

Rock Thomas:

Hey welcome podcast listeners. This is rock Thomas with the I am moving podcast where the words that follow. I am follow you. So describe yourself in a meaningful intentional way. My next guest is somebody who has overcome and defied the odds in so many ways he's physically Got some challenges that most people would have allowed themselves to be held back on. But

Jose Flores is a guy who

Is dominated mind set disruption. He's somebody who is a best selling author is a corporate consultant and he travels the world speaking He's an inspiration, even though he's in a wheelchair. He hasn't let that hold himself back and you're going to see when I interview him.

That he is got a light to him and a lightness to him that is inspirational. He's coming out with his third book that he is co authoring with his wife. So that's something to look forward to coming out in the coming months. So I'm excited jazzed to go to this interview with Jose Flores, and please welcome my guest Jose.

Jose Flores:

Hey man, how's it going

Rock Thomas:

It's going really great. I'm excited to dig into some of the labels that you've overcome in your life because if anybody's demonstrated that not just

Rock Thomas:

Mentally and emotionally, but physically, then it's us so. So let's get started with your story. Everybody has a story where, where did you grow up. And what was that like

Jose Flores:

Yeah, man. So, you know, first of all, thanks for having me on the show. I'm super excited to hang out with you and your audience as well.

Jose Flores:

But I was born and raised in the Bronx, New York. So I'm a city boy, you know, I grew up fairly quickly had a great childhood, um,

Jose Flores:

You know, did all the normal things that you know the normal young boys do wrote a little you know roller skating bike riding hanging out, you know, doing, doing fun things

Jose Flores:

But I was a funny thing is that I was born with a neuromuscular condition called spinal muscular atrophy and what that condition does is basically the older I get, the weaker my muscles get

Jose Flores:

And it's it's due to a deficiency. And one of the survival motor neurons in my body. And so being born with that condition.

Jose Flores:

It wasn't prevalent immediately. It might, you know, my mom didn't notice it until I was like three years old.

Jose Flores:

I had this little limp. When I would walk and everybody would be like, Oh, look at him. He's such a cute guy looking walks like a little tough guy. How cute.

Jose Flores:

But then my mom. Notice that the walk the you know the limp wasn't going away. So she took me to the doctors and they you know they did some tests and did a muscle biopsy and diagnosed me with muscular dystrophy specifically spinal muscular atrophy.

Jose Flores:

But again, you know, I knew I had it inside of me when I was younger. But since I was still able to run and walk and you know I lived a normal childhood. I never really thought about it, and it wasn't until I got into high school

Jose Flores:

You know where my body really started to take a shift. And that's when things kind of went

Jose Flores:

Downhill for me and not only physically, but mentally as well and just trying to cope with all of that because you know when you're in high school, you're trying to

Jose Flores:

really figure out you know who you are and who you want to be common. You know you struggle with identity and trying to fit in with different people and things like that so

Jose Flores:

You know, high school was a really tough time for them and you know just growing through that alone I you know I can give you a bunch of stories with just

Jose Flores:

High school life and things that happened with me there as well. But that's when I really started to notice that my body started to giving up on me.

Rock Thomas:

Well, let's talk about that a little bit because I went to the same thing being called pizza face a lot of bad acne and I hid

Rock Thomas:

At home faked being sick because I was afraid of what people thought I didn't feel like I belonged. I didn't feel like I fit in. I felt like I was ugly and

Rock Thomas:

And I painted myself with this brush after it was suggested to me by my brother and I carried that with me until my late 20s until I understood that you can change that and

Rock Thomas:

That is really the impetus of my podcast. The I Am movement. So tell us a little bit about an incident or two that that you struggled with, you know, fitting in, and belonging and mattering

Jose Flores:

Yeah, well, you know, they used to call me, you know, look at, look at that guy looks like skin and bones because my body was underdeveloped.

Jose Flores:

Because my muscles weren't growing the way they they were actually getting weaker instead of growing like they should be so they would say, Hey, look at that skinny bones or

Jose Flores:

They would say, um, you know, look at his ankles there so skinny and, you know, how can you hold yourself up, you know, they used to be. I used to walk on stilts.

