



## Determine Your Goals in 12 Hours | Colin O'Brady

### [00:00:00] Guest Intro – Colin O'Brady

Darin: Hey, everybody. Welcome to the show, this is Darin Olien. This is The Darin Olien Show. How's it going? What are you doing? What are you getting into? What are you focusing on? Are you focusing on creating your life? Are you focused on reacting over and over and over every day, all day, man, that happens? It certainly happens sometimes I have been having some intensity of little things adding up, so I can't get to certain things that I really want to do and it bogs me down. And then I have to go back to that inner work of like, okay, what is this, giving me? What message is this having for me? And then I investigate that. I journal about that and everything else. And then learning how to grow from the inside out, rather than getting all of this information from outside and trying to identify how the world is, how I am. Are you being shaped by the world outside? Or are you from the inside shaping your world? It is difficult to do. Absolutely because the world is an onslaught of information and news. And also, that news is mostly horrible because it gets the clicks, it gets the views. So how you spending your time? And that is a Segway into one of the greatest world record breaking explorers. This guy, Colin O'Brady talk about inner understanding of himself. Colin has set the world record and the only person to be fully human powered, crossing Antarctica. No one else had done it, speed records for the seven summits. And he is the first human powered ocean rower shared a rowing responsibility that crossed the Drake Passage, never rode a boat in his life and then learned how to do it before he started this epic adventure. We get into all of these things. It is such an amazing conversation, he's been seen and followed by millions, New York Times, Tonight Show, Joe Rogan, The Today Show spoken at Nike and Google and Amazon, all of these places, right? He has and had a New York Times best seller called The Impossible First; deeply talking about his Antarctic Passage and how that was gnarly. And now he's got an incredible book, The 12 Hour Walk. Invest one day, conquer your mind and unlock your best life. I want to do this, you take one day, 12 hours in fact, and you just go off on your own. No gadgets, no other person and you just commit hell, leave at six in the morning, come back at six at night, just get out, just do something. We talk about that. So, enjoy this conversation because again, in order for him to achieve what he's achieved, it isn't inner strength that is developed. You either develop it now, or you put yourself in situations where there is no other choice, but to learn who you are and what you are. So, kick back, relax and enjoy this amazing conversation with my new friend, Colin O'Brady.

### [00:03:56] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we, as humans can improve our lifestyles, strengthen our mindsets and take better care of this beautiful planet we call home. If you are looking for motivation to take the next steps towards a happier,



healthier life than you are in the right place. And I am stoked that you are here. So, let's do this. This is my show, The Darin Olien Show.

### **[00:04:41] Interview Commences**

Darin: Stoked to have you here, man. There's so much to dive into dig into unpacked with your journey, just super impressive. So, thanks for jumping on.

Colin: Yeah, my pleasure, man. Great to be here.

Darin: Yeah. So, there's so much you have done. It's like mindboggling and not only that, the effort that has to go into it is just superhuman and how appropriate and perfect you speak on and write about mindset because I can only imagine you are facing yourself. You are facing yourself all the time with infinite space and quiet and dealing with the monkey mind. So, I guess the first question I just have to ask like 10-time world record Explorer, adventure, Antarctica. That's what you first popped on my radar, that fricking Antarctic adventure you took. It was like, wow like, I think you said something like, if you sweat too much, you could die.

Colin: Indeed, indeed yeah.

Darin: And obviously then you just keep going and going and going and growing and all of this stuff. It's like, whoa. So, when did this kind of happen for you? When was this desire? Because this is beyond desire of just like, I need to move my body. This is like some deep stuff and how did that occur and how did that kind of happen? And what were some of the first call its feats that you undertook?

### **[00:06:12] The Desire to Explore**

Colin: It's a lot to unpack, but you say so much about mindset and certainly there's no doubt all the things that I have done certainly crossed Antarctica alone for 54 days without seeing a single other person. That's a deep journey into the mind no doubt. But you know that wasn't my first foray as you say to me, it's been an evolution of being curious about diving into the mind, diving into the human capacity, diving into what we are all capable of and really expressing myself on that way through adventure and exploration. But for me, a little bit of the origin story goes back many years ago, 15, 16 years ago. I think it was where I was severely burned in a fire. I was traveling in Thailand. Didn't have a lot of money when I was a kid, but I saved up all through high school, all through college painting houses and said, I am going to take a trip around the world on the cheap, you know, the cheapest plane ticket. I could find the cheapest youth hosts I could find, but just have an adventure. And it was an extraordinary experience as a young person all until it came to a crashing halt. When I was on this beach in rural Thailand and I decided to jump a flaming jump rope, thought that looked like a fun, good idea. And boy was I wrong? That rope wrapped around my legs, lit my body on fire to my neck and survival mode kicked in. I had to jump in the ocean to extinguish the flames, but not before. About 25% of my body was severely burned and to make matters worse. I was in the middle of rural Thailand. So was an island off The Gulf of Thailand didn't have any proper medical facilities, had a moped ride down a dirt path. Instead of an ambulance, there was a cat running around my bed and across my chest in the



ICU. It was not what you would want in that situation. But through that, it's a bit of a longer story, but that kind of condensed bits of it is my mother really came to my bedside like, quite literally came and sat by my bedside. And she was crying with the doctors in the hallways. I now know this, but she never showed me her own fear. She never showed me her own negativity. Instead, she kind of wrapped me in this bubble of positivity and really this infectious mindset, which I have now come to call. And I write about this in my new book, *The 12 Hour Walk*, I call this a possible mindset. I had to define that as an empowered way of thinking that unlocks a life of limitless possibilities. And so instead of her saying, well, you are a stupid 22-year-old that jumped the flaming jump rope and you ruined your life, you are never going to walk again.

