room and I was numbing myself. My way of dealing with my pain when I was in middle school and in high school when I didn't have friends, so to speak, and that, that um, interactions that went to have was that I numbed myself with video games — I played a lot of video games. I mean an unreasonable amount of video games. And in hindsight, now old self, I can see that, that was a numbing technique. Instead of dealing with reality which was, obviously, blowing up in front of me...I numbed and played a lot of video games, I get into the work and I just got into a really, really, really, into a deep hole. I continued doing the school work and stuff like that, but I didn't really work like have a regular job until almost 2 years after that, I think. I was very fortunate that I had accrued so much money from working so much that I was able to kind of support myself through that...but it hit this like all time low when I thought I was starting to do the work and I was in a relationship then...and it occurred to me that my gas tank had been on "E" for so long, and I had been in the same environment for so long and nothing was changing for so long that it was slowly starting to drive me insane!

[00:49:10;20]

SS: Yeah.

WC: Obviously, I was struggling with depression, heavily. I was struggling with anxiety, heavily. And, I truly felt like I was...again, again, it's really funny, I was doing all the things that I was told I was supposed to do...and this idea like oh, y'know, if you do all these things...go to school, get good grades, get a good job, y'know it's like...oh you'll be happy. All right, well, I'm gonna for the sake of not, y'know, being too French, I call it — BS! Umm...So, it got to that point and it just so happened that, uh, it was summer time, I believe of 2017 because it dragged out from 2016 this entire incidence. Uh, and it was summer of 2017 and I was like, I need a change of scenery...so like, I just had this epiphany of going online and looking up summer camp jobs out of state. And I found some in, I think it was New

Jersey and I was like that would be cool, or whatever...and those were what was immediately available to me...but then I like, epiphany — Wait a second! — I've always wanted to go to California! Let me see if there's any in California! and, long story short...I found an un-Godly amount of camps in uh, California and applied to like 20 locations within 3 hours. Heard back from 5 or 6 of them within the next 24 hours and basically within the 3 days, from the time that I applied to the time that I was leaving...I interview with 3 different people, interviewed twice with one, got background check, booked a flight, cancelled a flight, enrolled my best friend, booked a flight, cancelled a flight, got into a car and drove to California —

SS:Huh!

WC: — in three days.

SS: Man! It's one thing about you, Jarrod...you are, you are a man of action (laugh) there's no question about it! I mean...even going back to...I'm trying to just visualize how I would do with 4 jobs, full-time student, girlfriend, uh...and working out everyday! Um...y'know, it blows my mind! Uh, clearly that is just not a sustainable lifestyle but, what it also shows to me is just that you are a man of action as well. And um...you just have to temper that a little bit (laugh)...yeah, that's unfortunate you had all those um accidents but a lot of times when you're in a state of um...trying to accomplish more than y'know, human beings um, probably, should accomplish at anyone one time then there's going to be a little of uh, y'know you're accident prone basically, y'know it's kinda like, I think about it when, uh, you'll notice...you've probably noticed this but um, professional basketball players...they uh, towards the end of the season when it's really ramping up and they're traveling, they're working out, they're they have one game after another, after another...you'll notice

WC: yeah.

SS: ...a lot more injuries occur, y'know...

WC: yeah.

SS: it's a grueling schedule physically and mentally too...so yeah. Um. Wow! That is quite a story! You have um, really accomplished so much! But y'know, it's such a learning process...and really, really a huge piece I see in all that is that uh y'know, you took a lot of life experiences and turned them around into learning y'know — what can I learn from this, and how can I readjust, and look at myself, recalibrate, uh and move my action plan is going to be now, just calibrated a little different going

forward — you have been through this process yourself! And now you're refining and refining and evolving. It's pretty cool to hear about that!

WC: Yeah, and you're spot on with that I mean, and ultimately that was how the process was born like having gone to California I ended up working at that camp with kids and adults with special needs for 3 months and got basically like revived, I like came back to life. I was like "holy cow!" Like, if you don't mind if I share another quick little bit from that?

[00:54:02:03]

SS: Yes! Do it, yeah!

