

**Intro (00:01):**

Hi, I'm Rock Thomas, the founder of M1. The tribe of healthy, wealthy, and passionate people, also known as fulfillmentaires. You're listening to the I Am Movement podcast, where we believe that the words that follow "I am" follow you. Join me and the world's greatest thought leaders as we discuss the power of transformation and making success a part of your identity.

**Rock Thomas (00:31):**

Wally is a leader in living a life of abundance. His no-BS, fun, and exciting approach to life and business stems from his tough background and 25 years as a US Army Airborne medic. He's the founder and host of the Men of Abundance podcast, which is downloaded in 88 countries and growing. He is also the founder of Abundance and Prosperity Business Mastery, where he helps prevent business-related divorce and suicide by greatly increasing profits without spending another dime on marketing. Wally is the author of the No-BS Business Breakthrough: How to Double Your Lead Conversion and Triple Your Revenue in Less Than 45 Minutes. That is awesome. Some of his "I am" statements are: "I am living my life of abundance," "I am a perpetual learner," and "I am a skilled and compassionate business and life strategist."

**Rock Thomas (01:19):**

Remember that the words that follow "I am" follow you, and in this case you're going to see how he uses some of these phrases in order for him to develop or move toward becoming more of what he wants to become. It doesn't mean that you state it that it is true, but maybe something that you want to grow into. Now, let's go to the show.

**Rock Thomas (01:38):**

Welcome, Wally, excited to be chatting with you today.

**Wally Carmichael (01:41):**

Oh Rock, I'm just super excited. I've been looking forward to this, brother.

**Rock Thomas (01:45):**

Thank you for being here. We're going to have a great little conversation about the identity, the power of your identity. It's one of the things that I have found, since my Goalcast video came out and 80 million people have seen it, that people have realized that labels limit, and if you're not conscious of it, it really affects you. I know that you've got this whole conversation you have with yourself around abundance. Tell me a little bit about that.

**Wally Carmichael (02:12):**

We'll go deeper into it, but the whole thing is much of my adult life I was what I refer to now as ungratefully chasing a six- and seven-figure income, which equated to a life of freedom of doing what I want, when I want, and how I want and all that good jazz, right?

**Rock Thomas (02:29):**

Yes.

**Wally Carmichael (02:31):**

One day I just made the realization. Paint the picture, I was literally living in Hawaii, on the beach, had a six-figure income at that point from income, and from my military retirement and all this good stuff. My son's in the water, beautiful Saturday morning. I'm sitting in the gazebo with my coffee, had my headset on, listening to another podcast, and my son's in the water, my little one, he's about six at the time, and he says, "Dad, dad, come and play!" I basically just pointed at my headset, which universal meant "I'm listening to something right now, I'll get to it in a minute." When his facial expression changed from excitement to disappointment, it was like a slap in the head from my wife, right in the back of the head, who was asleep in the house behind me, saying what she's said for many years. "Wally, what the hell are you chasing?"

**Wally Carmichael (03:26):**

I always said, "Babe, I'm doing this for the family. I'm doing this for the family," and this was working all day, coming home, putting on a suit, going out, trying to sell Amway, going out, trying to start another business, going out, trying to start this business. This, that, and the other, trying to figure out how to make a better life for us, and here we are, freaking living on the beach in Hawaii, a good strong income, what else did I need? I'm always about growing faster, but at that point I don't think I actually made the realization that I'm living a life of abundance, but once I started being more grateful for what I currently had, which was from that point, so much more started coming into my life.

**Rock Thomas (04:08):**

So you're there in paradise, and what do you think the reason was that you chose to listen to a podcast, because I have something I want to share with you in a moment regarding that, versus playing with your son? What was really going on inside your mind?

**Wally Carmichael (04:22):**

Yeah, so that was the whole revelation at the time, or whatever the word is. The bottom line is: I just didn't realize that I was living the life that I had really wanted. As a man, as a provider, I just felt that it was my job, my job was to focus on my purpose, which was bringing money into the house and providing...

**Rock Thomas (04:51):**

When is enough enough?

