



## EP. 154 MICHAEL OHER

WITH HOST DON YAEGER

(13:20) The stories come in the end. The stories come through the \_\_\_\_\_, through the sacrifice. If you just woke up and became great with nothing to get you to greatness, who wants to sit around and talk about that? What obstacles did you face?

(17:30) I never wanted any fame. I just wanted to be \_\_\_\_\_, because I knew what saved my life. Try to be the best version of yourself that you can be by remembering what you are doing it for and where you are headed. What are your goals? Once you get back to the foundation of what got you to the tip of the iceberg of being great, then you get rid of all of the distractions that are there.

(20:15) I couldn't let this platform and everything that was placed upon me go to waste. I knew it was \_\_\_\_\_.

(25:50) \_\_\_\_\_ yourself first. You can be healthy or unhealthy but still unhealed, and not doing the right things.

*Reflection Question: When was the last time you evaluated your habits? Use the space below to write down three good habits you would like to continue and three bad habits you would like to limit.*

**Answers:**

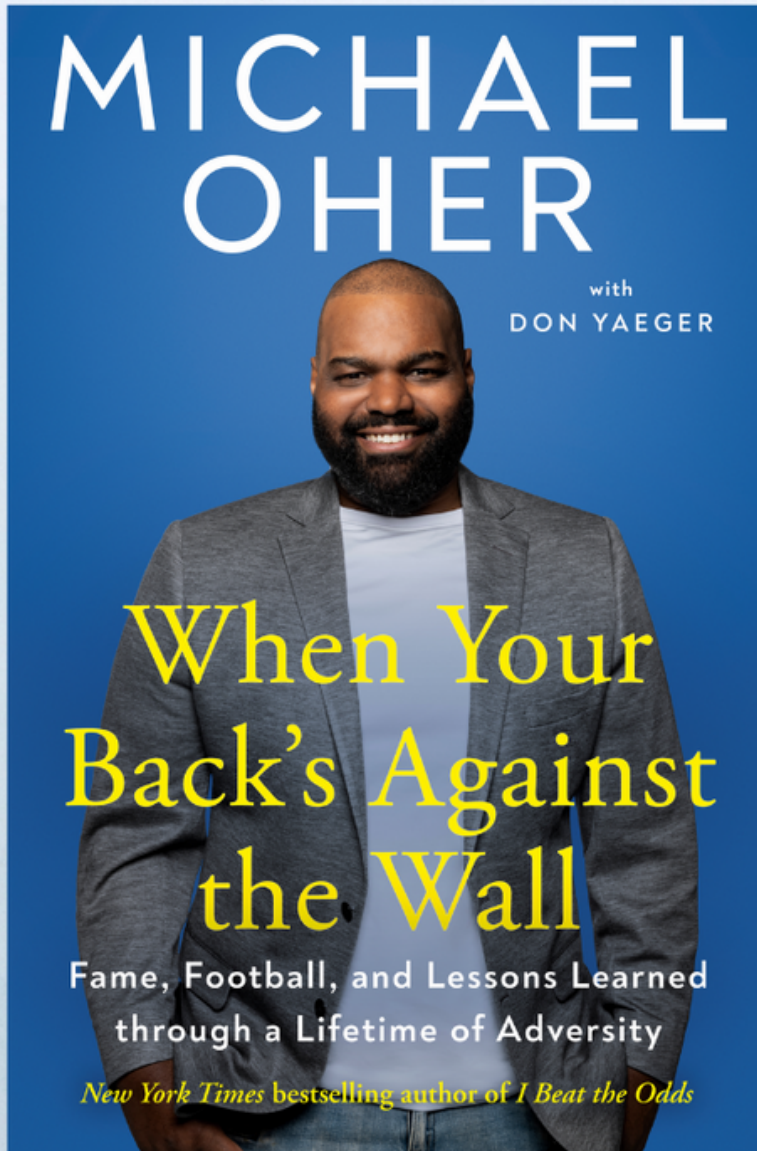
journey

great

bigger than me

Heal

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