WC: This was the final bit of the story...it all kind of ties it in together. But like, even while I was there in California I was like struggling a lot because uh, I was working and uh, a lot of things began...and I am sure you can attest to it...um, life happened again. Where I was struggling at work. I had a lot of people um like talking behind my, I had this one specific person that really was talking about me behind my back and like picking at me at work. And what they didn't know was that I was...and it happened, when I get really, really stressed out, I start to withdraw, and I was starting to withdraw a little bit in my work. And, nobody bothered to ask me why? And ultimately what was happening was in about a 2 week span my grandfather passed away, I went through a pretty awful breakup, um I had another horrible accident happen where I messed up my ankle pretty bad...and then...

SS: For a second time?

WC: Yes, the opposite ankle.

SS: oh.

WC: Um, so, the final straw, mind you um, y'know — through this, oh, um I mentioned my friend passing away. Uh, I this was, not just a friend...like, got a call from a friend of mine and he, this is my oldest friend, my friend from about 5 years old, called me and when I moved to Orlando, when I was 5 years old, my 2 best friends, um were these two people the one who called me and then the one that he called me and said, hey, like he's sorry...but like, he passed away...and in that moment, and this has happened, the same thing happened in the accident occurred when my friend passed away...I did not cry. And I'm like thinking was like — Why can't I cry?...Why can't I cry? — and like all I could say was like 'oh, I am so sorry.' It was almost like I was completely numbed out to it. I was numbed out to it. Nothing was hitting me. Like nothing was able to connect, my grandfather and everything else...Like the final straw in that last 2 weeks when I was at the camp, I got a text from my x-girlfriend saying,

hey, I'm so sorry about hulk, and I'm just like, what are you talking about? Hulk is my...Tik and Hulk is my two dogs at home...so I called my stepmom and she is like 'hey what's up?' and uh, I said 'What happened to Hulk?' and immediately she went from bubbly to sobbing, crying saying you weren't supposed to find out. And since then, I came to find out that something went wrong with his internals and he passed away. And...he was like my little buddy and that was like the final straw...and in that moment I remember being outside in like the cry of like, in like at least, at least 2 full years had hit me and I'm like boo-hoo and sobbin' my tears just run down my face just like you just got broke up right before prom...like that type of cry...and it just like, I cried for a good 15 minutes straight, and after that happened I had this just like...a moment of full blown openness. I never felt so clear in my entire life. It's like the emotions of 2 years all just went through me all at one time. All got out. I just felt like freed up!

SS: mmm.

WC: And it was like, I think, in that moment or in that experience when I realized that I been going through like so numb, so zombied, so just like tired out. I couldn't do anyone. Just like what you said like, I knew that like in my faith of going like I was essentially doing this work unknowingly, but the piece that was missing the piece that and I'm even now doing this work is I've had emotional suppression and numbness for years without even knowing it and that is why, I think, that, that piece of the puzzle so to speak. That old self is to me was one of the most important. Like, it's not the stuff that you know hurts you the most, it's the stuff that you don't know that hurts you the most, in my opinion.

SS: uhmm, yeah.

WC: And that was where this process, I believe, was birthed.

SS: Yeah. That uh, that release just all that pain uh, was just sitting in there...the stress that we put upon ourselves...it's inside of our entire nervous system. Our nervous system is picking that up...carrying that load we are not always aware of it either. It is at a pivotable, pivotable time like the moment when you heard about hulk...there's always a trigger. Like that it's gonna just...you can only put the Jenga y'know, take as many Jenga pieces, the blocks off the tower before it's finally going to crumble...

WC: ...that's the perfect analogy.

SS: yeah, our nervous system can only hold so much before it's going to have to release that. Um and then the strength comes back and then you feel, you know, oh my gosh! I can fly suddenly!

