



Episode 58:

Stop Leaking Energy and Maximize Performance With Daniel Diaz and Evan H. Hirsch, MD

00:00:08] **Evan H. Hirsch, MD:** Hey, everybody. Welcome back to the energy MD podcast, where here I am today with my friend Daniel Diaz, and we're gonna be talking about some awesome mindset stuff. Um, and one of the reasons why I really wanted to have Daniel on is because when we're looking at these 33 different causes of low energy,

we always want to take a look at the mindset stuff. And so we're gonna dive deep today on that super excited about it, but let's learn a little bit about Daniel first. So Daniel Diaz is a speaker and life mastery coach with acute focus in peak performance mindset and habit it reform. Love that. His proprietary program serves entrepreneurs and purpose driven individuals looking to Excel in both achievement and fulfillment.

Educated through Tony Robbins, daniel has a unique way of helping his clients remove limiting beliefs, create pattern and habit change and execute on a new set of actions that propel them into their best life. He is on a mission to help millions of people rediscover their inherent worth and step into their limitless possibilities.

Daniel, thanks so much for joining me today.

[00:01:16] **Daniel Diaz:** Yeah. Thanks for letting me be here, man. I'm happy to be here and to speak to this, uh, beautiful team and network that you have. I'm super excited.

[00:01:25] **Evan H. Hirsch, MD:** Awesome. So, um, let's touch a little bit kind of on, on your story. Uh, I just wanna, I don't wanna take too much time, but I kind of wanna hear about how you got into this space on, on mindset and, um, yeah.

And we'll, we'll start there.

[00:01:43] **Daniel Diaz:** Sure. Um, there's been a few different transformational points in my life. Um, I lived a fast life drugs, alcohol drug dealing. Changed that, got out of that lifestyle. Um, and started a restaurant business, uh, started with a food truck. It turned into a, uh, inter or a nationally recognized company.

We got written up in Forbes magazine as the third coolest food truck in America. Super rad, built that up. Um, however, in the process of building that up, I started to really meet adversity mentally and emotionally. So I was physically drained, I was stressing out a lot., I didn't know how to really manage my emotions as well.

Um, I was still dabbling in my addictions. I hadn't truly left them. I left the drug dealing behind, but not all the addictions, and in 2015. I was just waking up like every day, like mid thought, like stressed out at a hundred miles an hour. And my wife was one that suggested, you know, maybe she listened to Tony Robbins.

And I remember thinking to myself, isn't that guy from the Shallow Hal movie. That's all I know. So I did and I loved it and I bought into it and I continued to listen to it. And that built me up internally helped me learn how to master my emotions. You know, how to put my energy at work, how to plug energy, leaks, how to use my mindset and my language,

to propel me versus cage me and I, I see that a lot in the entrepreneurial world and, you know, in anywhere where people are using their language or what they think is possible to restrict them and to keep them blocked into their pain center, essentially. Um, So that blew that, that, that helped me grow in that space.

And then I found myself in an environment with a business partner and in relationships that just weren't of the greater service we had both had different directions and viewpoints, you know, I was on the personal development trip and he was on a different journey and ultimately it caused me to leave that business.

And I left the business without necessarily a clear plan. I just knew that it wasn't the right fit anymore. I knew it wasn't the right. I knew something else was calling me and I was determined to go find out what it was. So when I left, I, uh, did some more Tony Robbins immersion stuff and immersion programs.

And then I did an NLP certification. At that point, I realized that I had a different calling and it was to help people get out of a lot of the same situations that I had been in

[00:04:28] **Evan H. Hirsch, MD:** mm-hmm

[00:04:28] **Daniel Diaz:** reeled by stress. You know, energy zapped because my emotions and my mindset was all over the place. Breaking free from addictions, you know, breaking free from these,

kind of monotonous things that we do every day that don't serve us, but yet we keep doing them. And that built into the coaching business. We started in 2018 and it's just been a constant acceleration since my latest transformation being my physical transformation. I had back pain for 12 years. That also was an energy leak, just slowly pulling energy from me and also wiring my mindset to believe that I couldn't do a lot.

Because of all the back pain, I transformed that in 2020, um, through a bunch of different physical work and effort and consistency, and now have turned myself into an ultra athlete, running hundreds and hundreds of miles at a time. so, um, there's been a lot of series of, of change and, and mindset being the, the key component.

You know, I learned through Tony Robbin. How to shift my mind, how to, how to see the world differently, how to shift my perspective. And I think perspective was really that key to success. You know, it's, it's not so much the sacrifice. I don't believe in that. I believe it. The perspective is our key to success.

Learning how to shift the tides for us. See the silver lining at all times know, and have faith that whatever's happening good or bad is for us.