Jose Flores:

A bunch of crazy stuff. Right. But one of the stories that I like sharing about high school because it was a profound moment in my life was that

Jose Flores:

You know, and it goes with mindset, it goes along with mindset also because I'm very, very passionate about the mind and how the mind works.

Jose Flores:

And you know how what we think and what we stay in what we believe really big state dictates what we see in our reality. So, you know, graduation being everybody knows what the most people know what that feels like. Exciting butterflies and everything. So it was my big day and I'm and

Jose Flores:

We graduated on the football field in the back of our school and to get there, we had to go down as the pill and that by that time.

Jose Flores:

ROCK MY MY ladies to give out at me on me at random moment. So I would just be walking and then all of a sudden, my lady about and I dropped on the floor like a sack of potatoes and I'm six feet tall. Hundred and 50 150 pounds.

Jose Flores:

So you can imagine there was like a commotion. Every time that happened there about like what happened. What happened because you just see a big dump it before. Right, so

Jose Flores:

We're going down to graduation day, you know. And I'm thinking to myself, the whole time. Oh God, please don't let my leg give out on me today, please don't let my leg about on me today.

Jose Flores: And have these butterflies and I was really nervous and I was just praying and hoping that that that day was one of the days that it didn't happen to me right because there was a big day so

Jose Flores:

We get to the school I'm walking. I'm walking down the hill and I'm walking really slow because I want to make sure I have my footing.

Jose Flores:

Because any little rock or any like lumped in the grass or something that would throw me off balance would cause me to fall because my balance was starting to, you know, become really wishy washy at that time as well.

Jose Flores:

So I make it to the bottom of the hill, and I'm like, yes, thank you God immediate immediate guess. And then, you know, they start calling them names and they call my name and I start walking across the stage. And as soon as I get right in front of the stage. Guess what happened.
No.

Jose Flores:

My boom boom right on the floor. And it was such a surreal moment. It was like I was in a movie because all you hear you literally hear everybody take a gasping to go

Jose Flores:

And then it went dead silent and I'm on the floor and I'm looking around, like everything was slow motion. I'm looking around and I'm like, Oh, God. This can't be happening to me and it felt like an eternity of me being on the floor, but it was just a matter of seconds.

Jose Flores:

And at that moment, at that moment on the floor.

Jose Flores:

I had two conversations going on in my mind. The first conversation was

Jose Flores:

Man just act like you're really hurt and let the paramedics just come and get you out of here. So you don't have to deal with people asking you questions or laughing or pointing or

Jose Flores:

Or, or, you know, or just making the saying like, hey, that's the guy that found and knocking and stuff like that. So I was contemplating

Rock Thomas:

Wanted to disappear.

Jose Flores:

I just wanted to evaporate, man.

Jose Flores:

And so as soon as and then immediately after that conversation was taking place in my mind.

Jose Flores:

There was another conversation that was saying, Jose. Are you freaking crazy

Jose Flores

: You worked for 12 years to get to this moment. This is a monumental moment. Are you just going to see you on the floor and feel sorry for yourself and give up and not take advantage of this opportunity.

Jose Flores: You better get your behind back up and go get what you deserve. Go get what you earn and go get that diploma. And at that moment, man. I made a decision and

Jose Flores: I looked up at my friend that was behind me. And he looked at me, kind of like he knew I was going to get up and he was like, You ready. So I said, yeah. He helped me back up to my feet.

Jose Flores:

And when I got up to my feet man standing ovation. The whole crowd went and there was about 3000 people there are 2000 people

Jose Flores:

Out everyone went into pandemonium I walked across that stage grabbed grabbed my diploma shook my principles hand and through both my arms up in the air.

Jose Flores:

And if you can see if your audience is watching this, you see that I have this shirt on this as I won't stop until I win. And if you see that fist that's on the top that's representative of that day where I threw my hands up in the air like one amazing nice, of course.

Jose Flores

: And because the reason that that that that so symbolic formulas, because now I can't lift my arms up above my head anymore. Wow, I can, I can still move my hands like this, but I can't.