Colin: Normally she looked at the other way and she says, look, I am not going to sugarcoat this. You are a stupid 22-year-old kid that jump the flaming jump rope. This is a bad situation, but your life is not over. What do you want to do on the other side of this? Visualize the most positive future you possibly can and through not just positivity, but through hard work and dedication. She inspired me to set a goal of racing a triathlon 18 months after I was severely burned in this fire. I told her I would never walk again. I raced my first triathlon into my complete and utter surprise. I didn't just finish the race, but I won this triathlon, a Chicago triathlon beating out 5,000 other participants, but it's funny. And even in that moment, it's easy to be like, well, I guess I am just a great athlete or something like that. It's not where my mind went. My mind went back to both myself, as well as every single person, every single person on this planet, every single person listening to this podcast, realizing that as humans, we all have these reservoirs of untapped potential to achieve extraordinary things. And a lot of that starts with the mind. And so, my curiosity, and again, I ask people, what's your Everest? My curiosity is I want to climb Mount Everest. I want to see if I can cross Antarctica. I want to see if I can row boat across this, but I love to ask people what's your Everest? Because I don't expect everyone wants to go freeze their butt off in the middle of Antarctica by themselves. I don't think that, but I do think we are all seeking fulfillment, inner peace, camaraderie, friendship, community love, and by all sorts of different ways of getting there. You know, my canvas just happens to be the ends of the earth, the mountaintops. And so, I don't know, man, it's a long answer to your question. I apologize, but it's where did it all started. I mean, I think it's been a lifelong thing, but I do think this moment, particularly with my mother infusing me with this possible mindset in the depths of despair, because what I have come to realize it doesn't matter who you are, life's hard sometimes. You don't have to be a stupid 22-year-old kid and light your body on fire to have hard things and difficult things happen. It doesn't matter if you are the richest, the poorest, the happiest, the saddest, like life's tough sometimes, but it's how we react. And that possible mindset says, hey, there are infinite and limitless possibilities in my future. And how can I architect and create that?

Darin: Yeah, man and I really thank you for telling that story, even though condensed and what a gift, because your mom didn't sound like she blew off the situation, because there's this other side that some of the world kind of like doesn't even deal with it in almost in a delusional kind of way. It's not looking at the world as a realistic way with still having an optimistic view because you have to deal with the real situation of going. What's like some of the spiritual circles, they call it like a spiritual bypass. You are actually not dealing directly



with what's going on, you are blowing around it. It's like, hey man, it's all good when you are looking at the person going, yeah, that doesn't read.

Colin: I think that that's a valuable balance of what she instilled in me in this moment was that she didn't sugarcoat it at all. Like she's like, yo, you made a massive mistake and you are paying the natural consequences for taking that kind of risk; like you lit your body on fire. You can't walk like we are in Thailand; we are far away from home. We can't even understand a lot of the conversations we are trying to have with doctors, because of the language barrier like this is a bad situation, but there's a balance between that and then still having the positive outlook. Now the other way is like, this is so bad. And then you are getting in this fear loop and this fear bubble of like, it's so bad and life's never going to be the same and I am never going to walk and this is going to be horrible. And this is that, which is, I think that is also the negative. So, it's interesting; it's what's the middle ground between the realistic vantage point of like, hey, this suck, this is hard, this is terrible but also looking forward and saying, okay, but we can move past this. One of the things that resonates for me and again, I write about this in the 12 Hour Walk because it's so important to me is people ask me with all these adventures on the other side of this, are you afraid of dying? You must have a death wish. You know, you walk across Antarctica by yourself, you climb Everest twice. You row a boat across the demo, dangerous ocean in the world. You must just be a thrill seeker, have a death wish. I have thought about that question a lot and I most certainly don't have a death wish. But what I have thought is that I am not so much afraid of dying. What I am most afraid of is not living like, I am afraid of not living life to its full capacity. And I have come to think of life sort of on a spectrum of one to 10 for all of us, one being our lowest low moments. One being in that hospital room, getting burned in a fire, being so afraid. We all experience ones and 10 being the highest highs, the elation of falling in love or in my case, crossing Antarctica and having this great achievement that no one in history had ever done or number of other high highs. But I have come to realize that we only experience our tens because of the ones, not in spite of them. Not because we are hedging against them, but being, allowing ourself the potential to take some risks and fail along the way and get scraped up. And I think too often in our modern society, people sit in this comfort zone.

Colin: You know what I call the zone of comfortable complacency kind of between four and six, just kind of sitting there being like, yeah, my life's fine. I have got a job, but I don't like really love, but it's fine. It pays the bills. I am married to someone who they are fine. They treat me okay, just kind of like fine. It's not terrible, it's not bad, but it's just kind of fine. And the truth is the reason people end up there in my opinion is they are so afraid of the discomfort. They are so afraid of having any ones that they are hedging against all the ones not happening. But by doing that, you don't allow the potential for the tens either. So, you get range bound on the four to six. So, I encourage people too. Again, it's been said many times, but to step outside of that comfort zone to take those risks, knowing, yeah, you might get scraped up a little bit along the way you might experience the ones, but that's also going to open the door, the possibilities of the tens. And to me, the richness and the full tapestry of life is in the full spectrum of the one to 10 experiences.

Darin: What you are getting at here is so important because it is the side of the world and people that don't want to believe that there's no discomfort in world. And in that



complacency, you are not even allowing yourself to have this fullness of it. And dare we say, isn't the ones, isn't the struggle, the propeller, isn't the challenges, the propeller for possibility. If you weren't faced with the challenge, you wouldn't even sign up for the triathlons. You didn't even know your capability until you had this gnarly event to reassess because we don't get to live without crap happening. It's just literally not going to happen. Do you find that when you ask people what they really want, like what is their Everest? Do you find that people even have a hard time even verbalizing and acknowledging even what their Everest is?

### **[00:15:06] How to determine your goals in 12 hours?**

Colin: Yeah, it's so interesting. So, I have asked that question to thousands of people, people from all different ages, backgrounds, et cetera, it does seem to be, there's sort of a split in people. There are certainly those people who immediately are like, my Everest is this or my best life looks like. And they can list the five attributes of exactly what that looks like whenever. Then oftentimes they tell you a bunch of excuses as to why they are not doing that and we will talk about limiting beliefs and excuses. That's a whole other topic, but then there is a large percentage of people for sure that go, I don't know what my Everest is. And I have dug deeper with that sort of subset of people and said, well, why is that? And I find two reasons. One is, people are afraid to dare to dream. People are afraid to verbalize that because they don't want to be let down by not having that, by going well, I always wanted X, Y, and Z, but because of who I am or where I am at in my life or this that's not possible.