**Wally Carmichael (04:52):**

That's a very good question. For some, it doesn't seem like it ever is. For me, at my stage in life right now, at 50 years old, I just turned 50 in May, I have more than enough. Way more than enough. Now, does that stop me from the growth-

**Rock Thomas (05:10):**

Let me just interject here. There is a new assessment that came out from Tony Robbins regarding the six human needs, and I know you're a big Tony Robbins student, and I did the

assessment, and it came out with growth as number one, contribution number two, and then the other four. The point, though, I want to make with you, Wally, is that there's details in it and it says, "Somebody like you," referring to me, and you may have something similar, "Somebody like you will probably be a bit more of a loner because you want to learn versus connecting with people, because connection and love is lower down on your list, and people may perceive you as a little bit cold. The reason you do this is because you don't feel enough, Rock, unless you continue to learn." Does that resonate with you at all?

**Wally Carmichael (05:58):**

Oh, absolutely. It definitely does, because I've been told that I was cold for many years, and kind of ruthless and mean.

**Rock Thomas (06:07):**

Intense.

**Wally Carmichael (06:08):**

Yeah, intense. I was an NCO in the Army for 20, well I was in for 25 years, but I retired as a First Sergeant Master Sergeant. It was kind of part of the job description, but it fit me well too, because I am a constant learner. I studied policies, that's what I did.

**Rock Thomas (06:25):**

Yes. So think about that, though. We're wired, potentially, because we found a way to fill in the hole of not being enough, and I think we're all like that. If I go golfing with a good friend of mine, Mark, he doesn't care about his score. He doesn't care about learning how to play better. He cares about having a conversation with the starter, connecting with the cart girl, because love and connection is at the top of his list. His outcome, the way he lives his life is through a completely different filter than I live my life, and I think it's really important that maybe people understand that, because if you have certainty, as you know at the top, all your decisions are different than somebody like you and I, where we want to listen to that podcast while our kids flop around in the pool, because if we just learn one more distinction and we can teach one more thing, we can help one more person and we'll be enough. Does that make sense?

**Wally Carmichael (07:20):**

It makes perfect sense, Rock. There's two things. One you just pointed out very clearly is, one, I don't learn for self. I learn to share with others. Especially with what I'm doing now and today. But another thing is, I'm the guy on the golf course, I'm the guy out with the guys playing basketball. Honestly, that's the difference about me that I'm kind of closer to Mark is I don't care about the score. I enjoy the camaraderie and having a good time. The guys who lose their ish playing pool or something like that and the ball doesn't drop right or whatever, they lose their mind. I'm like, "What is wrong with you?"

**Rock Thomas (08:00):**

How about not what is wrong with people, but what need are they not meeting? They want to be significant, probably, very badly. They miss the shot, they feel like they're losing the significance, so they're angry at themselves and they beat themselves up. What you and I have in common, Wally, I think, is we want to have the insight to help people so they can live a more abundant, fulfilled life, and understanding this hierarchy of the needs is definitely helpful. I certainly think.

**Wally Carmichael (08:30):**

I totally agree. I was listening to your conversation with Wally earlier, the other Wally, the guy that you've known for five years, and you were talking about, at one point you guys were talking about talking to that friend of yours at the bar or whatever who's just not going to listen. That's one of the things that I've found along the way, with me having coaches in my life and mentors, is you've got to ask for permission to lead, train, and mentor other people, and not just give your information. I bring that up because of part of what you just said. I was wanting to help everybody, and now I...

**Rock Thomas (09:03):**

Who was that about?

**Wally Carmichael (09:04):**

That was about me. It was all about me, because I wanted to show my worth in their life, but I just found it to be a waste of time.

**Rock Thomas (09:14):**

I guess it's coming from the wrong place. I did the same thing. As a Tony Robbins trainer, I used to take a lot of pride when we'd be at these events and people had trouble having breakthroughs, getting the distinction. "Send them over to Rock, Rock will break them through!" I got such significance out of it. It wasn't even about them getting a breakthrough, it was about me proving I could break them through. So it's interesting, as I continue to grow as a coach and a trainer, my skillset and my style have changed. I'm a little bit more, I think, I talk less, I ask more questions, I investigate, I impose less, and there's such a range of ability, I think, to influence other people. You've really got to come from curiosity.

**Rock Thomas (10:02):**

So, on that note, tell me a little bit about some of your statements. You started this thing around abundance. You help people increase or certainly not lose their businesses, but increase through skills without spending a lot of money on marketing. Tell us a little bit about how you got into that and why you're so effective.