Jose Flores:

reach them up above my head. So that's why I put that fist down on the shirt because it symbolizes Victoria symbolizes you know

Jose Flores:

Know defeat overcoming, you know, conquering and that's what it symbolizes for me. But at that moment on the floor man with that whole opportunity and showed me that in in life.

Jose Flores:

You know, we're gonna we're gonna fall. Many times in life. And we're going to have a decision that we need to make. We're either going to stay on the floor and pity ourselves. And oh, woe is me.

Jose Flores:

And let life happen to us or we can get back up, keep on fighting keep moving, moving forward and go after what we want out of life.

Jose Flores:

And that was a defining moment for me because that was a, you know, it was a it was a subconscious shift in my mind that happened that that made me keep on moving forward in life in general.

Rock Thomas:

So let's dig into that a little bit. Let's talk about first of all, what kind of programming, did you get from your parents about

Rock Thomas:

You know this assessment that you received from the doctors

Jose Flores:

Yeah, so they were, excuse me, they were very supportive. You know, they always encouraged me they always, you know, said that I can do anything I want to because

Jose Flores:

You know, even though my body was was being affected my mind wasn't affected and so as long as I put my mind to whatever I wanted in life. You know, I can go after it. So they were very supportive. They had a they gave me a good download

Rock Thomas:

And Nice, nice. I like the download part and

Rock Thomas:

How much do you think because when we talk in personal development, which, you know, you're, you're a big A big

Rock Thomas:

Guru in this in this field, I'd love your insight on there are people out there that that allow circumstances to stop them from going for what they want. How much of it do you believe is innate you're born with, and how much can you cultivate this drive this passion. This desire to overcome.

Jose Flores:

Well, I believe that everybody is born with some with some level of leadership inside of them already with some with some level of knowing what they want, knowing what needs to be done.

Jose Flores:

From birth. Now some people um display a larger portion of that and some don't, and even sometimes those that don't even though they know it. They may be afraid to show it.

Jose Flores:

So I do definitely believe that you can you can develop right growth mindset versus fixed mindset I believe that you can develop the skills and the tools and the resources that you need.

Jose Flores:

I'm not only in the physical realm but also mentally by thinking about what it is that you want out of life. What, like what do you really want out of life. What you want your life to look like.

Jose Flores:

And then figuring out how you're going to obtain that and how you're going to get there by planning and strategizing and then executing on where it is that you want to go and where you want to be in life. So I definitely firmly believe that it can be developed. Absolutely.

Rock Thomas:

So what are the best ways to do that surround yourself with other people that are going to think that way talk that way, encourage you

Rock Thomas:

Is to focus on your goals. Is it to imagine, because a lot of people use their imagination negatively for worrying. So what would you, what are some of the tips you could give people to get them more on the track of moving forward.

Jose Flores:

I think that it's it's a mix of all of what you just mentioned, I think it's a mix of all of it.

Jose Flores:

And I think that we just need to recognize and realize what our strong points are and then focus on that.

Jose Flores:

And then, you know, whatever your weak parts are you can focus on not focus, not to say don't focus on that, but don't spend as much time on that.

Jose Flores:

As possible like know what your strengths are and move forward with that. And for me, I've always been, you know,

Jose Flores:

self motivated. I've always been an encourager I've always been a positive individually. Like, that's what we spoke about that was some of the things that I feel like I was born with that.

Jose Flores:

From birth. I've always been positive and upbeat and always smiling and happy and encouraging. So I think that that's one of my one of the gifts and talents that I was born with. Right.

Jose Flores:

Now when it comes to scale that's what that's what can be developed because we talked about, you know, gifts talents and abilities or skills and those abilities and skills are what you can develop over time. Right. And I think that that goes with

Jose Flores:

Again, your mindset, like when I was younger man.

Jose Flores:

I was always like, man, I'm never going to do anything great in life. I'm never going to become anything. Great. I'm never going to do anything of significance. I'm never going to be able to make anything powerful happen.

Jose Flores:

No power moves this and and that was my mindset and it was because of me knowing that my body was giving up on me.

Jose Flores:

I kind of almost started giving up on myself right and then it came to a point where I realized that, like, Yo, dude. Your life is an over this is just something that you have to deal with, you know, you have the rest of your life to

Jose Flores:

Make things happen. And then when I started understanding that, that's when I started, you know, switching the it dance to the icons.