Colin: So, I am not even allowed myself the potential to dream about summiting Everest. And to me, there's some sadness in that but the overall thing is in addressing that actually. So, my new books called *The 12 Hour Walk* and we can talk more about it. But at its core is a call to action that's saying you can read this book. It's full of great advice of mindset overcoming limiting beliefs. I don't have enough money, I don't have enough time, I am not strong enough. What if I fail? And it really breaks down that through a bunch of rich storytelling, et cetera, but at its core, it's true essence. It's saying forget all of that. You want to live your best life, you want to summit your Everest. You want to cultivate a possible mindset. Well, I have a one day prescription for you, which is simple as can be go outside your house, put your phone on airplane mode and spend one day 12 hours by yourself walking. Now, if you are not in like the best shape, this is not a physical challenge. This is actually a mental challenge. So, I don't care if you walk over one mile, I don't care if you walk for 50 miles, I don't care, if you take a hundred breaks, it is about taking one day, no podcast, no music, no inputs. And going into your own body, your own mind and walking, I have test this with tons of people. The origin story comes from my own very long walk across Antarctica, but the depth that we can find within our own self, within our own psyche and for those coming back to the not knowing what your Everest is, I love people to contemplate what their Everest is. And if they know what that is, *The 12 Hour Walk* breaks you through a bunch of exercises in that day that calcifying into solidifying how you can actually achieve your Everest, how you can unlock your best life. The subtitle is *Invest One Day, Conquer your Mind and Unlock your Best Life*. And I have seen people's lives change in just 12 hours, because there's so much clarity without the noise of the day to day, life of social media and emails and texts and podcasts, whatever. And I am not vilifying that technology. I am saying yeah, of course that's a part of my life, part of all of our life, it's great. But take a day away



from it. Take a day to go into your mind and have that walk. But if you don't know what your Everest is, if you are starting out on this 12 hour walk, you are taking on this challenge to shift your life. But actually, your core problem is I don't even know what my best life looks like. I don't even know what my Everest is. The exercise is still valuable because I say, well great.

Colin: Your goal for today during the 12 hour walk is just to ask yourself, one question is I want to discover what my Everest is. I want to take this 12 hours in my own head in my own mind, allow the negative thoughts, the excuses, the positivity, the love, the loss, all the things that come up when you clear and quiet your mind. But at the end of the day, have some clarity of like, oh my best life. My Everest looks like this and so it's an opportunity to have that contemplation away from the rest of the noise. And so, it can really work really powerfully, whatever category you find yourself in that I know exactly what my best life looks like. And I want to figure out how to get there to the contemplation of, I don't even know what that looks like, but I do want to have some clarity on what that does look like.

Darin: God, I really love that because I know for me, I always say like people ask health advice all the time and it's like, you don't know yourself. If you can't interject and understand who you are, what you are. We know now from a nutritional standpoint, from a health standpoint that a positive mental outlook on yourself is infinitely more than any physical input you could put in your body. And I love what you are saying here is because it's not a dogma. It's literally just stopping the freaking noise because the noise inputs are only increasing. And so, I am curious because obviously you put yourself in a situation you didn't see anybody. Which for me I am like, oh my God, I have a big breath of just like, oh, that sounds so good on the one inner level. But on the physical level, I can't even imagine what you had to go through. Because clearly you had this mindset programming from your mom, which was pretty clear in that one. But what was the first one? I mean you did all the Peaks in the states, did the Everest, you did the Antarctica. Was it literally for you the mindset I want be alone, I want to do all this stuff, visualize it and bring these worlds together? Was it a physical kind of lead? And then all of a sudden you discover this depth of self, like how was that? And maybe it was all of the above

Colin: Yeah, I think it's all the above. I think it also comes from the curiosity, the zest for life of actually saying, what more am I capable of? And each one of those expeditions, we mentioned, several of them is setting the speed record for climbing the tallest peak in each of the 50 US States, all 50 mountains in just 21 days, the world record for the seven summits. So, the tallest mountain, each of the seven continents in 131 days, Everest twice, rowing a boat across the most dangerous ocean crossing in the world, the Drake Passage, but each one of them has their own curiosity. I will double down on the Drake Passage one for a second because it's an interesting story. So, we set out and it was me in this case, I was with several others. There was a team of us, six of us on this tiny little rowboat, 28 feet long, only about two and a half feet above the water, no sail, no motor. And we set out to row a boat across the most Treacher stretch of ocean in the entire world, the Drake Passage. So that's from the Southern to South America to Antarctica and a Drake Passage is notorious. I mean not in like old-fashioned times, but in modern times, 2008 or nine, I think it was in the last 10, 12 years a cruise ship sunk in the Drake Passage, like a proper high functioning, massive cruise ship sunk. That's how bad this ocean is, 40 50-foot swells are common,



icebergs, all this kind of stuff. And I completed my solo crossing of Antarctica at this point, but I thought to myself, well I want to experience Antarctica from a different vantage point. And so, I set out to do this crossing again that no one in history had ever done. I get Discovery Channel on board to film a big feature documentary about it. They are funding a bunch of it, all this kind of stuff, whatever. And then I kind of look at the mirror myself and someone mentions to me, they are like, wow, I didn't realize that you have been rowing your whole life. That you have been doing stuff in the ocean and seafaring and all this kind of stuff. And I look back at that, I am like, well actually I have never rode a boat before in my life ever anywhere. Literally not at summer camp, not like ever, I have just literally I have never been on a row boat be like, what are you talking about? Oh, so this Drake Passage Row, this must be happening in 10 years then. And I am like, no, it's happening in three months. I am doing this in three months and on its surface, you could say, that's a ridiculous story. That's so reckless like whatever, but at its core, it's a belief in identifying identity.