WC: Yeah. You are spot on. I've heard about this idea of like, we have like a GPS, a global positioning system. Um, and then I have also heard of uh, something similar being like in relation to our emotions...an emotional guidance system. And for me, I do believe, that my emotional guidance system was probably (laugh) — not just me! — our emotional guidance system is off. And just like you said, like with that Jenga thing, you pull too many blocks, you've had way too many things occur before you've actually had that release. At least for me and I'm sure y'know for people who have had similar experiences and like anytime that I find I have an emotional release, almost every single time, like I have this like clarity. Something comes up, some aspect of self I've been holding or something that no longer serves me comes up ...I deal with it and then I just have...it's almost like a piece of the puzzle come back.

SS: Yeah...that's so, so cool. And y'know...we have to recognize when we are killing ourselves, y'know we are not keeping the compassion piece for ourselves that is...we are internalizing that in our nervous system as well and that is manifested in negative behavior or your not progressing the way you'd like, your not going forward or evolving the way you'd like to, um, y'know if we are in a situation, a relationship situation that is unhealthy that is inside and being absorbed in our nervous system as well, and again, y'know all these things...we may put up with it and may say — I'm dealing with it — but there will be a moment in time where that it will all crumble. The Jenga tower will fall and we're going to have to put it back together again, but in a better way, a stronger way, and recognize those um, those outside forces and how they affect us. Surround ourselves with better relationship um, people that are supportive and encouraging, um y'know, those nurture are what we have to recognize. Y'know and also our lifestyle has to nurture us as well.

WC: yes.

SS: I'm gonna, I'm gonna change it up here a little bit here, but one thing I have to ask you also is...I mean you have come through some pretty serious injuries...

WC: uhmmm!

SS: ...and... but you are very fit! You're also doing flips at The New Media Summit! So tell me, can you talk a little bit about your...how you came out of that and how you maintain your physical body and... What are your practices to keep yourself fit?

[01:02;41;11]

WC: Well, I would say that fitness, in itself, is comprised...and I know I'm not the first person for sure... but I do believe that it's comprised of four things, mind, body, spirit, emotion. I think that it's not enough to be physically fit, especially in the world that we live in. So, I believe...if you like I can kinda speak a little bit to each of one of those?

SS: Yeah!

WC: But, even more specifically about the physical element? What I'll say is that I was a point was working out seven days a week, um, upwards of y'know, one to two hours. And that was the time when I was probably most just like, in my body...and I'm not at that point again yet cuz I was like before another series of injuries that had occurred and now what it more looks like is...I really do like to have variety in my training and ultimately my main goal with my physical well-being is uh, it's beyond strength, it's beyond all body...it really is I want to be able to move how I want, when I want without pain or limitation. So, in other words what that means is I have like, I have like real goals of having a full split...and like, all the different things that I want to be able to move my body how I want to...I really get into things like animal locomotion and um, movement-based practices, I do calisthenics, I do bits of acrobatics and hand balancing. Uhm, I'm going to be getting back into implement this like, hypered system, where it's about having variety. In that sense like y'know, some people might choose like power lifting or body building or just this or just that...um, I want diversify, to have a little calisthenics, a little bit of the bodyweight training, a little bit of the weight training, a little bit of the resistance training, some of the hand-balancing movement-based practices. Um, ultimately when I look at me as a total human I want to be able to...uh, I look at strength, I look at mobility, I look at flexibility, um, and that in itself is like durability. And then, um, and then um conditioning — the other aspect. Like, I want to have that being a part my physical realm, is having all those intermingle. Because, to me, it really is about longevity, I think that we all want to live long healthy lives and not be in our 30s, 40s, 50s, 60s, 70s, like just in chronic pain all the time...so like that to me, is what I'm cultivating with my physical um, practices is having that longevity is being able to just move how I want, when I want pain free! And uh...

SS: Yeah, yeah I think that's is an excellent approach to being in the best physical condition possible and it is long term. It's a practice that is necessary for life basically. And so, um, we are human...our

human body is meant to be in motion and uh, are skeletal, and muscular system, our nervous system, our hormones. circulatory system all has to have motion for it to work properly and be healthy.

WC: uhmm.

SS: And uh, yeah...so what you are now practicing y'know, is that injury-free, um total body um y'know, when you incorporate all those systems, um, total body exercise in the realest sense of that word. Yeah.