Jose Flores:

You know, because a lot of my life probably half of my life. I was focusing on the things that I can't do it. And I couldn't do all the things that I didn't have the abilities. I didn't have. And it wasn't until I switched our mindset and said, Okay, well,

Jose Flores:

Alright, well we know you don't have this. We know that you can't move your arms. You know, you can't move your leg. Well, what can you do Jose.

Jose Flores:

And once I answered that question that's when my life changed. And that was, you know, I still have a voice. I can still use my voice. I still have a sound mind has to have an intelligent mind and I can use that to make massive impact and make a leave my mark on this plane.

Rock Thomas:

Such a great message for people because we all have things that we can do and things that were not able to do or prone, not to do or

Rock Thomas:

Are not apt to do not gifted to do like I'm dyslexic, and I was never really good at spelling and when I wrote my first book I almost hit it. I was ashamed.

Rock Thomas:

And then eventually I was able to overcome that identity and realize that. No, you know what I do have a story to tell and it can impact. Just a few people. That's all that matters. So let me ask you this.

Rock Thomas:

What do you think, or who do you think are the people that that contributed most to you believing that you can leave this life. Who are some of your mentors.

Jose Flores:

Well, you know, when I was younger, I didn't have. I didn't have any mentors in my life, you know, I mean other than my parents telling me you know motivating me encouraging me but that's that's kind of different than your parents. That's the kind of like supposed to do that right

Rock Thomas:

But well, perfect world, yes. So there's plenty that don't

Jose Flores:

Yeah, yeah, no, absolutely. That's what I'm saying is like is even though your parents do it sometimes it, you know, I kind of think like it doesn't count as much as somebody from the outside.

Jose Flores:

True, you know, for, for some for some day their parents or their heroes and their mentors and and that's great. But I think that sometimes it's just a different. It's a different vibe that you get

Jose Flores:

It takes a village.

Jose Flores:

Yeah, exactly. Well, one of my mentors man is Les Brown, you know, he's one of the

Jose Flores:

world's leading legendary living icons in the personal development space and he's, he's my mentor, my coach. He's my friend week I call him my spiritual pops and he calls me his spiritual son. And you know, that's one of the that's one of the main one of the monumental moments in my

Rock Thomas:

Gotta be hungry.

Jose Flores:

Gotta be hungry. Yeah, man, you know, and that's one of the monumental moments in my life is when I first met him, and I gave him my information because you know that's almost everybody's dream to meet somebody at that level, who, who

Jose Flores:

You know who's willing to put you under their wing and really show you what the business is like, and I've been fortunate to have that that opportunity.

Jose Flores:

And so again, coming from that mindset where nothing great was happening. And then, you know, going on tour with the guidance saying

Jose Flores: Y

ou know you have something special you have greatness in you.

Jose Flores:

That's just like a whole you know that's there's such an irony and dad is and that alone, you know, from thinking I wouldn't be anything great to this guy telling me you have something especially I've made the seniors, just like

Jose Flores:

Man Just the way God just brings things full circle and your life sometimes

Jose Flores:

And yeah, just, you know, Les Brown has been definitely my main mentor. I've had other people such as victim Antonio has been a mentor of mine, Tim story as a mentor of mine.

Jose Flores:

Tim Grover isn't as a mentor of mine and Andy for sellers a mentor of mine and these guys. Also, my friends, I know these guys we messaged each other, but they've also been very impactful in my life as well.

Rock Thomas:

Now, beautiful. So tell me a little bit about you know where you're at in your, your world today. What's going on in your life today. What's your family situation, what do you do day to day and we'll start with that and I'll do my follow up question.

Jose Flores:

Yeah, so, you know, I am married

Jose Flores:

Me and my wife, my beautiful wife. We're going to be celebrating 13 years of marriage. This year we've been together, almost 20 years we have amazing. Yeah. Thank you. We have two amazing sons together healthy young men and

Jose Flores:

And yeah, we're just doing what we love to do you know we travel we travel all over the place and impacting millions of lives and

Jose Flores:

And making a making a difference with, you know, with what we have. And the abilities of resources that we have. And we're just out there doing as best we can, you know,

Jose Flores:

My instagram handle is Jose inspires my wife's handle is Mrs inspires because she's just an inspiration in her own in our own space also because

Jose Flores:

You know, a lot of times people will see the both of us you know out and about smiling being positive looking good.