Colin: So, if you say I am not a rower, it's like, okay, I am not a rower and I will never be a rower. That's what that mindset tells your brain, your consciousness. But you add one word to that. I am not a rower yet. I can learn this, I can grow, I can evolve, I can become anything that is so tremendously powerful. I am not good at math. I am not smart at this. I am not creative, I am not, it's the negative things we say that we aren't, we are constantly telling ourselves we aren't this. But when you shift that to say, I am not this yet, or I can evolve and become this over time. It's incredibly powerful. So, the Drake Passage row for me is just another iterative of, I realize, what do I do have? Well, I have been in harsh environments before. I have put myself through cold. I have been to Antarctica before I know how to work in a team, et cetera. So, I have a lot of things that actually acquired to take this crossing. Now I need to learn how to row and there's a funny chapter. In chapter four of *The 12 Hour Walk*, breaks down me falling on my face in a tiny little river. Day one learning how to row only three months before trying to row across this. So, I am very vulnerable about like my own shortcomings and things that, I am not good at, right? It's like, I am just great at stuff, right out of the bad that have to learn and evolve. But the curiosity is what brought me there to say, wow, like I love exploring the natural world. I know you are passionate yourself as am I about preserving this beautiful planet that we have and making the world a better place. And I feel like I hadn't explored the ocean. I mean the ocean make up so much a majority of this entire planet.

Colin: I want to see the ocean up close and personal and I sure did. I will tell you what we did find those 40-foot swells out there in those icebergs. And if you want to watch the full documentary on Discovery, you can see us. It's a pretty rough shape out there for sure but we completed the crossing and became the world's first to do that crossing. But for me again, it's not the external, the accolades, the world records, the New York Times bestselling books. I am proud of all of that, sure. I am not going to pretend like my ego isn't somewhat fed by a little bit of that, but the true essence for me is the curiosity. My litness test is would you still be doing this if no one was watching? Or if you couldn't tell anyone about this and my resounding answer is yes. And the second I say no, oh, I am only doing this because I want other people to think it's interesting. That's the second I know well then this is not worth it at all. That's not the right reason to do it but the win-win of course and why I am so passionate about this book, *The 12 Hour Walk* is I share all these stories of these



adventures and things I have learned and vulnerabilities and me struggling with my own limiting beliefs and trying to battle back and overcome them in a funny, easy, digestible way. But rather than write a book that's like, and so I did all these amazing things, look at all my world records. This is so cool, look at me, right? It's like, I am only writing this book because I want you, I want you listening to this to take your own 12 hour walk. I want you to unlock your own best life. I want you to go on an adventure of your own. And I specifically created something that has basically no barriers to entry other than your own determination and grit to complete this, this cost nothing. I encourage you to walk out your front door. Yes, you have to find the time, but we can all find the time in our life. If it's something that's important to us, 12 hours might seem long, but it's really one day how many days go by in your life that you are never going to remember that you never can know. What did I do last week? What did I do last month? What did I do last year? Countless? I promise you; you will remember these 12 hours and they will have a profound impact on you. So, I am so excited yes, for The 12 Hour Walk as a book, but more at its core. I think of it as a global movement. My next Everest is to inspire 10 million people to take the 12 hour walk. I have built a website and an app and all these things to help support this idea. But from the vantage point of just, I am passionate about sharing this free and accessible idea with the world so that more people can live in their power in their truth, in their strength.

#### **[00:26:03] Caldera Lab Ad**

Darin: If you are someone who struggles to find skincare products or a routine that actually works as healthy for you, then you are certainly not alone. I was in that same boat all my life, literally until I found Caldera Lab. No joke, when it comes to the skincare industry, we are constantly let down products are marketed to be good for us, but they are certainly not and they are not using clean ingredients. There are very few companies that are making products for your skin that are actually there to improve the health of the skin and made with completely clean ingredients. And Caldera Labs is one of them, I have been using their products for now over a year. And if you know me, there's no way I am putting unhealthy anything on my skin. I love getting outside every day, soaking up the sun, riding around the property with Chaga on my side. So, Caldera's products make sure my skin gets the absolute attention it needs at the start of the day and at the end of the day, accommodating my lifestyle. My favorite part is they are hand harvested wild botanicals that go into the product. So, when I come in contact with a company that is doing it correctly like that, with what they are using and what they are harvesting and how they are using it for their products, you bet I am using that product. They offer a small range of products. It's not overwhelming and it makes it easy for you to set up a whole routine, quite powerfully for healthy, vibrant skin. And if the idea of a whole routine is too much for you, I get it. Then you can go with my favorite product of theirs, its multifunctional serum called The Good, which leaves my skin feeling amazing. To try Caldera today, you can get 20% off when you head to [Calderalab.com](http://Calderalab.com) and that C A L D E R A L A B. COM and use the code Darin D A R I N.

Darin: I tell you what I am in any way I can do to help you with this 12 I will do it; I will promote it. Let's do it, I think it's awesome and because the only thing to say it simplistically, the only thing that can happen is a better version of the person.





Colin: Yes, yes.

Darin: Like that's the only thing that can happen. I think there's the sprinting away of our pain and it comes out in all of these different ways. And I think the medicine that you are talking about is the silence, the quiet, the self is our answer without a doubt in any way and every way, in any person, in every direction, in any situation, quiet, like take 12 hours, take some time; stop.

