

Trina Felber: Hi everybody, Trina here with The Healthy Me. I'm super excited today. I have Dr. Chris Zaino with me. Welcome Dr. Chris Zaino.

Chris Zaino: Hey, thanks so much for having me. And thanks for everybody who's watching and listening.

Trina Felber: Yeah, so we're going to talk today about setting yourself up for success. I believe that I am the hero of my story, and I have to create my own hero every single day when I get up, because if I don't have a vision of where my hero's going, my hero can fall down and cry getting up. And sometimes that happens, but Dr. Chris Zaino has set himself up for success, changed his mindset, and we're going to talk about how that impacts your life, and how you can do that. So let me give you guys a little information about Dr. Zaino. Dr. Zaino is a world renowned speaker, author, entrepreneur, former Mr. America, former Mr. Universe, and IFBB Pro Body Builder. After defying a deadly terminal disease in his late 20's, Dr. Zaino leveraged his experience to get his Doctorate and becoming one of the largest wellness clinics in the world seeing thousands weekly. And you're a chiropractor, right? You're talking about chiropractor thought leaders, right?

Chris Zaino: Yeah, so that's what I do. Yeah, so chiropractor is my Doctorate so we have a wellness clinic right here in Houston.

Trina Felber: Awesome. I just wanted to give everybody that info. Dr. Zaino created the I Am Hero Project to resurrect heroes from the complacency of their secret identity so they may live heroic lives, once again, by expressing and experiencing true love now in every area of their life through his four step methodology Hero Rises. So thanks, Chris, for joining me. Talk about the hero, the inner hero, who that is and why we lose touch with that person. Kids have that hero, right?

Chris Zaino: You so nailed it. That's the whole thing. Everybody is looking to discover their purpose or I'm finding my purpose. And I tell people, remember, remember. It's not about finding something. I think that we're on the wrong map, it's like remembering. It's like when you were a kid, around five or six years old, seven years old, just think you were creative, you had imagination, you were relentless, relentless. You lived in, I like what we call, you lived in vertical times.

Trina Felber: Yeah and you didn't give up. You didn't take no for an answer, right, like you said, over and over again, I want that candy, can I have that candy, can I have that candy?

Chris Zaino: My kids, and I'm sure everybody listening, have closed me 100% of the time for 12 years. 100% close. They never lost once. You know what, they question limitations. The number one question they ask is why? Why? Hey it's time to eat dinner. Why? It's time to go to bed, it's eight o'clock. Well why? And then when they ask me why, I'm like, you know why because I don't know, someone told me. So I realize so they expose me, a lot of my values and belief systems were imposed upon me. I didn't discover them for myself to be true. So that's what

that secret identity, it's living in this life where we're living a life dictated by other people's values for us, right or wrong, and then we look in the mirror in our 20's, 30's, 40's, 50's and go, well who am I? I don't even know who I am anymore. I'm wearing everybody else's clothes and who am I? What am I supposed to be? What was my call on this planet to do?

And it almost is just like auditing a life to become child like again, not childish but child like, and that's what the hero is, the hero is the child, because your kids have all these amazing qualities that people pay all these gurus hundreds of thousands of dollars to try to obtain, but it's like we were born with them. So it's about reattaining and rediscovering and remembering your purpose and being okay with it. Having the pride and ego to be okay, this is my calling, this is what I desire to do, and then going at it all with 100% regardless if people think it's irrational or not.

Trina Felber:

I totally relate to that. And I think that everybody forgets that there's a kid inside them. And as we become adults we enter the world of technology as well as work, and a lot of different types of things that we have commitments to. And we forget to question. Like you said, the why, and why am I doing this? Is this necessary? Why am I doing it this way? Is there another way to do it? And I love the fact that my kids and your kids have brought that to your attention because when you start to question why, you start to realize that you don't have to do things the way they're done and you can manipulate things, but we're so stuck. We're so ingrained in doing them this way whether it's because our parents taught us or the church tells us, or whatever the reason may be, we have to become our own individuals. So talk a little bit about the ways that you broke those habits, how did you break those habits and what are you doing that sets it apart, changes your day, changes your life?