Jose Flores:

And but they don't know the process that we have to go through in the morning behind the scenes where nobody else's able to see that.

Jose Flores:

And I actually did a cool video that you know you are in your audience can check out on my website that shows a little bit of what my wife and I have to go through in the morning, as far as I just getting out of the bed.

Jose Flores:

And I remember there was a time where I would be so uncomfortable even sharing that with people.

Jose Flores:

And here I am. I did a really cool video professional video with that whole process and it kind of gives people a little glimpse into the behind the scenes of what someone in a wheelchair has to

Jose Flores:

Has to do on a daily basis. And she's been doing it. Like I said, For almost 20 years. So that alone is an inspiration to not not only other women out there, but other men, other people who are looking for real love. And what real love looks like. So it's. She's just an amazing woman.

Rock Thomas:

That's gorgeous. So where can we see this on your website.

Jose Flores:

Yeah, you can see that on my website. Jose inspires calm. Okay.

Rock Thomas:

Beautiful, beautiful. So now that that you're in this place. Who are the people that that you speak to most when you go out and speak.

Jose Flores:

Most of the time I'm speaking to corporate corporations and colleges. I come from a 20 year corporate america background.

Jose Flores:

Working my way from the bottom all the way up to managerial positions. And so I have an extensive knowledge and experience in the corporate america sector. So I do a lot of their

Jose Flores:

Consulting there and training workshops

Jose Flores:

motivational speaking as well. And like when they have the annual conferences and summits and and things like that, they'll, they'll, they'll bring me in for that. Also, and then I also do colleges and universities as well.

Jose Flores:

Complications commencement speeches. Also, I do workshops as well for the staff and faculty, along with the students for different events and opportunities that are there as well.

Rock Thomas:

Beautiful. So when I was in my late 20s, I was almost a millionaire. Then my father got sick with cancer. I took some time to take care of him and I lost all my money because I had no passive income vehicles.

Rock Thomas:

So now I've gone into the world and teach people the importance of creating you know vehicles that make you money while you're sleeping.

Rock Thomas:

Have you given any attention to that or you just kind of been in your passion lane, you know, speaking and building that business or have you also become aware of the importance of investing in things that make you money while you're sleeping. Yeah.

Jose Flores:

Absolutely 100% I'm a big fan of that. I actually not too long ago did start getting into that and investing investing is for real estate also

Jose Flores:

With you know with speaking. I have a couple of books as well that I do an app, a couple of masterminds and online courses that people can take

Jose Flores:

Those are just some additional streams of income that that I can, you know, generate while I'm sleeping also

Jose Flores:

So yeah, I mean, I'm really a big fan of that. That was one of my goals and dreams as well, to be able to, you know, do something or invest in something that's going to you know make my money work for me instead of me having to work for my money.

Jose Flores:

Because the reality is rock is that my back. My body is, you know, dealing with this condition that is taking its toll on me. And so I want to make sure that, you know, God forbid, anything you know

Jose Flores:

Else happens in the future. I want to make sure that my wife and my children are ours. Ours are situated and comfortable.

Jose Flores:

To where I can if I don't if I can't go out speaking and doing all these different things that I'm doing that they'll still have that that cash flow coming in on a monthly basis. That's awesome. It's great.

Rock Thomas:

Favorite book.

Jose Flores:

Favorite book man outside of the Bible, man. Because I am a man of faith, but outside of the Bible. Man, my favorite book is

Jose Flores:

Be obsessed or be average from Grant Cardone

Rock Thomas:

Well, you're in Miami, so he's your peace your neighbor. Right.

Jose Flores:
Yeah, yeah, yeah, absolutely.

Rock Thomas:
But that's one of my favorite quotes because I, you know, nobody really has created anything great doing 40 hours a week.