### **[00:29:30] Thriving in the Modern World**

Colin: And it's powerful, it's so interesting because at its core, we live in this world that is just accelerating. You said earlier, accelerating with more and more noise and you could say, oh, I am vilifying technology, or we shouldn't be doing this, but it's beautiful. You and I are having a conversation remotely with one another on this podcast and sharing positivity around the world, which means we have created these technologies that have this beautifully positive impact to be able to spread ideas at scale, to be able to connect with one another, that is a beautiful thing. So, it's not like all of the noise is bad, but what we are missing is in an earlier time, there used to be brief moments where you weren't connected to the internet. You were bored sometimes you had a little bit of time to breathe or relax, or certainly if you go back hundreds of years, there's certainly more and more of that. If you go through historic human time, which is why the way our brains are wired to have the dopamine hits and spikes, but then to also have sort of a cadence of recovery and recycling of our minds and our thoughts. And in our modern times with these cell phones in our hands and all these things, like we are constantly bombarded with noise and sound. And so, The 12 Hour Walk is not a way of what we really should all be doing is turning off our devices and living as hermits alone in the world forever. It's actually to say no exist, thrive in this modern world. There are so many amazing ways to thrive and be a part of it and be connected. But the medicine of The 12 Hour Walk is put to take a minute, to take a minute, to breathe, take a minute to look what's inside and as you said, it can be scary. People's own trepidation around this idea have to do with wait. Well, if I am not distracted by these five other things, what am I going to confront within myself that might be uncomfortable? The entire book is written from the perspective of each chapter like I said, breaks down a common limiting belief, something I have experienced something we have all experienced. I am not strong enough, what if I fail? What if people criticize me? I don't have enough money. I don't have enough time et cetera. As human beings, you pretty much have experienced that negative interior dialogue at some point, probably thousands and thousands of times.

Colin: But what's interesting is even anyone listening to this podcast who thinking, okay, this guy's talking about this thing of turning off my phone for a day and walking for 12 hours. And hopefully some people are quick hell yes, like you were. And I appreciate that Darin and I am excited for you to do the 12 hour walk, but some people are going, is this for me? And what's interesting. What I have found is that what's coming up in the people's heads that are having some resistance to this idea are limiting beliefs. They are saying, well, I have got kids and a busy job or whatever. I would never be able to have find the time, or honestly, like I am not in that good of shape and so I couldn't go that far. And I don't like being uncomfortable and be



on my feet that long. And this isn't for me and if you realize the 12 hour walk is a 12 hour walk exercise, but in this moment, in the exception moment if you are hearing about this idea for the first time, it's also a mirror. I am holding a mirror up to you by having this conversation. And you are limiting beliefs are popping up in your mind as to why you may or may not want to participate in this. And what I have found is that whatever limiting beliefs you are personally assigning to the 12 hour walk are most likely the same limiting beliefs that are popping up in all different places of your life that are holding you back from actually living your best life. Meaning if I don't have enough time is coming up for you with thinking about doing the 12 hour walk it's possible, or maybe likely that you are coming up with that same limiting belief or that same excuse all throughout your life.

Colin: And that's actually, what's holding you back from all the multiple things. Forget the 12 hour walk, but the things that you actually are deeper and more care about. And so, what I love about this exercise is the 12 hour walk, the silence, the stillness, the activity of it is deeply powerful and that's the life changing element that I have seen throughout all the people who have done it, but more so the getting to the start line of actually saying, okay, I am doing the 12 hour walk on this date. Tell your husband, tell your wife, tell your partner, tell your friend I am doing this. I am committing to it. And when I walk out my front door, I am not coming back for 12 hours and actually doing that. That requires you most likely to get over a series of limiting beliefs just to get you to that point. But when you do it, when you prove to yourself, you can do it. When you get to the other side of the 12 hour walk. That's when that possible mindset calcifies that mindset goes, oh, I know that limiting beliefs are going to pop up in my mind, but I get to choose how I react to them. I get to actually rewrite that narrative in my mind. And the next time that limiting belief, oh, I don't have enough time or I am not strong enough pops up, go, no, I do have enough time. I made time for the 12 hour walk, I am strong enough. I can get through this. And that has that ripple effect and that's why it can unlock your best life. I will say one last thought on that, which is I am excited for you to do this. You can do the 12 hour walk any single day, book comes out August 2nd. You can do the walk any day. It's built for you to do any day 365, but on September 10th, depending on when you are listening to this September 10th, I am doing like a massive call to action done that have mass participation, meaning we are all walking alone, but we are walking alone together. I am going to walk on that day. So, I invite people to do this on any day, but Darin, if you are looking for a specific day to put it on your calendar, I don't know what you are doing on September 10th. But September 10th is the worldwide 12 hour walk day to really uplift this movement, as I launch it into the world.

Darin: I am putting that on my calendar right now. And the cool thing is like, I have already in my head. I am acknowledging what's going on and what you just said because I am like writing another book right now. I am doing this, I am shooting another show like, oh my God, but this is going to happen and that's going to happen. And it's amazing. Just like you were saying, just by the act of asking yourself to do it is already bringing up the limitations, which is in itself, the start of the exercise that you haven't even started. The exercise, most of our actions or our habits are buried in our subconscious. And it's only upon asking these questions that invokes these things to pop up. So, since you have spent so much time with yourself and when your own discomforts, obviously mentally, physically, all of these things come up, what are some of the things that you use to overcome so that you keep achieving?



So, you keep walking one foot in front of the other and that you don't be paralyzed by those discomforts. And if you have any examples, that's cool too.

### **[00:35:45] Mantras to Achieve your Goals**

Colin: Yeah, several different tricks and tactics and things that go through my own head. I have a pretty deep meditation practice. I have done several 10-day silent meditation retreats with post and silent meditation retreats. Obviously, these expeditions and stuff like that; one mantra, that's very common that has been passed down for thousands of years but I think is really potent is this too shall pass. This too shall pass, you have heard it many, many times. Everyone's heard it, but it's powerful. There's a reason that's been passed down by so many different lineages of different philosophies and everything of just life is ephemeral, these moments pass. And so, it's a good reminder in the hard times on discomfort this is hard, whatever, okay, this too shall pass, but it's also a really important reminder on the highest highs of like, you are riding the high high. And you are like, oh, this too shall pass as well. It's the peak arcs of both. So, I think that's really important for me and then I think purpose, having a greater purpose, a deeper why, and there's no right answer to that question. It can literally be, I am willing to suffer for this because I want to support my family and make money and this, that. I mean that's a worthy and noble purpose. It can be I am on a path to self-discovery. There's just something in my soul that this thing that I am doing is so important to me. I mean, you are talking about writing a book, I have written a couple books. Sounds like if you are in a couple books, like that's a hard thing to do. It just is like, it's just time consuming and it's a grind. And even though the words you are putting on the page, you are passionate about and you want to share like it's challenging.