Chris Zaino:

Well the first thing is the self awareness of it. Here I was probably, I started noticing around 36 years old I started feeling depressed, numb, disengaged with my patients, heavy, that's all I can say, heavy like I told my wife, I think there's mold in the office or it was just like I was feeling these feeling but didn't know why. And here, I felt guilty because I'm like, am I ungrateful? I'm not ungrateful but I have all these things, healthy wife, two beautiful kids, amazing practice, financial security, but why am I feeling unfulfilled? And I realized that in that moment these were symptoms of me grieving my potential. Here I lived this life and it's okay, as human beings we are created to expand and evolve always. I thought it was you check off a box and you're done, but in reality it's you check off one box, five more boxes open up. You check off this box, you know we have a place in Utah, you go to one mountain, and you see there's six more mountains.

So it's okay to evolve, expand, change your mind. Say, you know what, instead of chasing security, chasing happiness, fulfillment and going by what I call your Inner Heroic Guidance System. How does this make me feel? I feel sad. Like right now when we do this interview, I'm starting to sweat because this is

exciting. This is fun so this is good. But if there's those things that make me feel heavy, depressed, numb. If you're watching this and I said the word grieving your potential, if you're feeling that way, I know you're sitting there going, holy smokes, that's it. I'm grieving my potential because you're letting other people dictate your life or you live your life according to other people's values and here's the tough part. You have two choices.

Trina Felber: Right.

Chris Zaino: You could choose to stay and do what you're doing and live in the comfort and torment of that or you could embrace the unknown. See, we're never told to embrace the unknown. We're always to say, play it safe, secure, but the unknown, the unknown is where that next relationship is. Where I met Josh, you ask me, I know, I know. So that we're here because of an unknown. So to me unknowns, everybody loves Groundhog Day so in the unknowns is where the relationship is, the opportunity is, it's where God is, it's where the gold is, it's where the new experience is. It's always in the unknowns, and we were told to stay away from them. But kids aren't. Kids are like, oh what's that? What's that too? They're always embracing the unknown so you either stay comfortable or you're willing to embrace the unknowns, the scary.

It's a little risky but life just starts opening doors or you go through experiences and the experiences to really find out, and I can tell people, so many people I work with, they're in their 30's and 40's, I actually have to reintroduce them to the most important relationship in their life which is themselves. And many people have never cornered themselves since they were six years old. And that's the toughest thing a human is supposed to do, is auditing their life, realizing that I don't even know who I am and I actually have to have a relationship with myself.

Trina Felber: And you know what I have found too, when you find your inner self and realize that you are a human being that you have to talk to yourself, when you stop to listen initially listen and become conscious of who you are, the things you talk to yourself about are all negative. Have you noticed that? So you have to almost change that mindset of, I gotta get out of here because if I keep living with this guy I am going to go nowhere. So getting into a different ... and I like how you talk about the comfort, because I was also told, especially being an entrepreneur and everything, if it doesn't make you uncomfortable there's no growth. You're not growing. There's no change. There's nothing happening. You're going to stay right where you're at. So being a little bit uncomfortable is actually a good thing. I don't know if you want to talk about either one of those points but just not being comfortable is a good thing.

Chris Zaino: Yeah, well and it's actually being a little bit uncomfortable but really excited.

Trina Felber: And excited.

Chris Zaino: Like my kids, yesterday they were putting their costumes on, they were really excited so it's being uncomfortable but excited. I mean excitement and the inspiration, here's the thing. Do not be inspired by other people. I love what you say. Envision, I like to envision what I would like to to achieve and then I want to be inspired by my vision of myself achieving that. I don't want to be inspired by other speakers. That's their life. That's a counterfeit version of somebody else. We need to become inspired of what we could be and get excited when you're excited it's okay to be uncomfortable because you're going to wind out outworking because when you actually work the reward comes when you work. Like right now when we're doing this, I always say I'm expressing an experience in true love right now. And what I mean by love, guys, I mean unconditional appreciation because I'm sure that word love, everybody has different baggage associated with that. And it's very conditional the way we were raised, but it's unconditional appreciation so if I know that if i can just unconditional appreciate the moment right now, and every year of my life, I am also experiencing true love in the moment.

So it's like it's uncomfortable but the act of doing that thing is the reward. So it becomes this self fulfilling and self perpetuating type of process where yes it's scary and yes you could have an amazing story and people are like, I don't know how you did it. But I was excited. I was eager. I was satisfied in the process. And that's really the key to some amazing success and at least living the life you were created to have.

Trina Felber: And I know, so a lot of people are probably out there listening going, oh this all sounds great, this all sounds great, but how do I, like what do I do? How do I start? What are the easiest changes to make that will get me on the right steps? And I know you have something that they can refer to but can you give us some ideas of how you've changed like how you set yourself up for success every single day? What things can people do?