WC: Absolutely. I mean, again. Y'know it's just...I want longevity and I want to have fun. I want to have fun and do it well in terms of the physical realm. Um, and then ultimately y'know, everything else feeding that mind, body, spirit, emotion like the rest of those...that fitness I think, ties into that and like adding practice like I also do a lot of yoga. I do yoga almost daily now, if not daily um, which has been helpful for all of those...

SS: So! You've embraced the yoga after all! (laugh)

WC: I've embraced the yoga! I've embraced some heck out of some yoga!

SS: That's excellent! (laugh) Well, let's see, I did have um, a couple things left I want to ask you...one is...What lights you up Jarrod? What is it that lights you up? And it could be personally or professionally, it doesn't matter.

WC: This is going to sound silly — and I'll elaborate a little bit but what lights me is being joyful and being in my highest light and then being able to share that with somebody else, I mean I can go down this like path of like oh, travel and uh y'know me working out and moving my body but ultimately what it comes down what lights me up is really making sure that no matter what, especially, especially when it's tough, uh is doing the work that is closest to myself...to my, to my highest self, my inner being, not like this outer doing that I portray myself as but the more that I know myself internally whether that is reading a book that bring me closer to myself. Spend time with people that bring the best out of me that brings me, closer to my truer self. Like ultimately, what I think is the most that... when I am most in alignment with myself as like a brand new born baby. Cuz then I was unfiltered, and I wasn't worried about how I was going to be seen, and what I was going to do, how I would be interpreted. So, anything that I can do that brings out that essence. If it's travel, if it's reading, if it's moving my body, if it's being with people, if it's taking a cold showers because it reminds me of what it's like to feel alive. I love cold showers. I totally advocate taking cold showers! umm....

SS: Awesome, yeah, that's an excellent way even to start your day! It takes some building up to! But, uh, yeah...

WC: I do it everyday, in the morning, just like you said (laugh).

SS: uh, uh, that's great, a great way to think! And, uh, the other question I have is...What do you see in the world that blows you away right now?

WC: oh, I like your question...

SS: Completely, anything at all — in a good way.

WC: That narrows it down. Blows me away?...that is good...um...well you know I think what's really cool...what's really cool to me that there is, in my opinion, this massive, I'll call it, this massive movement towards conscious living. However, y'know anybody wants to take that...it is up to them... but it is conscious living whether it be y'know acknowledging again, acknowledging the aspects that aren't serving us and like seeing it. More people are, so to speak, coming into or waking up to this realization that there is so much more for us to, to BE and to DO. I think that y'know, a lot of times we get stuck into doing but really in this being realm as human beings that more people are realizing that they have more to offer to this world. Whether they are a speaker or writer or author or poet if they're an artist...like y'know, these types of expression they're not new expressions but I think that more people are realizing that they can't do it and by one person owning up, and again, it kinda goes back to that last thing I said about owning up to their true inner self and having that voice be heard. It truly inspired other people to do the same, so I think that we're in a time right now where a lot of people are truly gonna have the opportunity to be themselves more than they can ever be and to touch, whether it's one person, two person or the entire world with the work that they're creating is to me that is the most inspiring thing.

SS: I love it. I'm really loving what we are talking about today...you are bringing a lot good value to this conversation. Now, I'm sorry, but there is another question. You are a book reader and I'd like you to...

WC: Bring all the questions! I'll answer them all!

SS: What books...What books do you suggest others to read? That stand out in your line of book reading. What do you have as titles that you'd like to offer to others?

[01;12;17;03]

WC: Well, that's not going to be hard! I'm looking at my bookshelf right now!

SS: Alright!

WC: Umm, I will say this...there are books that I've read and that I recommend and there's books that I haven't read that I already recommend, um, and that sounds kinda funny...but there is, there is a reasoning for it...so the books that I have read...and this is mostly just because...and I will preface with...one of the books that I highly recommend to honestly is the The Celestine Prophecy: An Adventure...have you heard of it?

SS: I've not, not heard of it.

