

*FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.*

26

00:02:21,889 --> 00:02:28,052

[brian]: tell me if this sounds familiar

27

00:02:28,272 --> 00:02:33,861

[brian]: you get this great idea and you are super inspired you grab your notebook or

28

00:02:33,962 --> 00:02:37,648

[brian]: maybe you run to the stationary store and you buy yourself a new note book

29

00:02:38,048 --> 00:02:41,695

[brian]: and then you get your if a fancy marker and some pens and you're going

30

00:02:41,795 --> 00:02:47,544

[brian]: at it for a cool twenty minutes and then the inspiration kind of fades or

31

00:02:47,604 --> 00:02:51,391

[brian]: you say like we i'll get to it tomorrow and for those in minutes though

32

00:02:51,491 --> 00:02:57,641

[brian]: you felt like hot ship like you were an inspired artist creative person on fire

33

00:02:58,643 --> 00:03:03,811

[brian]: or maybe you were able to hold on to the fuel from that inspiration and

34

00:03:03,972 --> 00:03:09,521

[brian]: really get something done you wrote a script or you started to create a website

35

00:03:09,741 --> 00:03:15,110

[brian]: or you wrote the beginning first five sentences of a poem or maybe have an

36

00:03:15,210 --> 00:03:19,818

[brian]: idea that you keep thinking about you've talked about it with your friends or your

37

00:03:19,898 --> 00:03:23,304

[brian]: parents and hey do you think this is a good idea should i do this

38

00:03:24,225 --> 00:03:28,452

[brian]: or maybe you have an idea that's so tiny and it's scary to say out

39

00:03:28,573 --> 00:03:34,162

[brian]: loud you can't even you can't even articulate it because you're afraid to articulate it

40

00:03:34,202 --> 00:03:39,210

[brian]: because then it won't leave you alone well if you're anything like me you've had

41

00:03:39,351 --> 00:03:43,337

[brian]: some version of any of these different experiences in your life because i know as

42

00:03:43,397 --> 00:03:49,267

[brian]: a creative person your inspiration machine is on steroids it's always coming up with great

43

00:03:49,347 --> 00:03:56,720

[brian]: ideas and in today's episode we talk about this process of grabbing on to those

44

00:03:56,800 --> 00:04:02,048

[brian]: ideas grabbing him by the tail as i think mary oliver says and holding on

45

00:04:02,109 --> 00:04:08,038

[brian]: to them so you can make them real now let me just come out with

46

00:04:08,119 --> 00:04:13,087

[brian]: it as you know i'm a non denominational reverend and i believe that inspirations and

47

00:04:13,147 --> 00:04:16,753

[brian]: ideas are given to us by the universe you can use the word god if

48

00:04:16,773 --> 00:04:20,299

[brian]: that works better for you whatever word works for you that they are divine inspirations

49

00:04:20,679 --> 00:04:24,125

[brian]: they are given to us from the beyond so that we make something real on

50

00:04:24,165 --> 00:04:30,499

[brian]: this planet because that thing is needed and you my dear precious human are just

51

00:04:30,639 --> 00:04:34,348

[brian]: the one to do it which is why that inspiration has been given to you

52

00:04:35,670 --> 00:04:39,897

[brian]: so that all sounds well and good but it still only lasts for about twenty minutes

55

00:04:54,340 --> 00:04:59,729

[brian]: so today's guest Sarah Chang is no stranger to the quick in po so she's

56

00:04:59,749 --> 00:05:02,473

[brian]: an actress and a writer and a producer and she lives with her little two

57

00:05:02,653 --> 00:05:05,698

[brian]: ones and her husband in los angeles and it's important that you know that she's

58

00:05:05,739 --> 00:05:09,505

[brian]: a mother because what we talk about in this episode is a pilot that she's

59

00:05:09,705 --> 00:05:14,533

[brian]: started now you might also recognize her from damer on netflix she plays along roads

60

00:05:14,794 --> 00:05:18,520

[brian]: rose burn and apple tv's splatonic which comes out this spring and other t v film

61

00:05:18,580 --> 00:05:21,645

[brian]: work right but what i want you to listen for in the story if you're

62

00:05:21,705 --> 00:05:25,411

[brian]: the kind of creative who started something and didn't see it all the way through

63

00:05:25,792 --> 00:05:31,901

[brian]: then you are going to get a ton of value from this conversation so as

64

00:05:31,941 --> 00:05:35,527

[brian]: you'll hear me work with her here some of the things that come up so

65

00:05:35,567 --> 00:05:39,734

[brian]: i want you to listen for these

things so you can also know what to

66

00:05:39,814 --> 00:05:42,859

[brian]: do the next time it shows up  
for you and look if you like this

67

00:05:42,919 --> 00:05:46,365

[brian]: conversation if you're already like oh  
my gosh brian you are speaking my language

68

00:05:46,405 --> 00:05:50,191

[brian]: how did you read my diary last  
night then you owe it to yourself to

69

00:05:50,251 --> 00:05:55,420

[brian]: head on over to [brianbreakscharacter.com/apply](http://brianbreakscharacter.com/apply) i'm opening  
few

70

00:05:55,640 --> 00:06:00,508

[brian]: spots in my make it real master  
mind and if you have that baby idea

71

00:06:00,709 --> 00:06:05,096

[brian]: or that i don't know adolescent idea  
or that little germ of an idea that

72

00:06:05,136 --> 00:06:09,403

[brian]: you want to make real that's exactly  
who this mastermind is for and i

73

00:06:09,523 --> 00:06:13,871

[brian]: would love you to be one of the people in this tiny intimate community that's