**Wally Carmichael (10:22):**

Right, so about six months into my podcast that I started, because I was that guy that wanted to ask more questions and gain more knowledge from other men and women living a life of

abundance and somehow paying it forward in their community, and they share their kick in the gut moment with me, about six or eight months into that, people started asking me if I coached in living a life of abundance, and I absolutely had not. I hadn't even considered it. And then two guys asked me, and then this woman contacts me and says, "Hey, Wally. Listen, I've been listening to your show, I've been following your content. Love what you've got going on. My husband, we just make plenty of money. We're not hurting there at all, but my husband's never home. He's here, but he's not here. Can you help him get to the point that you're at?"

**Wally Carmichael (11:10):**

I kind of chuckled a little bit, I couldn't help it. I was like, "Look, I'm flattered, I greatly appreciate this conversation, but he's got to want that. He's got to get engaged in the podcast and stuff like that." But that is what got me thinking, so many people out there say "listen to your audience, listen to the people you're talking to, they'll tell you what they want, and then if it's within your wheelhouse, create it and provide it." Well, I started doing that, and I started some small groups and stuff like this, and it was being effective. I was really having a good time and guys were really getting a lot out of just having conversations in a small group around this whole living a life of abundance idea that I was really just kind of piecing together.

**Wally Carmichael (11:51):**

So I started hiring a couple coaches, and one of my coaches that I got connected with, Carl O'Brien, he pointed out to me, he said, "Look, if you want to do this, you're retired, you have plenty of time to," at the time I still had a full-time job, and he said, "You've got skills. I see what you're doing. After having conversations with you, I know what your worth is. You've got the mindset, and mindset's 80 to 90% of the fight. You also know business and marketing, and what you don't know about business and marketing, I will personally teach you." He said, "If you want to make a business out of this, if you want to make an income out of this, if you want to be of greater value, it's best to add value to business owners, because there's so much more going on there in the community." That's why it evolved into Abundance and Prosperity Business Mastery is because I'm combining the two.

**Rock Thomas (12:46):**

Cool. So naive question: how do you coach abundance?

**Wally Carmichael (12:54):**

That is a very good question, and here's what I do: many men, as you probably know, not all, but some of us have become welcoming and realizing we need more knowledge and we need more wisdom. That's what abundance really is, in my mind, is wisdom. What I do is, when I'm working with business owners, I don't tell them that I'm going to work on their mindset. I just start sharing skills with them that work in their business, but oh, by the way, when I'm having conversations with them, I listen to their language. I see their physiology, and I do the same with their, if I have a chance to work in their business, to see their employees and how that trickles down into their organization, and I correct those subtly.

**Wally Carmichael (13:40):**

I'll say something like, if they say, "Well, this is something we've never been able to do," I'll say, "Well, what would it look like if you were able to do that? Where would your company be? How would you be able to provide," because I already know their hot points, "how would you be able to provide to this particular charity or your church or within your family, because you've got this issue going on over here, how would that solve that problem, if you were able to fix this in your business? What if you were able to?" Then their mind starts opening up, and they start coming up with ideas and strategies themselves, some of which I inject into their business, but they start coming up with it, they start being more creative because they're opening their mind up, because they're coming from an abundance mindset, instead of that scarcity mindset that many of them are in.

**Rock Thomas (14:22):**

I love it. I love it. The power of questions. You chose rule number two, goal-setting, creating a raft, as one of the rules that resonated with you. How has that been an influence in your life?

**Wally Carmichael (14:37):**

I always have to have something to really kind of strive towards. When I retired from the military, I always had these goals in my career, and so I just found it necessary to start setting more family-oriented goals. Goals within my community. One of the goals I had was to be more involved in my church in a specific way. I'm now involved in my church in that specific way, so all of these were goals that I set for myself, and I just believe that if you don't set a path for yourself, then you're just going to wander aimlessly and be lost at sea, just to put it bluntly.

**Rock Thomas (15:19):**

Okay, so you create goal for you to work on, etc., and in that process, what would you say today at this stage, you say you're abundant living, you have that consciousness. What's a goal that you have out in the future for yourself?

**Wally Carmichael (15:34):**

The goal that I have right now, for my family and I, really, I'm kind of in a weird place, Rock. I'm very, very comfortable. I've been reading more books that are getting me into uncomfortable states, and uncomfortable physically. I read "Can't Hurt Me," with David Goggins.

**Rock Thomas (15:57):**

Yes.