Chris Zaino: Well the first thing is you need to embrace that hero mindset, and the hero mindset is very counterintuitive to what were told in institutions and religions. I say teachers, preachers, religions, dogmas, belief systems and parents or all [inaudible 00:10:58] created this secret identity. So such things that we're told to follow our passion, but really if you look at the definition of pride and ego it's really taking pride, which is all pride is is pleasure and satisfaction in your achievements, and the ones that you love and care about, and ego is having a sense of self esteem and self worth. Its' like I know what you're, especially with Prime Organic, you had to have a pride or a pleasure and satisfaction and a sense of importance and self esteem to launch your company because you had to stand behind it. You know it would help people and a hero has pride, they have ego and they have humility. You could have all of it at the same time.

So a lot of times I think people put themselves last, especially moms, right, you put yourself last and you do this. Here, you build your identity on being a mom and then you're putting pressure on so many other people verses saying, hey

listen, I need to take care, Jim Roan said it, take care of me for you, no, no, I'll take care of me for you and you take care of you for me. So it's like it's about really becoming, okay here is the big S word, a little selfish and what I mean by selfish is taking back some of that life that you deserve and you're worthy of, that you put off because you thought you had a martyr yourself to be a good person. Listen, you were born worthy. The fact that you're a living human being, you won, you're worthy. So there's no working to gain worthiness. You don't have to martyr yourself and the fact, doing that is actually pulling your potential from truly helping the amount of people you can. But it's very scary and it actually feels dirty Trina. It's like what do you mean? Like I could take my life back and it feels a little dirty because you feel you're doing something wrong but you're not.

Trina Felber:

In this day and age we're not used to just sitting and taking time for ourselves. We might do something physical working out or something like that, but we don't just become mindful of who we are, envision where we're going, envision what we want and realize that we're the power to get us there. Sure we're going to have a collective group that might raise us up, like you know, but it's really all in your power and if you don't raise up your power, your own inner hero, you're not going to go very far. Like you said, I love going back to being a kid in your mindset of don't stop asking why, don't stop with the excitement and the energy. Keep it going full force and how do we recreate that? What kinds of things? I know you do morning routines on a daily basis. Can you talk about what that looks like for you and I know you've got kids because there's a lot of families listening out there too. What does it look like for you? What does it look like for your kids? Because I know we do a morning routine with our kids as well.

Chris Zaino:

Yeah so the morning routine happens for me really early. For me. And then because the reason why it was to be for you is because you don't want to, when everybody's sleeping, so it's you first, right? So I always tell people, instead of telling you my routine, a lot of people don't have a morning one. My routine started eight years ago with waking up five minutes early, sitting at the corner of the bed and envisioning the day the way I wanted it to go. That's it. And I thought it was so stupid. And then I actually started seeing the day turn out the way I actually envisioned it. And I'm like, oh my God, this is like something to it. And then I started adding things, detoxification things and my morning routine could be two hours now, but people are like that took eight years to get there. So just start with the one thing and then the next thing became, I'll do a little bit of cardio, ooh and I'll do a little bit of cardio and I'll listen to a podcast. So it becomes this self thing and then I'll take 24 minutes to meditate. And then you start adding these things but you don't do it all at once. So it's just one thing at a time.

And then when it comes to the kids, it's the usual. It's like kids wake up. We don't want them rushing and like being stress bound. It's like they wake up, it needs to be in a nice place. My wife puts on the essential oils and we make sure they eat a really good healthy amazing breakfast. We talk about cool things.

They're in Utah so they get to see the mountains. It's very tranquil and beautiful. And then it's time to go to school but it's never in this, like everybody has a nice little routine going and with kids you know, see because kids they live in present time. So not every morning is going to be routine for them. And then that's where we have to say, okay, if they want to play sometimes, Titus plays or Justice wants to do this, or they do some, what we consider weird, but they're acting in the moment so it's not so routine. So forget, be a little bit graceful for the morning routine if you have kids. Don't beat yourself up. And really take care of yourself. So it's for you first. Wake up a little bit earlier, get you done, and then you're prepared to take on whatever those kids wake up with.

