



THE BLUE FAMILY TREE

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My name is Marc. I'm a LEO from LAPD with 19 years on the job. I was a terrible leader, especially when it came to leading myself, and getting my work/life balance so out of whack that I had to lose 100 pounds to get to where I am today.

I want to share a few things in case you ever find yourself in that situation, you're in that situation now, or you want to avoid it all together.

I was listening to a podcast this week and the message really hit home for me. They shared a story of a man walking through a town. As the man continued further, he started to hear the whimpering of a dog. As he got closer, he noticed the dog was sitting on the ground next to its owner. The man walked up to the owner and asked him what was wrong with the dog? The owner looked down at the dog, then back at the man and said..... "He's sitting on a nail." The man screamed, "Why in the world is he sitting on a nail?"

The owner responded, "Because he thinks the pain of getting off the nail is worse than the pain of actually sitting on it."

That story really connected with me. So many times, I convinced myself that the pain of being unhealthy and having low energy that I was experiencing sucked, but the pain of changing, and

implementing all the hard things it required to change, was actually worse. Sometimes that manifested in me saying I would get to it "later." But I never did. Sometimes I would talk about how I didn't have the money. But then I'd go buy toys, guns, fufu coffee drinks or play poker. Sometimes I would say I didn't have the time. But then I'd Netflix and chill or find unproductive ways to "unwind." All of that was because my brain was trying to trick me into staying the same, because that's where comfort is (in the NOW), until of course, later comes.

I can tell you, having gotten off the nail in SEVERAL areas of my own life, it is NOT as hard as we think.

As a matter of fact, once you get off the nail, you realize how amazing life can really be because there is not one area that will be untouched when you do. Not because it's easy, and not because it doesn't take work, but because once we get off the nail we can focus our time and attention on what REALLY matters to us. Whether you're sitting on the nail of your health, your mindset, your motivation, your family connection, your leadership abilities, or whatever else that may seem like tackling it is harder than what you've got going on right now, it's not. Take a second to ask yourself, "If I put in the energy and effort to make it a priority, what would that help me create in my life?" What are some things you aren't able to do right now, that you'd be able to do? What other areas of your life would be impacted by that decision and subsequent action? What is it about achieving that goal that is important or meaningful to you, your family and the world?

As a life coach for LEOs, I'm always asking questions that will help us generate the stories we need to keep showing up for what REALLY matters. For me, that's having a work/life balance where I get to show up at work as a leader others want to follow, while still connecting with my family and creating that legacy I truly want, and having the energy and clarity of my health to back up both of those things.

No matter where you are right now in your own process, it is possible for you, but in order to have something you've never had, you've got to do something you've never done. Find someone who is a few steps ahead of you, reach out, and get their help. Some of my best mentors have been from books, podcasts, coaches and mastermind teams. Pick one and jump in.

I am currently in the process of writing a book about this and so much more. If you'd like to check out a free chapter to learn how you can "Master Your Life Through Self-Coaching" check out the first chapter until it's completed at <https://www.leofamilyfitness.com/book> .

I want to end with this.

I see you waking up early, working all day, being on a perimeter in 115 degree weather, getting yelled at, being told to do more with less, going to court, seeing things no human should see DAILY, working extended EOW, only to go home and try to make time for your family and health before you rinse and repeat it the next day. If no one has told you today then I want to be the first to say how much I appreciate you. The world would not be the place it is today without you. Thank you for your service.

Marc Hildebrand

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