[00:06:01] **Evan H. Hirsch, MD:** Amazing. So then what do you see in people who've got low energy and what sort of, what are some of those misconceptions that they have? What are some of those misperceptions that need to be changed?

[00:06:13] **Daniel Diaz:** Yeah, you know, I think a lot of times when people have low energy, what I see is, is an identification with it. So it becomes who they are, you know, like, like, oh, why don't we go out and do you know, why don't we go out and, and, you know, and have an adventure? Why don't we go on like a bike ride? Why don't we go kayaking or something?

You know, let's go do an outdoor activity. It's like, I'm so tired. You know, like I'm just re- I'm just exhausted on the weekends. Cause I, cuz I'm, this is my time. I can't do anything else. So it's like, we. We start to lay into this verbiage of like, oh, I'm I'm this I'm too exhausted. I'm oh, I could never do that.

I'm I'm, I'm beat. I'm I'm done. I'm fatigued. And what I see is that people start to identify with it and then they say it to themselves over and over again, it becomes very anchored truth. And you know, a lot of times when it comes to energy and fatigue. And, and it's a lot of just simple tweaks that we can make.

And the simplest ones are usually water and sleep. How much water do you have? How much sleep are you getting?

[00:07:19] **Evan H. Hirsch, MD:** Mm-hmm

[00:07:21] **Daniel Diaz:** Are you putting in fast food in your body every day? Or are you cooking dinner? You know, and simple things like that. Um, but what I would say is that the biggest, I'd say the biggest detriment to most people is the identification with it.

This is who I am. I am someone who is fatigued versus it. Just being a symptom of something that's going on in your body that can be manipulated. Should we choose to manipulate it? That make sense?

[00:07:52] **Evan H. Hirsch, MD:** It does, yeah. So then how do we change that identification?

[00:07:57] **Daniel Diaz:** So for me, What's been helpful for me, I think is, is let's just call, let's just say it's the internet, right?

Like what's been helpful for me is seeing, seeing it, seeing the possibilities, you know, like hearing the stories, you know, listening to the story of Joe Dispenza, who, you know, Exploded five vertebrae in his back and was training 12 weeks later because he manipulated his healing centers in his brain, or, you know, the story of like Helen Klein.

Who's someone that not a lot of people know about 55 years old was a nurse. Her whole life smoked two CIG smoked two packs of cigarettes a day for 25 years. And at age 55, her husband asked her to run a 10 mile race with her. She couldn't make it even one time around the lap at that point. And the race was 12 weeks later, she committed to it.

She did the race. She finished dead last, but she finished. And then for the next 30 years, she went on to set world records in like every ultra marathon category that's available for every age group. at 55. She was like, no, I'm cool. Like I'm, I'm, I'm, I'm on the way down, you know, like I'm not doing much else.

Like I'm not doing anything extra, but she tried this one thing and, and it shifted everything for her. So it's these stories that I believe. It can be very helpful when you hear that it's possible for somebody else. And I think the way for me to have broken through that, that limiting belief or that, that narrative that I had in my head that like, oh, I'm always gonna have back pain was actually hearing that it's, it's fixable.

Mm-hmm, it's curable, right? Like, I, I can change this. I think that paired with utter disgust. Ultimate pain. Right?

[00:09:43] **Evan H. Hirsch, MD:** Mm-hmm

[00:09:44] **Daniel Diaz:** like, I, I was when my back was so bad, you know, I, I couldn't walk for like 90 days. End of 2019. It was the same year that my first child was born. My only child, my son was born and six months after him being born here, I am remanded to the ground because I can't walk because I let unchecked back pain go for 14 years or 12 years.

And then it finally took me down for, for good. So here, I was like in utter disgust with what I had allowed myself to become in an, an absolute ultimate pain, knowing that this wasn't the life I wanted to live. Like, I don't wanna live this way. I don't, if I'm 35 or 36 and I can't walk, really, what am I gonna be at 50?

What kind of fun am I gonna have with my child when I'm 50? You know, like, what am I, what kind of activities am I gonna do with my grandchildren? I, I wanna run around with them, you know, like I see my grand, my parents run around with, with Roman and it's like, I want that. So all these things in my mind, it was just this ultimate pain, this kind of ultimate like disgust or, or just, you know, just sadness about where I was at with myself.

And then I've got these stories of people that have been in significant pain and issues and fatigue and just at the bottom, you know, they're rock bottoms,

[00:11:10] **Evan H. Hirsch, MD:** mm-hmm

[00:11:11] **Daniel Diaz:** and they've pulled themselves out and they've totally changed themselves. So I'm like, okay, I don't want this. And this guy had this and now he's different, or this woman had the same thing as me and now she's totally different.