**Wally Carmichael (15:57):**

Great book. I'm currently reading a book that was one of my guests that I just had on my show that's going to host a little while down the road called "Tough Times Create Strong Men." It's very thought-provoking, and it's really challenging my thought process. In order to, like I said, I'm just in a weird place that, right now, my goal is to, tomorrow I'm getting my son up and we're

going to go down to Volcano Bay at Universal Studios. I'm just in a point in my life right now to where, after 25 years of being in the Army and traveling all the time without my family, my goal in life right now is to spend as much time as possible with my family. I'm going on a road trip in a couple days with my oldest son, who's going to be stationed in Korea for a year without his wife, in August, so we're taking a road trip from here, Florida, Tampa, Florida, to Arizona, and then me and my, with my youngest son, and me and my youngest son are going to come back and do a couple things on the way back. These are just things that's my current goal in life, because I missed so much throughout 25 years in the service, and I just want to get back.

**Rock Thomas (17:13):**

Good for you, I love that. You also say that you're a compassionate coach, compassionate leader. For a guy who spent 20+ years in the military, is that more of a statement of you moving toward that and developing it, or is it something you feel you truly have already in you?

**Wally Carmichael (17:30):**

You're spot on, Rock. It's something I'm moving toward. There's a difference between not compassion, but sympathy-

**Rock Thomas (17:42):**

Empathy and sympathy.

**Wally Carmichael (17:44):**

Exactly. Empathy and sympathy, sympathy is "I feel sorry for you." Empathy is I'll come up and I may hold you and talk to you and bring you a cup of water, like if we're on a ship, the analogy I heard, if you're on a ship and you're seasick, I'll come up and put a blanket around you and give you a cup of water and hold your hair back, type of thing.

**Rock Thomas (18:02):**

Yeah. You'll be with the person in empathy. Sympathy is like, "Sorry for you, that must suck."

**Wally Carmichael (18:08):**

Exactly. Compassion, on the other hand, is actually doing something about it. That's where I'm going with the Abundance and Prosperity Business Mastery as a business and life strategist, similar to what Tony's doing, on a much smaller scale, is I'm actually doing something about it, completely different than I was as an Army medic.

**Rock Thomas (18:32):**

What I love about this, Wally, and for people that are listening, has noticed that he's taking the "I am" statement as a moving toward target, something he wants to bring consciousness, give life to, give energy to, give thought to, and create it as a new part of him that he can grow into. I think we also, if you're purposeful, change over time. A lot of people say, "People never change, I don't believe that." I believe that people change the way they want to change. A lot of people tell themselves, "I can't change," so they don't change, or they don't change much or they

change for the worse. If you don't change at all, you're going to be more cynical and bitter than you were 10 years ago, trust me, because your world's going to shrink.

**Rock Thomas (19:11):**

Let's talk just a little bit about the abundance insofar as wealth is concerned, because we know money doesn't make us happy, but it does give us more choices, and then sometimes the lack of choices can bring in some unhappiness if you don't know how to reframe that. How do you deal with that? What's your perspective on that?

**Wally Carmichael (19:31):**

My perspective is, like I said, I was chasing a six- and seven-figure income and not truly being fulfilled along the way. I wasn't enjoying the journey, and once I made that realization on that beach that morning, so much more started coming into my life, and I started being much more grateful for what I currently had. How that translates into financial is I believe that we should be grateful for everything that we have today on our way to having more. More is more relationships, more connections, more quality connections and relationships, and yes, more stuff and more money, because more resources allows you to do more good for more people, in many different ways. Not just financial resources, wisdom-

**Rock Thomas (20:22):**

Compassion.

**Wally Carmichael (20:23):**

Compassion, exactly. And that was one that I've struggled with for years, and that's why, as you pointed out, that's one of my goals, is to work towards that as much as possible.