WC: Uh, to me that was probably one of the most amazing books that I have ever read. Uh, it's amazing it just...ahh...it's just really good...it talks about so many amazing concepts but ultimately one of my bigger takeaways is that, uh, y'know and again, I believe this to be the truth, and I also think that science is also y'know (unclear audio)...ultimately everything is energy and we are, uh, we are truly powerful individuals who ultimately can manifest anything, whether that be in the greatest light or not, uh, and this book talks about all these like really amazing concepts in a way that's truly understandable and puts inside of a story that's really captivating. Um...

SS: Who's the author?

WC: James Redfield

SS: James Redfield? Okay, alright, cool!

WC: Yes. Um, I'm looking at a book called The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results...I'm sure you've heard of the author Gary Keller?

SS: Gary Keller? Okay.

WC: Yes. Uh...That book is amazing! It basically talks about a lot of really, really great principles that are perfect for moving the needle! Um, talking about things like time blocking and uh, also talks about the main importance of having a clear understanding of what is it we are aiming for and how to go about doing that...that was a really good one...um...one that I recommend that was recommended one from my mentor it's really good for creating a foundation for financial successes called The Richest Man in Babylon.

SS: The Richest Man in Babylon...

WC: Yeah, that one is an old — it's a classic...George S. Clason

SS: George S. Clason...

WC: Yes. Umm,...and then one that I haven't read that I know...I'm just so excited to read...Own the Day, Own Your Life: Optimized Practices for Waking, Working, Learning, Eating, Training, Playing, Sleeping, and Sex

SS: I know this one! Yeah.

WC: Oh, you do?!

SS: Yeah! I know that one! Who's the author of this one?

WC: ...Aubrey Marcus

SS: Aubrey Marcus, yeah, uhmmm

WC: I am a humongous fan of Aubrey Marcus! His work is phenomenal...he's actually one of the people I look to most in terms of like...his entire book is about everything...he talks about...Optimized Practices for Waking, Working, Learning, Eating, Training, Playing, Sleeping, and Sex...I guess basically how to own one good day! If you know how to own one good day then you know how to own everyday! Um, and all of his work is amazing! Um, that's why...I've fed it and I haven't even read it yet...I've been waiting...I'm so excited, I'm like a kid in a candy store with that one. And, um, outside of that there's this one book, and there's a lot of books about, uh but, uh I talk a lot about doing the work with the aspects of self that we are not aware of...um, are you familiar with the enneagram?

SS: Say that again?

WC: The enneagram?

SS: Enneagram?

WC: Yeah, have you hear of that?

SS: How do you spell it?

WC: E-N-N-E-A-G-R-A-M

SS: No! I have not heard that!

WC: So this is...the short version...is y'know, we've heard of things like Myers Briggs personality...have you heard of that before?

SS: Oh, yeah, yeah.

WC: Myers Briggs...and y'know a lot of personality test and things like that the five traits of personality whatever...um, to me the enneagram...it's very old...it's an older version, in my opinion, like a lot of personality traits that have this um...you kinda look at the outer workings of what is occurring like the actual actions, the enneagram to me...is like (laugh)...it's a book that basically takes

all of your Kah-Kah and puts it right in your face and says — ‘hey look! This is the aspects of yourself! — essentially the way it works there are nine basic personality types...I won’t get too far deep into it... basically, each one has it’s own, uh, it’s own ways of being...and it details like when...three different states, when you’re healthy, versus, when you’re kinda average, versus, when you’re unhealthy and the best part about it is when you do the work...what you’ll see is you know whether you’re in a healthy, average, or unhealthy state based on the reactions that you’re taking and having that awareness of — Oh! I’m in an unhealthy state! — we can then make a conscious decision and say...Oh, you know what? I need to take some time for self love...or to, y’know, to just take a breather or whatever it is. So, it basically takes all the aspects of ourselves, our shadow self and our complete self to light. The book that I’ve read that I really recommend is The Road Back to You.

SS: And who’s that? Who’s the author?

WC: Ian Morgan Cron.

SS: Ian Morgan Cron...is that...okay...

WC: Yes. And I know a more complete book that I don’t have and will be getting is called The Wisdom of the Enneagram that’s a more comprehensive book.