[00:11:25] **Evan H. Hirsch, MD:** Mm-hmm

[00:11:25] **Daniel Diaz:** so it's possible. I think those two things really being open enough to receive that. And I think being so open to receive the stories of possibility and honest with yourself of do we really want to live like this?

[00:11:46] **Evan H. Hirsch, MD:** Mm-hmm

[00:11:47] **Daniel Diaz:** do I really want to ex- you know, spend my years of life that I won't get back at this level of pain or fatigue.

Or depression, right. Or whatever it is that would be suffering from.

[00:12:01] **Evan H. Hirsch, MD:** Yeah. You kind of have to have that disgust, you know, like way too often as humans, we're, we're adapting. We're very adaptable. Right. And we get complacent and we're like, okay, this is just like where I'm at in my life. But if you don't make that place in your life, awful and disgusting, then you, because you may need that as a boost to actually doing something about it.

[00:12:27] **Daniel Diaz:** Yeah, it's a, it's a boost, you know, and I, I tell that to a lot of people, like when I'm working with clients or helping people get ready to run their first ultra or things like that, like, you know, like for me, like, changing the, the, the, the pain and, and the, the, what I was going through with my back, you know, ultimately radically shifting my physical body.

I needed to put dates and activities on the calendar to hold me accountable. Like I had to have it. That was my boost. It was like, if I don't get ready, if I break all my promises to myself, this person that I promised I was gonna do this event with, I'm gonna let them down, you know, or whatever. I'm gonna let myself down.

I needed those things. That was my boost in the beginning. Now I don't need it anymore, you know? And it's like, it's not that I want people to, to, to hate themselves. I don't want that either. I don't want you to hate yourself so much that they're like, oh, I just have to do it. I don't think the route to loving yourself is through hate.

I think it's just, it's being honest, right? Like I think if I to put it into perspective, I wasn't being honest when I was just dealing with my back pain. I wasn't being honest. You know, I was like doing all the normal things of life for a few months and then I'd turn to pick up a shoe and then it would like snap my back and oh, and I'd lock up and I'd go down.

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And then for like three days, I'd be in some pain and I'd have to move slow. And then after that, I'd get back to it. So the lie I told myself was, oh, it's no big deal. You know, it's just in pain for a little bit. I'll be fine. So I just, I just lied to myself cause I wasn't being honest. The truth was if I was being honest, was this sucks.

Mm-hmm like, I, I hate this. I hate when this happens. Like it just, it takes all my energy. It takes my, will. It takes my motivation. It pulls away my self confidence. It even pulls away, you know, the image that I have of myself. Like, it just makes me feel like crap, you know, when you, when you, and if anybody's had back injuries, I'm sure they can, you know, uh, um, I'm sure they understand what I'm saying.

It's just like this feeling of when your back goes out, it's like everything stops and it's awful, but I wasn't being honest about it. I was, I was covering it up. I was making it so that it wasn't a big deal. I was minimizing it. I wasn't considering compounded pain. I wasn't considering the, the, the long term of like, okay.

So if I'm losing three or four days, every two months over the next 20, 30 years, like how many months am my life? Have I lost the pain? How many years have my life have I lost to pain? So I think it's, I think it was that I was just being honest with myself. you know?

[00:15:14] **Evan H. Hirsch, MD:** Yeah. And it's, and it's a balance, right?

Because you need to be honest with yourself and realize, yeah, this situation is not good. And I need to do everything that I possibly can to get out of this for myself, for my child, for my wife, my partner, for whomever. Right. But at the same time, you can't beat yourself up. I mean, so many people get into fatigue and low energy because they're perfectionist and they're beating their self up all the time.

So how do you balance that?

[00:15:40] **Daniel Diaz:** I'd I'd say it's a great question. And I would say to consider looking at your life as a science experiment and what a science experiment and to enjoy that the result is the process. So we're often chasing results.

[00:15:58] **Evan H. Hirsch, MD:** Mm hmm

[00:15:59] **Daniel Diaz:** but the result is the process. Because if you ever find yourself reaching your result, you're, you're typically setting a new goal, right?

Like, so I think what happens, what I see with a lot of people is, is that I'm trying to fix the thing, or I'm trying to get to this next phase. I'm trying to lose the belly weight or I, I, you know, I just gotta get myself back full of energy all the time. And maybe you won't be. Is that okay? Can you be okay

learning about your body as you increase and reintroduce the high levels of energy that you maybe once had, or that you wanna have? And I think that's where it really comes into play is that oftentimes we're, we're shooting to like, especially with physical stuff, like whether it's chronic fatigue or, or, you know, chronic pain or something like that.