Colin: And I will just use that as an example. It's like, I sit with that and even struggling in certain moments of just a creative process writing a book or you are tired or you are stuck on something, you know, even if you written a book, you have been there, is it possible not to? And if you didn't care about sharing, whatever you were sharing with the world, you would go, you know what? like this isn't worth it. I am going to throw it away but when your values were aligned, your purpose was aligned with your why. When I am thinking, I think the world is going to be a better place if 10 million people take the 12 hour walk, this free prescription that just I am passionate about sharing with the world. Not because I am trying to get anything in return other than just people doing it and participating and learning about themselves. I think that will make the world a better place. And I am passionate about leaving the world in a better place. That why, gets you through that hard moment when it's midnight and you are looking in front of your computer, like, what do I write in this next paragraph? I just can't get the idea that's in my head down on paper, right? I could give you a million examples from expeditions and whatever, but those two things, this too shall pass as well as aligning with your why. And it's funny that this is something you and I, as men certainly will never be able to fully relate to but it's something that crosses my mind, which is I have had women say to me, I don't run. I am not a runner. I can never run a 5k, it's 3.1 miles. I am like, okay, it's fine if you are not into running, but you could, if you wanted to, and I have had this kind of conversation, this dialogue before, and then the next thing, a few minutes later, they are talking about the four kids that they have now I have four kids and I am like, so you birth four children.



Colin: Let's just look at that. That is a million times more difficult than running 3.3 miles. Let's just put that there, you carried it for nine months and then you are raising this human being every single day with deep purpose and compassion. And of course, frustration and lack of sleep and all the things. But you are diligently doing that every single day. And I point to that of going like, well that clearly is a deep seated why; you are willing to get up and put your best effort towards that every single day, when you are tired, when you are sick, when you are not having a great day, you still show up and you did that. So let me tell you, you could run a 5k, you could run a 10K, you could run a marathon. You could run a hundred miles because you got a child or two children, whatever that is. And so again, something you and I will never relate to. Only in our minds can we even imagine what that is like? But that's an, it's an example of a why that's embedded in our DNA and in the sense of child rearing, but there's a million other examples of that, whatever your alignment of your why, that gets you through these hard things that allows you to suffer. And benefit from the challenge like you said, the triathlon was put in front of me as a goal in my mind because it was difficult, because it was going to be hard and I needed to work through it to get there. But by working through it to get there, I got to the finish line that had this elation, the satisfaction achievement for me that was very deeply and fulfilling.

Darin: You know, what's so cool about that with your mom, is that for her to help set that goal for you, like here's her child suffering, maybe can't even walk. And she's clearly understanding the situation and cares deeply about you keeping with the mother theme, because they are extraordinary human beings. My mother is as well and yet she doesn't want you to suffer. She doesn't want you to be hurt, but she helped you because she also probably knows you intimately more than sometimes even ourselves, our moms, at least in the beginning of our lives. That's so freaking cool and amazing. And it just seems to me that you couldn't have done any of this stuff. If you had a death wish, if you just wanted to do it, if you just wanted to break a record, there's no way like there's no way that that's possible because we have to actually extend beyond ourselves in order for that primordial soup of infinite to kind of show up for us.

Colin: Yes, agreed all of that. So, my mother's amazing influence, my wife Jenna, we have been together for 15 years and she is the most incredible positive influence in all of these expeditions. It's my name on the book cover. Although if you read the book, you quickly realize it's both Jena and I life because there's so many stories about both of us, but we have built and we' have dreamed all of these things together. We have had our ups and our downs when I am crossing Antarctica, I am walking those footsteps alone. But I always joke to her. I was like, you know, you walked every single step with me out there. I mean, she was in it, emotionally in it with me. She planned it with me for over a year. She was the only person I talked to because I would call her from a sat phone, exhausted and afraid every single night and she held that space for me. And I say, you only benefit because you didn't have to have the cold on your face, but you walked every single step with me. And it was a beautiful, profound experience for us. And we have had many, many of such, you know, holding space for one another and we ultimately have had some great adventures actually sharing the physical space together. But the final chapter of my previous book called The Impossible, first that was about my Antarctic crossing. The final chapter, spoiler alert most people know this, I did make it across. I was the first-person history to do it, et cetera. So, it



doesn't give away the ending but most people know that before they start reading that book. But that last chapter is not titled; I did it, I am awesome or look at me. I am so freaking cool. The last chapter of the book is called infinite love.

Colin: I had been dragging this 375-pound sled that was full of food and fuel. I wasn't getting resupplied. So, I was doing something called unsupported and so that meant that I couldn't like add extra food, get dropped off for me or something like that. So, which meant that by the end I was running on fumes. I literally was burning 10,000 calories per day. And I was eating 7,000, which meant on day one that mentioned day 54. I was burning a 3000-calorie deficit. I was a bag of bones when I got to the end, my hips are sticking out. My ribs are sticking out, I am emotionally exhausted. I can barely walk. I was on the absolute limit. Someone attempted this crossing a few years before me and they made it 71 days and just less than a hundred miles from the finish line, they ultimately fell ill and died. If you are really pushing your body to the absolute brink. And in that moment, in that last day, that last push those last few days where I was nearing the finish line, I wasn't overcome with this. Oh my God, I am about to do it in the New York Times. It's going to put me on the front page and I am going to be on the Today Show, those things happened externally great. I am you know, whatever. But what I wrote about and what I felt in that moment was infinite love this deep connection to the infinite, the primordial. Although I was so physically alone, I felt more connected to my wife and my mom and the people that have supported me that I love that love me. And then the greater world people I haven't met, but just general humanity that I have this nonprofit around supporting kids and school kids and inspiring them to take on their own goals and their own dreams, that's what I felt. I was the most alone person on the planet. I was about to do this externally great achievement in the world and all I could feel so much so that I put my arms out. This might sound silly to your listeners, but I put my arms out in those last few days. And I would say infinite love, infinite love feeling this resonance of positivity, this resonance of deep connection with soul. And that was by far, I mean that doesn't even pale in comparison to the external achievement or the finishing, the crossing or this it's finding that place within ourselves. That why that deep connection to self. The 12 Hour Walk really is written from the vantage point of, I realize you don't actually have to go all the way to Antarctica. I am glad I did because I wanted to explore that part of the world.