Trina Felber: I love that. Yeah, and not feeling rushed. And we live in such, everything is we wanted it tomorrow. Thank you Amazon. Right? And so that's the mindset that we wake up with and if you don't set like, I love the five minute. Just get up five minutes early. How i changed my mindset years ago and I used to tell when I worked as a nurse in the operating room, I used to tell the nurses because I'd get up every morning, I'd do my work out and they'd be like, how can you get out of bed and do your work out? So when my alarm would go off I told them the biggest mindset change for me was when my alarm went off an hour early, I would immediately tell myself, you know what? I am going to be just as tired in one hour so I might as well get up and go do it. And I always felt better and I always gave myself the out that in ten minutes, if I don't feel good and I want to go to bed, I can go back to bed. I gave myself permission to have an out, and I can tell you to this day, not once did I use my out. I always get up and even when I struggle with it, within ten minutes, I'm like, you know what, I'm good. This is good.

Chris Zaino: That's so genius. I do the same thing. I put my phone in a location where, when the alarm is going off on the phone, it just doesn't stop. So I have to get out of bed to shut it off, but I put it far enough where I take enough steps, or have to go down enough stairs that it wakes me up. Like my heart rate is up and I'm like, okay I'm up.

Trina Felber: And I think that's important for everyone to understand that even Dr. Zaino still struggles sometimes to get out of bed just like me. It's not like you're going to all of a sudden one day be like, oh I am in the zone and I am going get up every day at 5 a.m. you can still have that struggle but you have to overcome that struggle with the power of your mindset. I mean it really has to be what you want, your hero.

Chris Zaino: It's the power of knowing how amazing my day is going to go when I do do it. When you start doing your routines and do your exercise and stuff like that. Like, oh my God, I feel amazing or this Trina, it wasn't even that I did my cardio in the morning. It's like, I did my cardio because I did my cardio I got to listen to this podcast. The guest on the podcast said something that literally helped me so much and then you get scared going, if I didn't wake up, I wouldn't have gone on that treadmill and I wouldn't have heard the podcast, and my life wouldn't

have been shifted today. So you start really anchoring on that morning routine so even though it feels crappy it's like, I don't know what's going to happen today. There's the unknown. I don't know what's going to happen but I know through my routine, not only am I going to feel great but some unknown could happen that's going to shift my day or my experience and my perception of life that could change everything. So like I'm always eager to find that moment so that's why I do it.

Trina Felber: And I love that you built up on it. It's not the expectation of knowing exactly what's going to happen. It's the expectation that something great could possibly happen. Like you said, sometimes for me it's just listening to a song. That song had a message in it and I'm like, wow, I would have totally missed that message, that energy. For me it's also remembering that make the one thing, the one thing. Like keeping focus and keeping clarity and if you can get up without having that rushed mentality, like you said, five minutes might be all it takes to get started. Don't make yourself unrealistic expectations. Do a five minute I am going to get up five minutes early. I am just going to sit on the side of the bed and I am going to take some deep breaths and I am going to think about the one thing that is going to make my day today. And going for it and then, like you said, one thing leads to another. And I also heard you talk one time about what your biggest commodity is and it's not money. What is our biggest commodity?

Chris Zaino: It's always time because we can't make more time. We can make more money any day but we cannot make more time so the time, who we spend our time with, what we spend our time with doing. I live in seconds. I live in seconds because time is just so precious and I want to really make the most of it.

Trina Felber: And sometimes it's the struggle isn't necessarily getting out of bed, it's actually going to bed. Going to bed ten minutes earlier or 15 minutes earlier or shutting the blue light, or putting the blue light blockers on, getting rid of that blue light from your phone a half hour earlier. Anything like that is a lot of times I tell my son, and here's another thing that my [inaudible 00:19:53] that I did when I was struggling to get out of bed, I will set myself up the night before when I go to bed. I tell myself, you know what? I am getting up when the alarm goes off the first time. So you kind of set yourself up and so going to bed. I am going to bed 15 minutes early because I'm getting up 15 minutes early. So you kind of just have to talk yourself into it and that's your ego and that's just your inner self.

Chris Zaino: I mean sometimes, I'm laughing because we all do these things that we really don't realize that we're doing. I used to put my gym clothes on and go to bed in those. So I could wake up and just-

Trina Felber: Jump out of bed.

Chris Zaino: Go. You know the sneakers were there and everything near. It's funny you really have to do. You have to be a deliberate creator every single day. We are deliberate creators and the key word is deliberate. It's a choice. I have to create

my day. I could easily sleep in and yeah, and sleep, but you're right, I'm still going to be tired when I wake up. I am going to have to wake up and let the day run me verses me running the day. When I tell everybody, if you're listening, do it for 30 days, it has nothing to do with a habit because let me tell you, you miss one day, you could be off the wagon for years, so nothing about a habit. Do it for 30 days because what I want you to see is all the unknowns that happen, all the coincidences that happen, the wow, this day went great when I had my routine. Or, ooh I heard this or I heard a song and I started to cry and I didn't know why and I realized something in the song is something I'm going through right now. You're going to start to see these serendipitous things from you loving yourself.