I just, I just gotta get past it. I just gotta, I just gotta end the pain versus I wanna be my own science experiment. I want to get healthier and I want to have this more energy. What can I do to do that? You know, like, I think I'm gonna try to sleep more, you know, and, and I think I'm gonna take these supplements or maybe I'll try a raw diet.

You know, or maybe I'll try this. I did this for a little while. That didn't work too well. Okay. No problem. I'll try something else. I think when we're in constant process, we're gonna find the things that are always working the best for us. And at the same time, we'll probably come across some things that maybe don't work as well, you know, but I think to, to remove the, to create the balance, we have to look at it as we're never the same in any decade.

You know, like I get people that are like, oh, I just used to be able to lose weight so fast, you know? And it's like, well, yeah, but you can't do it anymore. It's different now. Cool. No problem. Mm-hmm, , let's not make a big deal out of it. You know, like it's just a new challenge. You know, our children grow up every year and there's new things that we have to learn about them.

And teach them and understand that they're reacting differently. And then they'll like, wow, they, they never used to get upset about this. Now they're upset about this. You know, it's like, it's the same with our bodies. You know, like our bodies are the same way you might eat chicken and rice most of your life.

And then 45 years old, you can't have it anymore. Like, oh, there's an large. And it's just like, I would say that the way to create the balance is to let go of these expectations. To make a decision that what you're gonna do is for the greater good of yourself and what you want, you know, and if, if you have a purpose or mission in life and you wanna fulfill it, then the vessel of your body is gonna be what helps you to get there.

And if that's your goal, then your, your commitment is to be open to learning and listening to what the body might need at any given phase. And then not, not beating yourself up to whether you might have to change some things or try something new. I think that's what creates the balance is the release and the let go of feeling like, you know, I have to get my six pack and this workout, or, you know, I've been working with Evan for three months.

I gotta fix my fatigue. Today is the day. Today is the day like, right. You know, we give ourselves a little bit of time. I think. It's gonna create a lot more balance for us. I think the constraints of time technology with social media comparison, seeing what other people are doing sometimes is like, oh, why can't I do that?

Why can't I do that?

[00:19:35] **Evan H. Hirsch, MD:** Mm-hmm

[00:19:35] **Daniel Diaz:** you know, it's our pace. It's our, it's our race. It's our pace. I think that's where we find our balance is in the letting go. Does that make sense?

[00:19:44] **Evan H. Hirsch, MD:** It's really good. Yeah, it seems like, you know, asking yourself, you know, what if, where I am right now is exactly where I'm supposed to be and it's better than anything that I could possibly wish for.

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[00:19:57] **Daniel Diaz:** Yeah. Mm-hmm yeah A hundred percent.

[00:19:59] **Evan H. Hirsch, MD:** And it sounds like you're talking about mindfulness. You're talking about paying attention. You're talking about noticing. I love- my wife says, um, noticing is a superpower.

[00:20:10] **Daniel Diaz:** Mm.

[00:20:11] **Evan H. Hirsch, MD:** That's what you're talking about, right?

[00:20:13] **Daniel Diaz:** Yeah. Yeah. A hundred percent being aware, you know, and you know, letting go, letting go.

The expectations is huge. I think especially nowadays. You know, everything's like, get this in 90 days or less, you know, or like everything is like, how fast can I deliver the result to you as quick as possible, I'm gonna speed it up. You know, like become a superhero in seven days or your money back, you know, like re riddled with it.

And I, I don't think that, as human beings, that's how we're wired. You know, we're not wired to go as fast as technology has now allowed us to. And, um, you know, I think the ability for us to kind of let go to listen more to our body, you know, listen to the signals that our body's given us, you know, like my back pain wasn't because I had spinal issues.

Like it wasn't because I had an issue with my spine. Yes, granted it, it was, it started because of a herniated disc, but what I mean is that the reason I had ongoing back pain for 14 year, 12 years wasn't because of that single herniated disc, it was because of inflammation caused by a diet. That was not cons.

That was not consistent with my greater good, you know, that wasn't in line with me going to a healthier life, to a less pain filled life. Right? Like whether I consumed alcohol, wasn't helpful for acid reflux and more inflammation. The way I trained wasn't helpful for rebuilding and revitalizing the body.

So my body was giving me signals telling me what I needed to do, you know, or telling me what to focus on

[00:22:05] **Evan H. Hirsch, MD:** mm-hmm

[00:22:05] **Daniel Diaz:** but for so long, I was just like, my back's in pain. Oh, it's just my back. My back's messed up. It has nothing to do with, had nothing to do with my back. That's just where I felt it.