**Rock Thomas (20:31):**

I'm with you on that one, brother. I'm working the empathy muscle. You and I, I say to people, "Look, depending on how you grew up, you may be incredibly empathetic, but not much of a gladiator." I grew up, much like you, probably, Wally, I'm a gladiator. I'm a warrior. You want me on your team when the shit is going down, but when you are sick or something, I struggle. You've got a headache, you've got a tummy ache. I struggle to sit by your side for more than a minute and go, "Hey, I feel you." I'm like-

**Wally Carmichael (21:08):**

Let me make a point, Rock. That's spot on, man. My wife, for many years, said, "Wally, why don't you get your education and go be a nurse?" I said, "What? Do you know me? I have mad respect for nurses. I am a trauma management specialist. I'm a strategist." I have a body in front of me that needs to stop bleeding and needs to breathe. It's screaming. I want it to shut the heck up, I want it to pass out so I can get to work, because I just don't have time for that. I don't have the capacity for that. The first time I started working in an organization with female soldiers, and this could happen to men as well, it's not a sexist thing, it's just the fact of the matter of this story, the first time I was disciplining a young soldier, and she started crying in front of me, I



didn't know what to do. I was like, "What do I do with this?" Normally guys are like, "Roger, Sarg. Got it, understood. I screwed up, I'll move on, I'll do better next time."

**Wally Carmichael (22:07):**

She was thinking the same thing, and the same thing ended up happening, because she's an amazing soldier, but the emotions came out and I was like, "Oh my goodness gracious." I'm a strategist. I'm not an empathizer. I don't do this.

**Rock Thomas (22:19):**

What was your relationship like with your father growing up, out of curiosity?

**Wally Carmichael (22:23):**

My father wanted to be my best friend. My father wanted to do things with me that no young men should be doing with their father or otherwise.

**Rock Thomas (22:34):**

Like what?

**Wally Carmichael (22:34):**

Well, drugs, drink alcohol. He would have me and the boys over, he'd have this saying all the time. He'd say, "Look guys, don't go out and do this out in public, away from home. You'll get hurt. If you want to do that, come home, we'll do it here." My dad was a very, very nice guy. Wouldn't hurt a fly, but-

**Rock Thomas (22:55):**

But would you say that his top human need might have been love and connection?

**Wally Carmichael (23:00):**

Possibly. He was nice to a fault. People would take advantage of him because of how nice he was. In fact, one time we went on vacation, everybody knew about it, and the people moved into our house and literally ate our food, took some of, we didn't have much at all, took our black and white TV. We knew who did it, but my dad still welcomed them into the house.

**Rock Thomas (23:29):**

What did you think of that, growing up?

**Wally Carmichael (23:31):**

Growing up, I just kind of went along with it. I was very young at that time, but this is part of the reason why, as I got older, and had the opportunity to move away, it's a little bit of a longer story as to why I decided to join the military, but that was one of the reasons because what I found out once I was in the military was I needed the discipline that I didn't get when I was growing up.

**Rock Thomas (23:56):**

Got you.

**Wally Carmichael (23:57):**

But I left for a different reason. I left to get away from the drugs, the violence, not the violence at home, but just the violence within my friends. We'd all go out and just start fights, and just do stupid things.

**Rock Thomas (24:09):**

Well, good for you for having had the wherewithal to do that. Robert Downey Jr., his dad got him to smoke pot when he was six years old, and that led to a trail of drugs and alcohol for a long time.

**Wally Carmichael (24:25):**

Oh yeah, I was in sixth grade when I hit my first joint.

**Rock Thomas (24:27):**

Especially when somebody is supposed to keep you safe, in our minds, our parents, their job is to keep us safe, so when they're introducing us to things, we're vulnerable to think, "Well, maybe I should, and at some point in time, you might realize that's not working anymore." So it's very interesting, the relationship with our parents, how it manifests later in our life.

**Wally Carmichael (24:47):**

Mm-hmm (affirmative).

**Rock Thomas (24:48):**

So what's a great book that you would like to share with the audience? Maybe something you're reading now or something that's affected you in the past?

**Wally Carmichael (24:57):**

The book that really kind of started this whole abundance journey was, everybody always asks me is it religious-based, and while I'm a believer, I'm a man of God, it's not religious-based. It's literally abundance. It's the literal abundance in the world, so a book that I would recommend is called "Abundance" by Peter Diamandis. Just an amazing individual who started the X Prize has a big, I think he actually did start the X Prize, close personal friend with Elon Musk and all these other different folks that are just amazing men doing amazing things in the world. That one will really show you, statistically, I got it on audio, and then I got it in the hard copy so I could go through and highlight it, because it was so many statistics and just proof of the abundance in our world, from education, resources, food, water, the whole bit.

**Rock Thomas (25:51):**

Yeah. We live in an abundant world, but we have a scarcity mindset as a culture is basically the message, right?