Colin: But what really got me, there was the stillness, the silence, the willingness to be by myself, the willingness to look inward and all those days weren't full of infinite love the first several days before that I had hard days. I had days where I cried, where I actually cried so much that I had frozen tears on my face, because it's minus 30 degrees outside and I start crying and the tears, they freeze your face. But when was all said and done, I was left with this deep resonance of infinite love, this deep resonance of purpose, freedom, joy, love, compassion, whatever you want to call it. And that I think can fuel any of us.

Darin: Dude, it touches me so deeply in what you are saying, because it's like, that's what this human experience is really all about. And we go back to the distractions and this precious opportunity of being human and reaching for the truth. What greater truth is that? Is that connection to that infinite love and that side of us that we seem to weirdly sprint away from and have a hard time getting to and just sharing that story gives me and everyone listening, the real reason of 12 hours. It's almost like you are offering a gift to everyone saying, listen, I was able to touch something that changed my life forever. And I offer you this



opportunity to touch that space. That place, that infinite, that is here, that is always here, you are offering a remedy or a balance to the imbalance to be back in touch with the real essence, the real truths of who we are. And there's a lot of different paths to that, they can have religious tones, they can have all that, but truth is it doesn't have to. And it's whatever it is, it's that love. It's that beyond definition telling that story just allows me to tune in to the frequency of it. It wasn't my experience, but I feel you are transmitting that. And I know as a person listening to you that you did experience that, it is a truth that you have, that you can't take away.

### **[00:47:02] The Universal Aspect of Self-care**

Colin: Absolutely, and the excitement that I have building up inside of myself as I launched this 12 hour walk idea is the universality of it. The accessibility of it, you could be sitting in a mansion somewhere. You could be sitting in a shack somewhere. You could be sitting wherever somewhere. And I went all the way to the ends of the earth to learn this lesson that we could actually apply anywhere, which is the external trappings of life. Some of them are great, some of them are not so great, but we all are equipped with this ability to go inward, to just take a moment to just check in. And that crosses, as you said, it crosses all religious boundaries and spiritual boundaries and dogma or socioeconomic classes. It's like every single person can benefit from taking some time. And we talked about supporting others. I have talked about a lot of people who have supported me, but I also talk about in this book. We have this myth in the world sometimes that self-care looking after yourself is somehow selfish. That it's somehow, oh, well, if I am not there for my kid, every single second, I am a bad parent. So, I shouldn't take this time to myself or my job requires me to do this. And if I don't do that, then it's not good for whatever the larger duty. And I am not saying blow off your responsibilities but what I am saying is if you take the time to take one day to look inward at yourself, you are going to be a better parent for the next 10 years. you are going to be more efficient at your job or your other priorities that do eat up a line, take up a lot of your time.

Colin: This is not a sacrifice and if, and then if I do this, I can't do this. It's if you do this and take this moment to know yourself better, you are going to be a better version. As you said earlier, a sum percent better version of yourself and therefore the ripple effect through all the other elements of your life is going to be exponential. They are going to be profound. I am not saying abandon your child for months on end. I am saying your child might not remember the one day you weren't there, but they're going to remember the next 10 years where you are attentive and present and self-aware and tuned in, that is what's going to make the difference. And this is a conduit over a relatively short period of time to tap into that essence.

Darin: Yeah, instead of reactionary, resentful, exhausted, tired, overwhelmed, all of that stuff. That's so easily cultivated when we avoid the stillness and the space. Couple little questions because you have been in the world a lot on this beautiful planet, really seeing things that no other human has even seen. I am curious what your view of the world and maybe what can be done and what you have seen. And maybe even the messages you have received about some steps we can take to balance out and protect really ourselves from ourselves and respect this mother earth a little more.



Colin: Yeah, I have been blessed to, like I said, as a kid, I didn't travel very much. And that trip to Thailand was me saving up for years and years to be able to see a little bit of the world. But over time I have kept that pursuit and that passion and made it a vocation through these adventures and figured out how to make it work. And I have been so fortunate to, I think I have been to 70 some countries. I have been on every single continent, at least four times for every continent. So, I have been on every single continent multiple times and some many more, seen lots of corners and edges of the world. And when you ask me that question, I have two responses. You and I could talk about this for hours and hours I am sure but two top of mind responses, one is about the natural world and the other is about the sort of human world or the society at large. And so, I will start with the natural world, which is our planet's fragile, our planet's resilient, but also fragile and delicate and watching things change as rapidly as they are. There's so many moments that pop into my head. One is I did an expedition to the North Pole. And for those that don't know, it's not intuitive, but the North Pole is actually just in the middle of the ocean and the Arctic, but there's sea ice. There's frozen sea ice on top of that point. So unlike Antarctica, where you are walking on a continent that has a land mass below it to reach the North Pole, you are literally walking around on frozen sea ice and I was on that expedition with a couple people. I was my first time, but other people had been out in that part of the world before. And as we are approaching the North Pole, my partner around the exhibition, he actually fell through the ice, into the ocean, with minus 40 degrees outside. He falls through this really thin patchy ice and falls into the ocean. Thankfully, he pulled him out and got him dried off and all this sort of stuff, you know, it was intense moment, but he said, man, five years ago, I was at this part of the North Pole and there wasn't a single piece of ice that was thin enough for a human to fall through on skis. And now we were skirting the edges of all sorts of open leads and open parts of the ocean having to go widely around different sections. And again, that's a part of the world that we don't often see, feel grateful that I have been able to see it, but of course, 99.999% of people are never going to see the North Pole or the far Arctic, but that ice, as we know that melting of that ice has sweeping impact across the rest of the world.