[00:22:15] **Evan H. Hirsch, MD:** Mm-hmm

[00:22:16] **Daniel Diaz:** that's where all the pain was being felt.

Right. Like in those nerves and that sci nerve, but the truth was, was that inflammation, you know, alcohol right, stress, like unchecked emotional baggage and drama. Like these were the things that were causing the pain. When I started to listen and open up to that and say, what are the lessons that are being taught?

Then I could start getting to the root, you know? And a lot of times, even, I would say, even with fatigue, right? It's like, It's not that you just need to get more sleep. That's not the answer. I'm so tired. I gotta sleep more. That's probably what it feels like. Right. But it could be a, just like you said, 33 different things, you know, that we get to look at.

The fatigue is just our body's way of telling us, Hey, there's something here I'd love for you to look at it. Right? Like our body can't talk to us. Can't whisper in our ear, but it can send us pain. You know, it's like, it can send a pain signal. It's like, that's all it has to really play with in there. You know, nerve endings, pain signals, and euphoria, right.

And when we're doing the things that are in benefit of us, euphoria comes out. We start to feel it, you know, and, and when we're doing things that aren't in alignment with what our, what we really want deep down inside. I think the result and a lot of the feelings that we get are the opposite of euphoria.

You know, it's sadness, it's guilt, shame, depression, anxiety, you know, which all those things can lead to a lot of the coping mechanisms that then cause inflation, right. Eating absurdly, like I used to you know, drinking numbing, whatever it happens to be. It's like, you know, it's just this, it's this wave.

And, and I think the way that we listen, the way that we notice, the way that we're aware and our, and our honesty and our openness to hearing those messages will allow us to make the change a lot easier.

[00:24:33] **Evan H. Hirsch, MD:** Agreed. So you're talking about things to kind of remove out of our lives, you know, that aren't serving us and then you're also really big on practices, right.

And habits, and you've got this amazing free, um, Um, opt in on your, on your website on morning mastery. I think it is, which I highly recommend that people check that out. We'll drop the link below to your website. Of course. Yeah. Um, so can you tell us a little bit about some of these habits and practices that people can implement that

[00:25:06] **Daniel Diaz:** yeah

[00:25:06] **Evan H. Hirsch, MD:** can really help them get to where they want to go?

[00:25:10] **Daniel Diaz:** Hundred percent. And, and here's what I'm gonna say. I'm gonna kind of like, do this, I don't know if I'm starting from the end and going backwards, but I think that's it. So here's what I would recommend. And, and here's what I think is very helpful for a lot of people when they're trying some, they want to get outta somewhere that they're at and they wanna get into something new.

It's just, and just like you said, I've, I've mentioned a lot of things to remove. Here's what I really believe in my heart. That's actually the most beneficial lesson to take away addition before subtraction. Okay. So add in what you wanna do. And if you add in what you wanna do, that'll that feels good.

You will naturally subtract things that get in the way of that.

[00:25:55] **Evan H. Hirsch, MD:** Mm

[00:25:55] **Daniel Diaz:** okay. So example, I used to run underground parties in DC. I'd be up late. I'd be, you know, drinking and drugs and whatever, and I'd be going home at six or seven in the morning. As I'm going home, people are riding their bikes along Rock Creek Parkway, which is this beautiful path in DC.

And I remember seeing him and being like, it looks like fun, you know, but then I'm like, there's no fucking way I could do everything. that, you know? And I'm like, Ugh, like, dude, you know, but like, but then I started to like kind of feel like tired of that life. Like, Ugh, like, you know, like God, another weekend, like, you know, waking up on Monday or Tuesday and she's like, Ugh, you know, just so beat up from all that stuff I put in my body and all the, you know, the harshness I put my body through over the weekend.

So one day I was like, I really wanna ride my bike on rock Creek Parkway, addition. I really wanna do that.

[00:26:49] **Evan H. Hirsch, MD:** Mm.

[00:26:49] **Daniel Diaz:** So when the night, Friday night came, I was like, you know what? I'm not gonna go out tonight. Cause I really want to do that tomorrow morning. Subtraction. It just happened naturally. Cause I really wanted to do that.

So I have my morning mastery program on my website. And the biggest thing about morning mastery is that it starts the day before. A lot of people will like be like, you know, Sunday. Well, my diet starts tomorrow, so I'm gonna eat pizza and wings today and I'm gonna watch football and drink a bunch of beer and F that noise I'm starting tomorrow.