SS: uhmm. Yeah, those are some...uh, you’ve got a very well rounded...uh, collection there...

WC: Oh, I’ve got physics books, I’ve got everything!

SS: Some of those are real traditional, early uh, some of the earliest you could call, self-help type titles!

WC: Oh yeah! I mean, I’m looking at like The War of Art, that was another good one...Man’s Search for Meaning, also an oldy but a goody...

SS: uh-huh

WC: Um, yeah, there’s all kinds of things...it ultimately comes down to I guess, to what you’re looking for... I like to have a variety whether it’s realms of spirituality or quantum physics or philosophy or just generally personal development.

SS: Yeah, uhmmm, that’s super cool! Well, I guess I’ve got...I’ve got tons of question...but um...as far as your coaching, um, and now coaching as the WOLF and your clients. You seems that you’ve been through a transformation of your own and now you are coming into your own with uh, now with your business helping others y’know, empower themselves and learn how to progress in a healthy way through that transition into college and then onward from there...um...So Jarrod, I’m just curious...

What is the most rewarding aspects of the coaching? I mean, I'm sure the whole piece of it has got to be very rewarding and the people that you are interacting with are probably so inspiring...Is there anything that, you would say, hits the top of the most rewarding aspects of coaching?

WC: I will say that the most rewarding aspects of coaching, outside of all of the amazing um, amazing comments and messages I get from parents and uh, I wouldn't say just students but youth alike, because it's both sides — I mean, I get it from both the parents and also from their children themselves — um, outside of that because that to me is like...probably just the most amazing thing ever! To get the simple like 'I am now empowered in my living!' Is, um, I really think that I find the most rewarding experiences is when I get, I have the opportunity to work with somebody who, as excited, more excited than me to do the work, and it becomes this dialog...again...I don't ever want to create this idea that I'm above anybody or that I have something that they don't or they don't know something that I do, I always try to hold myself in a space that — we are equal — and we're here to help one another and...seeing that lightbulb flick on and someone...and having them ultimately decide to transform their life! I mean, I can't imagine anything more rewarding than that!

SS: Yeah, that's cool! Yeah, you're passing a baton of empowerment with everyone you are interacting with in your business. Um. this exchange is...it is an equal exchange, but at the same time y'know, you're learning from each other uh, on their side...they're able to go forward...with all that you've showed them...it's so cool! I don't know...especially with this age group...they are just trying to find out who they are at that point in time and there's a lot of uncertainties about themselves and their future...and having someone like you to kinda be there and put light on their shadows is huge! Uhmm, Well! I don't want this to sound like a downer, but I would like to know, cuz I think if we...y'know we're all human...What would you like your obituary to read? How would you like to be remembered at the end of the day...at the end of a life?

[01;23;31;11]

WC: Hmm, that's a good question...that's definitely a question I have heard in my entire life so I definitely did not have anything prepared for this (laugh)...umm...

SS: Well, y'know, I think that, y'know, if we have...sometimes if you start backward and then go forward from there it helps to secure that WHY...when you kinda have an idea of how you'd like to be remembered that's sort of a compass for how you progress in life and how you show up in situations with people and interact in the world. So, y'know, it's something I like to find out because it just so

helpful for us to know...umm...especially in my particular case I actually...umm, y'know, I have had that situation where I have...basically died in 2011 and I'm here still.

WC: Wow!

SS: It especially resonates with me because um, I never thought about it either and I think that now coming back to it...How do I want to be remembered? Is kind of an important thing to know! Because it will help me in my internal compass as I navigate my space here.

WC: May I ask you what that was? Cuz I had no idea about the incident in 2011.

SS: Well you probably heard, recently, that Whoopie Goldberg umm, just came out of the brink of death—sepsis is what it was.

WC: She had what?