It's an act of love to yourself and you're going to realize, why wasn't I doing this the whole time? So it's not the act of actually exercising that is why you wake up, it's the act of love to the, like I am deliberately creating my day so that's what I want you to experience. I want you to experience the crazy like coincidence things or like, wow, that was nuts, I can't believe that happened. It went the way I thought. When you have enough of those, then we don't need faith anymore like you got it. But until you get that momentum I want you to experience that in your own life and then the momentum's there. You'll never-

Trina Felber:

You know what I love about that, is taking it one step further, is that it's not necessarily any more about you, it's about the act of giving because giving is always so much better than receiving. And when you have that energy and that positive outlook and your kids, you radiate that so they feel that so then they're going to give that back to you. So you're giving them positive energy just because you got up five minutes early and you set your mindset. And then, you know, now you're walking on the treadmill or whatever the act may be that it leads to, you start to notice that people are responding differently to you because you're giving them something. You're giving them vibes or energy or karma or whatever that is that you have no idea, but it's coming from the fact that you're self loving yourself. So I totally appreciate that. Thank you so much for all the wisdom because just opening the eyes and the minds of people out there to say, you know what? I haven't loved myself in a long time, and I deserve five minutes. So I'm just going to go to bed five minutes earlier, I am going to put my phone across the hall, and I am going to get up to shut it off and stay up. It's going to be a game changer, a game changer for a lot of people.

Chris Zaino:

Well that's awesome. We can literally talk for hours on this. That's the thing it's like that love thing again, because I always want to stress when I talk to people because I know they have different associations with love, but when we say love, just think unconditional appreciation. That means like you're waking up and no matter what you feel or how fat you feel or how broken you feel or how out of sorts you feel, like no matter what, it's unconditional appreciation. I am so glad I woke up. You said the right thing, the way you vibrate or the energy or the mood you're in, Andrew Carnegie said, you actually leave an imprint where you're at. So just think of it that way, like what type of imprint and energy am I



leaving? And then it's a compound effect. Like if I'm around a person with a good mood, I am going to want to be around that person more often and it just kind of becomes kind of contagious. So wouldn't that be great if you were that person? We're not saying to fake it but actually by doing these morning routines, it's not faking it, you actually become that.

Trina Felber: Right. And you attract that too. It's not just the vibrations that you're giving off, but you're attracting that so good things come. If you're stuck in a job, you might end up attracting an idea that can lead to something better, a better job, a connection, anything, but it's the vibrations you're giving off are sending vibrations out there and then all of a sudden you're going to get a phone call or an opportunity that you never would have had. And it's because of the fact that you've changed your vibrations that you're giving off. You're no longer this negative person who can't do anything. You're now this hero who is ready for the opportunity to change lives and feel a little uncomfortable. Right?

Chris Zaino: Home run right there.

Trina Felber: Woo. Alright Chris. Thank you for joining me. Hey, so they can find you. Tell everybody where they can find you because you've got more great information for everybody.

Chris Zaino: Yeah, if you like this and you want to keep the conversation going, just go to Instagram. So we have the, I put out content every single day and then we do lives and stuff. And really, like I said, I really do value your time. Because so everything you watch of mine is going to be bringing you towards the ultimate version of yourself and then Facebook, it's Dr. Zaino, but more Instagram, and if you go to lamhero.com., lamhero.com/secrets. I have something called the Secret Sauce. It's principles you could apply to your day right now and start winning right now in your day. So it's some PDF's, some cool videos, and you really enjoy it.

Trina Felber: Awesome. Thank you. Thanks for joining me and everybody, you gotta go check it out because the conversation doesn't end here, because if it ends here, we didn't do our job to motivate you guys to be the hero of your story and you have to be the hero of your story. No one else is going to be, so. Alright Dr. Zaino, thank you so much for joining me.

Chris Zaino: Thank you so much Trina.

Trina Felber: Alright. Bye everybody.

Chris Zaino: Bye guys.

Trina Felber: Thanks for watching. Make sure you subscribe to keep learning how you create your healthy self. See you next time.