But then what happens is we wake up tomorrow and we're groggy and we're full of salt. And we're like, Ugh, I'm like, we got, you know, reflux or whatever. Like, you know, we're just tired. We're just beat up. Cause we put a bunch of shit in our. Hm. So the diet really doesn't start that day because now I need a little bit of comfort food just to get me going in the morning, you know, like, and a little bit of sugar and a little bit of this or whatever.

So it always starts the day before. So with the addition for subtraction is, and, and the same with me, you know, running it back to this, like I put the date on my calendar for this run to force myself to get there. So I put the date far out. This is something I wanna do. Cool. So as I trace backwards, I'm constantly aware of what do I have to do the next day?

And that's helps me make a lot of decisions. You know, like I know I gotta get up and train tomorrow and I gotta do four client calls. I want to feel really good. So you know what, babe, let's not do burgers tonight. Let's do something a little healthier, you know, maybe we'll have sushi or maybe we'll, you know, have some chicken with rice and vegetables or whatever, you know, we'll have fish or whatever.

And there's tons of things I could eat that won't put me behind tomorrow morning. And I think if we can get into that pattern of, of putting things on our calendar that we really want to do, like if you want to go on a fishing trip on Saturday, you're not gonna go out on Friday night and wreck yourself.

Because, you know, you're gonna get up on Saturday, you know? You wanna, um, you know, start breaking this, the, the pattern of fatigue and what might help you is the exercise. Then, you know, you might change the way that you go to bed the night before you might not stay up until the wee hours of the night, or, you know, you might say, Hey, you know what, I'm gonna try to go to bed an hour earlier.

So I feel extra fresh. Because I really wanna do that tomorrow morning. That thing,

[00:29:21] **Evan H. Hirsch, MD:** mm-hmm

[00:29:22] **Daniel Diaz:** you know, and maybe it's an exercise thing, or maybe it's just a walk in the park or maybe, you know, it's whatever, floating down the river in a raft. Like it's just something that you want to get up and do. That's a fun activity, you know, maybe it's going to brunch with your parents, you know, or your children, you know, or whatever.

I put these things on my calendar ahead of time and they help me act accordingly tracing back. And then my morning routine is simply kind of. It's just like a thing I do. It's just like, oh, I just do that now. You know? Cause I'm prepared for it every day, you know? And when it comes to the morning routine for me, it's, you know, it's flushing out the blood, right.

I take a shower, you know, every day. So training every day is taking a shower inside of my body. You know, I flush out the toxic blood from the day before I bring in new cells. I. You know, it's my in, it's my inner shower. And that's how I look at it, you know? And that's something I need every day to, to maximize my energy.

You know, that what I listen to in the morning, what goes in my ear, you know, like how I prep my mind, you know, do I compartmentalize my morning or do I get up in the morning and just think about all the things I gotta do.

[00:30:39] **Evan H. Hirsch, MD:** Mm.

[00:30:40] **Daniel Diaz:** Think about everything that's in front of me that day. Or do I get up in the morning and say, you know what.

I'm gonna have my beverage, my like lemon water. I'm gonna go to the gym. I'm gonna flush out all the toxins. I'm gonna come home and get ready. I'm gonna kiss my kids, goodbye. When I get into the car, I'm gonna put on some mellow music. I'm gonna process my day. Then I'm gonna start going to work and like, okay, I've got this to do this, to do.

And this to do when I get to the office. Boom, boom, boom, boom, boom. It's all lined up. I know exactly what I got, you know, cause I prepped, I readied myself. I'm clear. You know, like when we're frazzled and we're looking for our keys and we can't find them and we got a meeting to go to, or we got date with our wife or whatever, and we're looking all over the house, like, where are the keys?

Like, we don't find them in that state. We find them when we stop and we go, all right. Okay. Okay. Where did I put my keys? I know they're here. We close my eyes and then we find them, right. So our morning routine is that same way. If I get up and I'm like, what am I gotta do today? What am I gotta do today?

What am I gotta do today? I'm just like, like wrecking my whole day, you know? And if I get up and I calm and I center and I say, okay, I'm gonna take care of what I need to for me, right now. And then I'll be ready to attack the day. And I do it that way. I'm prime myself. I'm ready. I'm in a good mood. I feel better and I can make more powerful decisions.

So I know it was a lot on that question, but I know morning routine can be a lot, so. You know, it's, doesn't have to be that you have to do 50 million things. I think it's that you have to find what your thing is. It might be getting up and taking a shower and reading 20 pages in a book or 10 pages in a book and journaling.

It might be that getting up and doing breathwork and meditation. It might be getting up and exercising. But what I recommend is that it's something for you that helps clear you and set you up for the day versus getting up and jumping into your reality. I shouldn't say reality, getting up and jumping into your list of responsibilities.