Rock Thomas:
You've got to go above and beyond. You got to be consumed by whatever it is to move forward. So I love that as well. So that kind of goes into my next question, which is your favorite quote, do you have another one.

Jose Flores:
Well, my favorite quote is actually, it's, it's one of my own quotes is called Don't let it says, Don't let your struggle become your standard

Jose Flores:
Yes, and that's actually the title of my second book that I wrote was called Don't let your struggle become your standard

Jose Flores:
How to be indispensable, even when the odds are stacked against you, but I think that that the music. That's one of my favorite quotes is because, obviously, you know, people can just see me and see that I've struggled

Jose Flores:
You know my life I struggled throughout my life right everybody is going to go through a struggle.

Jose Flores:
Yes, I know. Another fun day in your life. No one's exempt from that. Right, that's just like one of the guarantees of life that you are going to struggle.

Jose Flores:
Face trials and tribulations. So, but I just think that you know sometimes people go through a struggle and they stay stuck there.

Jose Flores:
They park right there. They get comfortable there, they get a custom there, they get used to what goes on there and then that's

Jose Flores:

All they know for the rest of their lives and and i want to be that person that comes along and says, hey, listen, you don't have to let your struggle become your standard

Jose Flores:

You don't have to park there. You don't have to settle for that.

Jose Flores:

And I want to help you know any way I can to make you help move you know move that needle forward or move you forward or or expand your mindset or even your perspective about what the situation looks like to give you hope to keep moving forward and like

Rock Thomas:

Well, the piggyback on that. I believe that a great coach invites people to have a new perspective, what are, what are, what is it a perspective that you invite people to look at life differently with

Jose Flores:

I always try to help people look at a perspective of looking at life from an abundance standpoint as opposed to a scarcity standpoint.

Jose Flores:

And that that goes across all areas, just thinking about an overflow of opportunities and overflow of increase in your life and and understanding and knowing that it is possible

Jose Flores:

For you because I think a lot of times we look at these big stars. And we're like, oh man.

Jose Flores:

You know, this is happening for them like that that can never happen for me or I can never be in that position or

Jose Flores:

You know what I'm saying. And I think that sometimes we just thinking that alone limits you and and and causes you not to be able to get to that position because you already stopped yourself in your mind.

Jose Flores:

And so once you can remove that are eliminated and expand your thinking right expand your thought process and and knowing like your like your podcast says I am capable

Jose Flores:

I am, you know, intelligent, I am successful I am you know whatever liking like I love your co i am because whatever you put after your I am is going to follow you. Right. And so

Jose Flores:

I'm really, I'm really a firm believer in that as well. So just, you know, just take some reprogramming and some, you know, you know, deleting some old files and downloading some new ones.

Rock Thomas:

I love it, love it. Well said. So people talk so often about a morning routine and very little do they, do they talk about an evening routine. So I wanted to ask you, is there anything that you think is important to do before you, you know, close your eyes and put your head on the pillow.

Jose Flores:

Yeah. What I do is, you know, my wife and I, after we go through our whole process of, you know, getting me in the shower and undressed, and all of that. And we actually get into the bed.

Jose Flores:

I'm either both of us were either listening to some type of podcast or some type of audio book or even reading. I like to read a couple of pages of something positive.

Jose Flores:

Or something informative that's going to help me with whatever I'm dealing with or wanting to deal with. So I'm just trying to read a few pages on some positive stuff. And then what we also do is, before we go to bed.

Jose Flores:

You know, we pray with each other, but we also listen to them. We also list. I forgot what the name of it and I feel so embarrassed right now that I don't even remember it, because I think it's so powerful, but we listened to this.

Jose Flores:

Instance type of music that we listen to that while you're sleeping. It enhances your it enhances your brain activity.

Jose Flores:

So it's really cool. I can't remember what it's called. You know, off the back but it's a really cool. You could probably google it like nighttime sleep brain waves or something like that. But it's really cool.

Rock Thomas:

So you froze there when you said it's a type of music that enhances so

Rock Thomas:
I think want to go from there we'll, we'll cut

Rock Thomas:
Out the other part.