SS: Sepsis. Uh, it's basically, your entire body is um, internally filled with um, infection. To the point where it's toxicity level has reached an all time high and um, your body...well, 70% of people just don't survive from it...um, from a septic episode. In my case it was abdominal sepsis and I had uh...went into a coma...they had to put me into a coma to um, help me to heal from it...I wound up in the emergency room with um, they had to open me up...I had 36 stitches going down my belly, uh, bisecting my belly...and uh, they had to open me up. I had an Iraq (US Soldier) surgeon (laugh)...uh, it's just a blessing really...he happened to be there that Sunday early in the wee hours of the morning, and um, an Iraq um, medic, he used to do the horrors of the Iraq war and he would be there for the trauma....And I happened to get him. He opened me up. They had to completely wash out my — physically — use gallons and gallons of saline water to wash me out...clear out the um, infection. I was filled with it. And then close me up. They stapled me back up and put me in a coma for a few days to heal from that, uhm, and I had to uh...I didn't even know! All I knew was that I fell asleep. I would not have known any different, had I not woken up, but I did wake up and um, recovered from it and now I uh, y'know have been given a second chance...so, y'know I have been always doing the research on y'know, just regarding my Lupus and how do I...how do I thrive with managing my Lupus for 30 years but when that episode of abdominal sepsis occurred that really um, told me — hey, if I'm going to come out of this and I'm getting a second chance and if I can thrive from an experience like this...I'm going to share what I know with anyone I can and that's why I'm here today...talking with you. You're just incredible! I'm ahead of you on the timeline but you have gone far already! (laugh) So, that's

where y'know, the idea of knowing um, a little bit...the ending point and how you want to be remembered is super helpful, I think, in how you navigate the universe that we're in.

WC: Well I'm grateful to be in the presence of a survivor. I had not even had the awareness of that story so the fact that you're even here is amazing and we're having this conversation is also amazing. And uh, I'm very grateful to share this space with you.

SS: Yeah. Likewise! Well, I want to be sure that we also cover off how people are going to access your talents! So, let's talk about that piece. What do you want people to know that we have not talked about yet?

WC: Yeah! Real quick...I'd love to speak to that obituary question real quick.

SS: Sure!

WC: Because I had this idea that I wanted (unclear audio)...I don't need to be known, I don't need people to know my name as long as I can affect someone else's life um, y'know let that be (unclear audio)...simply put, I would love for my legacy to be something that existed outside of my being...it was more of a collaborative effort. My obituary said something it would be that it wasn't about I, it wasn't about me, but it was about we. And about us going into the world and whatever it is. Everyone has a story, everybody has a mission, having that y'know be what comes into fruition. So not I, not me, but we.

SS: That's beautiful! Yeah, yeah...take away the I's and it is a collaborative we — we are all here together — love it!

WC: (paraphrase:) No matter what culture, skin color, geographical location, what color you choose, no matter what type of eating style...I think that we all just want to be happy, we love to be connected and thrive!

SS: Uhhmm, connection...yeah we are, we are also pack animals, we are social beings

WC: Yes we are, yes we are...

SS: and we require good relationships and the we thinking is necessary.

WC: Uhhmm, tribal thinking is not a new thing (laugh) at all!

SS: Exactly, exactly! Y'know, the caveman would never have gone off on his own to do things on his own...well, first of all, cave woman or cave man couldn't have propagated that's number one (laugh)...that couldn't get you very far...

WC: No! (laugh) You're spot on! Oh, man!

SS: That's number one, so yeah. That's like at the very basic of the necessary we! The necessary we —  
Yeah! I love it!

WC: The necessary we.

SS: So Jarrod, and now how are we going to find you?

WC: Look in the deepest darkest cave!

SS: (laugh)

WC: I would like to leave with a little saying. I have no idea where it came from, it just popped into my head. Something along the lines of: If not now then when if not you then who? Ultimately all that we have is here and now. So, we're either going to take this moment now and do something or y'know live in that eternity of 'what if.' I heard a saying that the richest place on the planet is the graveyard. I hope that none of us take our ideas to the grave because that in itself, as my good friend Josh said, that is a crime against humanity.

SS: Yeah, that is a crime against humanity! Bye for now!

This closes the transcription of this audio interview with Wolf. I had a wonderful time talking with him and didn't want to stop talking with Wolf Castillo and I look forward to when will have a future interview! Thank you so much Wolf!