[00:32:54] **Evan H. Hirsch, MD:** Mm-hmm

[00:32:57] **Daniel Diaz:** does that make sense?

[00:32:58] **Evan H. Hirsch, MD:** Yeah, absolutely. And it sounds like you're talking about just one thing, starting off with baby steps, right? Just one thing to start off with, take one of those things that Daniel just talked about, or, you know, check out his, his spreadsheet on his website, where you can, you can see what resonates best for you.

That's going to get to that first step.

[00:33:19] **Daniel Diaz:** Yep. Yeah. Yeah, I think a lot of times when we talk about morning routine, people have a list where it's like you journal, you meditate, silence, connect with people, exercise, and it can be overwhelming. They really can, you know, I mean, I, and I, I tell my clients too, like, you know, there's client, you know, sometimes my client will get up like, ah, you know, I got up early, but like, I was just so tired and I couldn't do much.

And like, I didn't get all the things checked off the list and it's like, you know, sometimes all those lists, they just, they're not as necessary. They're not as needed as just celebrating the fact that, Hey, you got up early, you gave yourself some time to, to get together because obviously today you were a little tired.

You know, and that feeling you, you would've had it whenever you woke up. Like, I I'm, I'm just as tired at 6:00 AM. When I wake up as I am at 5:00 AM. like, it feels about the same, you know, like it feels about the same, you know, like I would say it's pretty much about the same feeling of. Do I really want to get out of bed today.

like, you know, I never jump up with like a flower in my hand and that's, you know, I don't do that, you know, but, but once I'm up and I'm moving, I feel great. I do my thing. And I think that's where we get to celebrate. I think when we, you know, when we allow ourselves to wake up the moment, our kids start screaming.

You know, we allow ourselves to wake up at the moment that like the kids kick in the door, or like we allow ourselves to wake up because if I wake up at this time, I have the exact amount of time to jump outta bed, take a shower, you know, eat a granola bar and run out the door. It's like, we don't give ourselves any time to adapt or warm up.

And I think that's what it is. It's picking that one thing that brings you a lot of peace in the morning that makes you feel good and ready for the. You know, and it can be a, a plethora of things, but you pick that one that energizes your heart and your spirit. And again, like a science experiment, we test things out.

Sometimes they work. Sometimes we gotta tweak them. Sometimes it's not for us. If I got up and tried to read 10 pages in the morning, I probably fall back asleep. you know, so I do that later.

[00:35:41] **Evan H. Hirsch, MD:** so then what is it for you? What's the practice that has made the most difference in your life in terms of increasing, maintaining good energy?

[00:35:50] **Daniel Diaz:** Uh, definitely training every day, a hundred percent. So, um, I say training every day, because what I, what I, what I talk to a lot of people about is removing the word workout and exercise from your vocabulary completely. So you'll never, again, you work working with me is you'll never again, work out or exercise again for the rest of your life.

because what I find is that working out in exercising they're, they're short term things for short term goals that once they're met, then we leave them. We let 'em lie. Right? We're like training is intentional. Training has purpose behind it. Training has meaning just like our life does. Mm. And I'm training for life I'm training, because I want to feel good when I'm 80 training, because I believe that I still have something to give when I'm 90, you know, I'm training because I like feeling good.

And I know what it feels like to be in pain for a decade plus, and I don't want. So I train every day now, does it mean that I go to the gym and kill myself? I don't. You know, but I move every day I flush the blood, I move the body. I get it loose. That for me has been the number one thing for energy sustainability, you know, sometimes training is getting up and getting in the hot tub and then rolling and stretching for 30 or 45 minutes.

Mm-hmm that could be training one day. Like, like I said, I don't, I don't try to kill myself. I think that's what working at an exercise does people get in, they try to, they want their six pack or they want the weight gone and they want it that day. I'm go and I'm gonna kill myself. I'm gonna push all the energy out in the gym.

Then I'll be wired for two hours. And then three hours after my workout, I'm done. I'm crashed. You know, where training every day, some type of sustainable movement that keeps your body fresh. So healthy for the brain, for the heart, you know, for our lungs, our body will thank us, and it, thanks us in forms of energy.

[00:37:52] **Evan H. Hirsch, MD:** Mm,

[00:37:53] **Daniel Diaz:** and euphoria. And I would say that's, that's the number one thing training for me.

[00:38:01] **Evan H. Hirsch, MD:** I love that. In our program, we talk about the Goldilocks dose of movement, cuz there's some people who, you know, are having a hard time getting outta bed, you know? Right. Yeah. Um, and then there's other people who are more highly functional.

And so it's like, okay, what's that point in which you don't feel worse? When you're exercising.