Jose Flores:
Okay, cool. Yeah, I think that, you know what, it's one of those type of songs is instruments are
but it increases like brain activity like

Rock Thomas:
Neural

Rock Thomas:
Be through something like that.

Jose Flores:
Yeah, something like that. There's something like that I can get it for you. Afterwards, but you
can probably google it like nighttime brain you know instrumentals or

Rock Thomas:
Okay.

Jose Flores:
We even some nice, but it's cool. Yeah. And we get great sleep man we you know sleep is
important to us because we know that our body needs rest and recovery. Right. Um, so, you
know, we're really a

Jose Flores:
Proactive when it comes to that. But yeah, that's what we do. That's, that's one of our nighttime.

Jose Flores: Routines

Rock Thomas:
Cool, as we're coming to a close. I have one final question for you, then I want to find out where
people can get in touch with you. I'm sure at your, your website and we're going to put all that in
the show notes, of course.

Rock Thomas:
You could have dinner with anybody dead or alive, who would it be

Jose Flores:
If I can have dinner with anybody who would it be, it probably be Jeff Bezos or Warren Buffett.

Jose Flores:
Warren Buffett.

Rock Thomas:
Okay, and what do you, what do you think you would take away from those conversations. What would you, what would you be looking for.

Jose Flores:
You know, well, I'm just a firm believer in that people don't know what they don't know and then they don't even know that they don't know it.

Jose Flores:
Right, right.

Jose Flores:
The line and tells you about it. So I think that they just have a wealth of information being like these massive successful individuals.

Jose Flores:
And I would just, you know, just ask them a ton of questions. The much I would spend most of the time. Well, half of the time asking questions and then the half of the time letting them answer those questions.

Rock Thomas:
Very nicely said, So where can people follow you get in touch with you. Jose.

Jose Flores:
Yeah, absolutely. People can connect with me or follow me on, they can go to my website. Jose inspires calm everything to get in contact with me as they're all my social media handles are at Jose inspires and yeah connect with me. My I'm mostly active on LinkedIn and Instagram.

Jose Flores:
They can check out my YouTube. Everything is at Jose inspires and Jose inspires calm as a website.

Jose Flores:
And then they can also, you know, actually, when I wanted to mention as well as something cool that they can your audience can look out for that. My wife and I are writing our third book that's called what real love looks like how to have it all, even when you don't have it all.

Rock Thomas:
Wow. Beautiful. When's that coming out.

Jose Flores:

That's going to be dropping hopefully by this summer. So, you know, keep an eye out for that because it can be a powerful book, man.

Rock Thomas:

All right. Beautiful. And if somebody wants to hire you for speaking engagement, will they find that information on your website.

Jose Flores:

Absolutely, yep. There's a book called a tab right on the web. Very easy. Fill out the form, they'll send it to my team and then we'll go ahead and get in contact with you.

Rock Thomas:

We're learning some patients here so if if people want to hire you for speaking engagement, can they find that on your website.

Jose Flores:

Yeah, absolutely. There's a book Jose tab right on the website that they can just click on fill out a quick little form and it'll send it to my team and then we'll be in touch with them right away.

Rock Thomas:

Well, you're a bright light and you're an inspiration and you're somebody who is defied the odds and managed to create a real real impacted world and

Rock Thomas:

We're honored to spend this time with you. Thank you so much for joining us on The I am moving. Why don't you close this out with a couple of your own very I am statements.

Jose Flores:

Yeah, man. I am powerful I am intelligent, I am successful. I am an overcome or I am strong. I am wise, I am a good person. I'm a great person. I'm a good friend. I'm a good husband. I am a good father. I'm a good associate I'm a good partner and I am

Jose Flores:

The person that you need to connect with because I can help you along in the journey.

Rock Thomas:

That's beautiful. Thank you so much. Jose. We really appreciate you and thank you very much. And everybody. Let me remind you that the words that follow. I am follow you.

Rock Thomas:

Take some of the wisdom from Jose and create some powerful words that follow you and then a repeat that inner narrative. So you can start to download those files and erase some of the other ones that aren't serving you. Thanks again. Jose.

Jose Flores:

Absolutely you too. Bye. Take care. Thank you. God bless. God bless.