



Get more of what you want and less of what you don't, both personally and professionally.

## Interview with Kevin Nahai

***“Change your thoughts, change your actions, and you will change your life.”***

- **Kevin is a Motivation Speaker and Personal Coach. Everything he works on are things he has suffered through and conquered himself. Through overcoming these battles, he has been able to harness the lessons he learned along the way in order to help others change their lives like he did.**
  - What is a lesson you have learned through a personal battle that now you can use to help others?
- **Kevin says, “If you want something badly enough you will find a way. If not, you will find an excuse.” Being willing to change is not the same as being ready to change.**
  - Is there something in your life that you say you want, but when it comes down to taking action there is something holding you back? Reflect on why that may be the case. Is it due to a fear of failure, fear of change, or perhaps something else? Write down what you notice and plan a way that you can overcome these barriers.
- **Kevin also says, “What you give is what you get”. What he means by this is if you want something but aren't willing to put in the effort for it, then you don't deserve the desired result. This can be applied to all areas of life, including relationships.**
  - If there is something in your life that you want and feel you deserve, reflect: Are you doing everything you can in order to achieve that goal? What step can you take right now today to move forward?
- **According to Kevin, the fastest way to snap yourself out of a depression is to shift the focus from yourself to others. Rather than thinking about your own troubles, change your thought process to ask, “How can I positively contribute to someone else's life?”**
  - Reflect on Kevin's question. Write down 3 ways that you can give and spread positivity to others.
- **If you are experiencing depression, reach out to someone who can help you with this process, such as a coach or therapist. There is no shame in needing help and this first step is the most important when it comes to healing.**
  - Do your research and look into people who can help you, whether they be life coaches, therapists, organizations, a religious leader or church, or another of the multitude of options for you. Make a list of people and places you can reach out to for help.
  - If this is something you *do not* want help with, ask yourself this: How is that working out for you?

- **More often than not, the reason that we are depressed, frustrated, and resigned is because our behavior has created those conditions in our lives. According to Kevin, it is a combination of the way we are thinking, our behavior, and what we are *not* doing every day.**
  - After you have reached out for help, Kevin says that one of your answers for the questions below could be what is negatively affecting you. Reflect on and write down your answers to these questions from Kevin:
    - What do you do with your time?
    - Who do you spend your time with?
    - What do you put into your body and how do you treat your body?
    - What do you say to yourself all day long (what do you think)?
    - What is the nature and dynamic of your romantic relationships? What kind of people do you date?
  
- **Kevin believes we are the product of 80% our decisions and 20% circumstances and things that are out of our control.**
  - What is a decision you can make today that will get you closer to your goals and dreams?  
There is no better time to start making change than now!
  
- **You always have the choice for how you look at situations. Choosing to be optimistic or grateful does not negate the challenges in your life. It's not about pretending your problems will magically go away or fooling yourself, but we all have the choice to put the positivity in our personal "foreground", rather than in the background. What you choose to put in your personal foreground determines the way that you feel and the results in your life.**
  - The next time you are having a bad day or are going through a bad situation, try changing your mindset about it! How can you change your mindset to focus on the positive of that day or situation, and put the negativity in the background?
  
- **Be Safe enough to FLY!**
  - If you knew that an airplane had a broken wing and a gas leak, would you step onto it?
  - If you owned an airplane and it had a broken wing and a gas leak, would you invite passengers onto it?
  - ***As Kevin shared; you may need to first fix yourself before inviting others onboard. And, if you are on a broken plane (relationship, job, career path etc.) pull your parachute and JUMP!***

## **Connect with Kevin Nahai!**

Click here for Kevin's Instagram:

<https://www.instagram.com/kevinnahai/>

Click here for Kevin's YouTube:

[https://www.youtube.com/channel/Uck2Mr38jCjJ42bqt\\_-teFfA](https://www.youtube.com/channel/Uck2Mr38jCjJ42bqt_-teFfA)