[00:38:19] **Daniel Diaz:** Yeah.

[00:38:19] **Evan H. Hirsch, MD:** Would you concur with that?,

[00:38:21] **Daniel Diaz:** Totally, right. And like, so, you know, we're talking about people that are having trouble getting outta bed. You know, James clear talks about, you know, atomic habits. He talks about how you don't have to make going to the gym five days a week.

Your goal just make getting outta bed and put your shoes on your goal. Cause you get out bed, you put your shoes on or walk out the door, you're more than likely gonna go. Like if I'm out of bed and I'm awake, I'm gonna go train. But if I stay in bed and think about. There's no way I'll lose that battle a hundred times out of a hundred.

Um, and you're right. It doesn't, we don't have to do huge steps. You see, when we commit to this training all the time training every day, when I commit to the result is the process. Then if that means that getting up, getting my feet on the floor and walking. Up around my house, just making some kind of movement is a big win for me.

Then let's celebrate that win.

[00:39:24] **Evan H. Hirsch, MD:** Mm-hmm

[00:39:25] **Daniel Diaz:** right. Like, I don't care if your thing is getting up and running 10 miles and your thing is just getting out of bed so that you can walk down, get some water, get yourself flushed, and then maybe step outside and do some stretching. If that's where we start. That's great.

That's where we start it. Celebrate it. Yeah. Let's create a little consistency there because where you start and where you grow into are totally different places. Right. But where you grow into only comes if you start and stay consistent. So I would say a hundred percent. There is, there's no shame in wherever it is that you begin.

And there's no pressure on how much you're doing in the day. You'll know. You'll know if you're honest with yourself and you're listening right to the body. You'll know, Hey, you know, I probably could have walked an extra block today. Tomorrow, I think I'll do that. Right. No hard, no, no. Beating ourselves up.

You know, I got updated in train. Okay. No problem tomorrow. I'm going to tomorrow when I get up, I'm gonna do it. I'm not gonna skip. I see how I feel. Having not trained today. I don't feel as good as I did before. You know. Cool. It's not be hard on ourselves. We'll just take the lessons. I'm not great every day.

I say I train every day, but there's tons, plenty of days in the mix of it all where they're peppered in and I get up and I don't wanna do anything. sometimes I give in. Sometimes I don't, most times I just get myself there, but you know, sometimes I give in, look, I being hard on ourselves, just slows us down.

It just slows us down, you know? We keep a little bit of consistency every day that consistency will grow. Our, our bandwidth in each moment will grow. You know, our ability to stretch ourselves will grow. We'll look up one day, like Helen Klein, be 85 years old and set the set the world record for the fastest marathon for an 85 year old, you know, like it's like.

Sometimes you don't even know where it's gonna go. But I think if that pain is enough, you're tired of the life. You're tired of the lifestyle. You're tired of feeling and lack. You just start taking the steps toward it, the other way, whatever those steps look like, whether it's six inches or six miles mm-hmm , you know, those steps will add up over time and you will consistently widen your stride.

Right. And in life and in, and in exercise and in movement, you will widen your stride and you will get better. It is guaranteed. Your success is inevitable. If you continue to show up.

[00:42:11] **Evan H. Hirsch, MD:** Amen. That's a great place to stop. Cool. So why don't you, uh, why don't you tell us about where people can learn more about you and see the work you're.

[00:42:22] **Daniel Diaz:** Yeah, no problem. So, um, if you're on Instagram, check out peak life now @peaklifeflow that is my handle. That is my brand. And then, um, iamdanieldiaz.com. If you wanna check out my website, uh, there's a spot you can apply to book a call with me if you wanna sit down and talk. Um, but you know, if you stay on those things, Facebook as well.

Um, facebook.com/DanielDiazLifeCoach. I put out tons of free content on Facebook and Instagram. You know, if you wanna gobble up some content, you want a little bit of inspiration or motivation. I'm constantly telling stories about my story and about others in the journey of life that I come across.

Um, and you'll be able to keep up with me there for sure.

[00:43:05] **Evan H. Hirsch, MD:** I love that. Yeah. Your reels on, uh, on Facebook are always really inspirational. So keep 'em coming.

[00:43:11] **Daniel Diaz:** Thanks, man. I sure will. I sure will.

[00:43:14] **Evan H. Hirsch, MD:** Daniel, thanks so much for hanging out with me today and sharing your knowledge.

[00:43:17] **Daniel Diaz:** It was awesome. I love you, man. It's great to be here, man.

Thank you for having me.

[00:43:22] **Evan H. Hirsch, MD:** I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more people who desperately need it, sharing all the experts I know and love. And the powerful tips I have is one of my absolute favorite things to do.

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