**Wally Carmichael (25:58):**

Absolutely, and that's what I like to point out. In the Men of Abundance podcast is so many people want to bash capitalism or businesses in general based off of a couple very, very poor examples, or great examples of some businesses that aren't doing the right thing, but for everyone, I just personally know there are hundreds of other amazing companies out there doing amazing things throughout the world, and not as greedy as the few that are being highlighted in the news and whatnot.

**Rock Thomas (26:28):**

Maybe scarcity directs focus because I remember in 1979, I was in college and they talked about, the oil crisis was around the corner. I was worried that I wouldn't get to drive a car for more than a couple of years. That's how brainwashed I was that there wasn't enough oil left on the planet. Fast-forward 35 years, we have more now than ever, based on fracking and things like that, but it allowed people to increase the price of oil and make a lot more money off of us.

**Rock Thomas (26:57):**

Another example is, I don't know if you drink regular milk or soy milk or cashew milk or almond milk, but those things didn't exist 10 years ago and now there's a movement toward that. Somebody's making money, in my opinion, off of directing the scarcity on the planet. It just shifts and changes every six months or a year. Do you agree with any of that?

**Wally Carmichael (27:20):**

I totally agree with that. Going back to the fossil fuel idea and oil. Carburetors changed in the '70s to the carburetor to the fuel injection, which greatly diminished the amount of, it took cars from, don't quote me on this, from I don't know, 50 miles to a gallon to 20-something miles to a gallon. The technologies that we come up to expand our resources.

**Rock Thomas (27:45):**

Yes, very nice. I like that.

**Wally Carmichael (27:47):**

That's why things like Peter Diamandis is doing, and many others, I can't remember the guy's name, but the guy who created the four hour-

**Rock Thomas (27:55):**

Tim Ferriss?

**Wally Carmichael (27:56):**

No, not Tim Ferriss. Not the four-hour workweek. I think it's like the eight-hour energy? The little eight-hour energy bottle?

**Rock Thomas (28:02):**

Oh yeah.

**Wally Carmichael (28:03):**

That gentleman is just doing amazing things with taking tiny, those small refrigerator-size boxes and putting them out in the middle of nowhere in Africa, and putting a hose in a puddle of mud and coming out with crystal clean water on the other side, and he's funding scientists. Not just scientists, but average Joe's like you and I who happen to have some engineers or whatever, have a great idea, he's like, "Here, here's some money. Go figure that out," and great things are coming from it.

**Rock Thomas (28:32):**

By the way, we're not average Joe's.

**Wally Carmichael (28:34):**

Absolutely not, but as opposed to some scientists or whatever.

**Rock Thomas (28:40):**

I know what you mean.

**Wally Carmichael (28:41):**

Absolutely, 100%.

**Rock Thomas (28:42):**

This is the I Am-

**Wally Carmichael (28:44):**

Thanks for correcting me on that.

**Rock Thomas (28:46):**

I know what you meant.

**Wally Carmichael (28:47):**

Anyway, I'll fall back into it, brother.

**Rock Thomas (28:49):**

So people get hold of you? If they want to learn more about abundance, they want to be in abundance, they want to talk about abundance, they want to taste and see and feel abundance, how can they follow you, get ahold of you?

**Wally Carmichael (29:01):**

Yeah, it's all at [menofabundance.com](http://menofabundance.com). Everything's there, just to make it easy. All of my connections on social media. I'm on darn near every social media platform there is out there, and I'm active on two or three of them, but always posting stuff all over.

**Rock Thomas (29:15):**

When you're not playing with your son.

**Wally Carmichael (29:17):**

Absolutely. That's my biggest thing.

**Rock Thomas (29:21):**

All right, well listen, I really appreciate chatting with you. We could have gone all day long, but I think we went to a nice area, hopefully, that's valuable for the listeners. I'd like to remind the listeners, Wally, that the words that follow "I am" follow you, so choose them carefully, as you have, as you are abundant and you're compassionate. It may not be where you are today, it may be where you want to move toward, but at least you're giving it energy and attention, so thanks so much for popping by.

**Wally Carmichael (29:46):**

It's my pleasure, Rock. Thanks, man, I appreciate it.

**Outro (29:50):**

This is the I Am Movement podcast. To find out more about how you can join the I Am Movement and take your life to the next level, go to [gom1.com](http://gom1.com), [G-O-M-1.com](http://G-O-M-1.com).