Colin: We don't normally think of Africa as a place that has snow, but a Kilimanjaro. The tallest mountain in Africa actually has some snow, a little bit of a glacier snow up on the top. I first climbed it in 2013 and I went back and climbed it again on 2016. And just in those three years, there was a dramatic difference and again, this is not a lot of snow. There's a tiny little piece of snow, basically at the very, very, very top. And it's the only permanent snow in all the entire African continent. And just in that time, I saw it disappearing and that's easy stuff to point to snow melt, Arctic melt. We hear that through these talks about climate change, but the cataclysmic effects of that across the entire environment are very stark. And I wish more people could see that and experience and experience pieces of that because the second you see that, the second you tune in, the second you slow down and you look and you inhabit and you are in nature. You start to realize how valuable it is to protect it. I of course have never been to space, but the astronauts talk about that feeling of being on a space shuttle, looking back at earth and how it forever changes you, how you look back and all of a sudden you don't see the lines of countries or continents or this, you see the fragility of this crazy blue ball that we are all spinning around on and the desire. I mean, literally every astronaut, I think they say from every different country and whatever still has that same experience of like, whoa, that's the earth looking back on it. And that's how I have felt



inhabiting some of these cold and remote places in our planet that are ultimately really fragile, but also beautiful rowing that boat in Antarctica was beating me up in these 40-foot swells. But when we got to the shores of Antarctica, there were humpback whales jumping right beside my boat. There were hundreds of penguins everywhere. There was teeming with life and freshness and that's one of those parts in our world that's not inhabited by humans. And so, it still is so vibrant and so alive. One thing that really sticks out to me about Antarctica in the wildlife there, the penguin specifically is no humans permanently live in Antarctica. There's a few tiny research bases down there, but basically there's no humans down there. We are used to walking up to a bird in a park, in a city you are in the Santa Monica Hills or in Central Park grieving. I am in Oregon right now in, Oregon you know, obviously it's more rural than a big city, but still the animals are afraid of humans. Rightfully, so because we hunt them and we this; in Antarctica, they have those birds have never seen humans. The penguins walk toward you.

Colin: They walk toward you; you walk up to a penguin and it walks toward you. And it's such a bizarre feeling because we are so used to a squirrel running away from you or whatever a deer or this or that being skittish. Understandably so because of our impact on the world. But the penguins just look at literally, will walk straight up to you. So curious and just kind of look at you and be like, huh, who are you? Hello? And it makes you think there's in the DNA of all these other animals. They have this flight or fright response to us because we have basically had such a negative impact across the environment. So anyways, that's my meandering on that. I could go on and on and on, won't go too on in that. But then the human level is interesting or this is a lot of conversation about the importance of solitude, the importance of checking in inwards, the importance of taking that 12 hour walk. And I obviously clearly am very passionate about that idea, but it's an interesting byproduct of that. What I am actually passionate about is people having that look inwards so they can actually be a more positive contributor to society. I am not encouraging lifelong monk hood or solitude. And a lot of that comes down to community. There's a chapter in the book, really all about community and support and friendship and family and on the importance of that. And as I have gone around the world, the thing that's most interesting to me in terms of this topic specifically is in our modern society, in our quote and quote first world society, postindustrial US, Western Europe, et cetera. We have all sorts of things. We have all sorts of bigger houses or nicer cars or things like that in contrast to Sub-Saharan Africa or in contrast to rural remote parts of Central Latin America, et cetera.

Colin: But what comes with that or what has come with that in a human trend seems to be more isolation and more solitude and people sitting alone in bigger houses, away from each other, away from connecting with one another. I was in New York city, not long after my Antarctica crossing a few years ago. And I was talking to a group of friends about a hundred people came over to this townhouse that were all interested in my crossing and curious and asking me questions. And I had just gotten back. And one of the questions that came up was, oh my God, you must have been so alone. My God, I mean, what just, how did you deal with the isolation and being alone? And I told them that infinite love story, that connection. But then I said, so you guys are all New Yorkers, raise your hand. If you know the name of the person you share a wall with in your apartment building. Zero hands went up, raise your hand, the last time you spoke to a stranger in an elevator or on a subway, you





do that. You take elevators at subways every day. Just the last time you just said, oh, Hey, hi, my name's Colin. You know what's your name? Not a single hand went up. And what I said is in our modern society, particularly in our country, et cetera, you can be surrounded by people and be desperately, desperately alone. And I do think that in some of these other cultures that have less economic resources, there's a higher dependency on community as a result. And interestingly enough, again, there's all sorts of other issues, economic disparity, health issues, et cetera, but from a human level, the connection to community that I have seen around the world in some of these quote and quote, less prosperous parts of the world is actually an important lesson to take back the rest of our life. Because as humans, no matter how rich or poor we are, we desire belonging. We desire community. We desire to feel a part of something. We desire to be supported as well as the amazing benefits of supporting others and in a modern society, as we get more and more advanced and tech savvy and whatever. We are losing connection to that for sure.

Darin: Dude, I feel like I could talk to you forever. There's so much here and your view on the world and your willingness to go inside yourself as well as involve yourself is such an amazing balance. And I just grateful to have this time with you and so excited about your book and I can't wait for people to get a hold of it. And honestly, can't wait for a 12 hour walk for sure. So, dude, thanks for being here. Thanks for the primonial touch inside that you are providing and you are offering to people through the space and the place that you have found inside yourself doing these extraordinary events and I am just super excited and stoked for you and grateful for your contribution.

Coilin: Awesome. Well, thank you so much for having me and I couldn't be more excited for you and hopefully your community at large to participate in the 12 hour walk September 10th, do it any day. But if September 10th, isn't flow for you, put that on your calendar and I will definitely be following up with you Darin and I feel a new friendship forming. So kindred spirit for sure. And I look forward to some longer conversations outside around a campfire or something together at some point soon. So much love my friend and thanks for everything.

#### **[00:59:14] Podcast Outro**

Darin: Thanks for tuning in to this episode of the Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you would like to learn more about my incredible guest, you can find all of their information in the show notes on my website. If you enjoyed this episode or even you didn't like it, please rate this podcast, the team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share - anything you feel called to do. I truly appreciate it and I love and value your support. So, thank you and I will meet you in the next episode.