74

00:06:13,951 --> 00:06:19,240

[brian]: making big moves again it's at [brianbreakscharacter.com/apply](http://brianbreakscharacter.com/apply) and

75

00:06:19,280 --> 00:06:22,766

[brian]: we'll set up a call to make sure that this is the best fit for

76

00:06:22,846 --> 00:06:27,153

[brian]: your big idea and whatever is next in your life and career okay so back

77

00:06:27,193 --> 00:06:30,679

[brian]: to this episode you'll hear me and sarah talking about this stuff so one of

78

00:06:30,739 --> 00:06:35,133

[brian]: the things i know how often does it come up when you've got this idea

79

00:06:36,570 --> 00:06:41,673

[brian]: am i worthy enough to do this like hasn't this already done before what are

80

00:06:41,713 --> 00:06:45,379

[brian]: the comparison stories that come up who's already done this it's going to cost too

81

00:06:45,419 --> 00:06:51,349

[brian]: much money does anybody listening does anybody care in the most potent antidote i know

82

00:06:51,469 --> 00:06:59,903

[brian]: to them question is who is this project for if you could decide this is

83

00:06:59,943 --> 00:07:03,409

[brian]: the person who is sitting in the front row of the audience of this looking

84

00:07:03,429 --> 00:07:08,577

[brian]: at this photo buying the sweater you've designed or drinking the cocktail you mixed up

85

00:07:08,678 --> 00:07:14,067

[brian]: together or reading the book you read you wrote right who is the number one

86

00:07:14,127 --> 00:07:19,135

[brian]: most important person in that audience or maybe it's a demographic of people right it's

87

00:07:19,556 --> 00:07:23,704

[brian]: women between twenty and twenty five like i just read want to imagine who needs

88

00:07:24,365 --> 00:07:30,717



[brian]: this thing right and you'll see how this changes things for sarah the next part

89

00:07:30,757 --> 00:07:35,965

[brian]: of this you're going to hear me talk about is when we don't know what's

90

00:07:36,146 --> 00:07:41,695

[brian]: next for our project we lose steam it's so easy to be like well what's

91

00:07:41,735 --> 00:07:44,580

[brian]: going to make it real as anybody ever goin to read this thing does anybody

92

00:07:44,680 --> 00:07:51,311

[brian]: care so making it have a real world deadline in action were the trick that

93

00:07:51,451 --> 00:07:58,683

[brian]: she needed to break through the morass of not feeling inspired and unsure of what

94

00:07:58,743 --> 00:08:01,769

[brian]: to do next and to get her butt in the seat to keep her writing

95

00:08:02,910 --> 00:08:08,975

[brian]: because the truth is without some piece of without a container right ideas can just

96

00:08:09,055 --> 00:08:13,819

[brian]: wither and die on the vine because  
no one but you is giving them fertilizer

97

00:08:15,250 --> 00:08:17,695

[brian]: now the other thing that our find  
him here and this is one of my

98

00:08:17,755 --> 00:08:23,464

[brian]: favorite parts of this conversation i have  
a strong opinion surprise surprise about when you're

99

00:08:23,544 --> 00:08:27,912

[brian]: in a dilemma versus having a choice  
in front of you sarah wrestled with this

100

00:08:27,992 --> 00:08:31,898

[brian]: a bit and you'll see how it  
really cracked open the idea of what's next

101

00:08:31,978 --> 00:08:36,346

[brian]: for her and of course you've heard  
this conversation so many times because what does

102

00:08:36,406 --> 00:08:40,633

[brian]: it all come down to being accountabl  
so of course at the end of this

103

00:08:40,673 --> 00:08:45,260

[brian]: conversation you'll hear sarah and i come

up with some very clear accountability so she

104

00:08:45,321 --> 00:08:50,589

[brian]: can go the distance on this incredibly important story and side note from me like

105

00:08:50,710 --> 00:08:59,584

[brian]: personal sidenote what sarah reveals in this episode is vulnerable and it is deeply moving

106

00:09:00,185 --> 00:09:03,670

[brian]: and it has all to do with being a mother and being a parent and

107

00:09:03,731 --> 00:09:06,954

[brian]: so i want to thank her for bringing that to this conversation and i know

108

00:09:07,574 --> 00:09:14,702

[brian]: anyone out there will feel a great affinity and a empathy towards the story that

109

00:09:14,742 --> 00:09:17,906

[brian]: she wants to tell in this pilot and in the story of her own life

110

00:09:18,546 --> 00:09:23,457

[brian]: so i can't wait for you to listen all right let's get in to making

111

00:09:23,698 --> 00:09:27,008  
[brian]: sarah's big idea real here we go

1  
00:00:00,330 --> 00:00:02,701  
[Sarah]: oh hi

2  
00:00:02,664 --> 00:00:02,806  
[brian]: hi

3  
00:00:02,842 --> 00:00:03,225  
[Sarah]: brian

4  
00:00:02,968 --> 00:00:05,891  
[brian]: sarah it is so nice

5  
00:00:05,970 --> 00:00:06,371  
[Sarah]: oh

6  
00:00:05,991 --> 00:00:07,214  
[brian]: to have you on the podcast thanks  
for

7  
00:00:07,212 --> 00:00:07,413  
[Sarah]: thank

8  
00:00:07,274 --> 00:00:07,475  
[brian]: saying

9  
00:00:07,453 --> 00:00:07,553

[Sarah]: you

10

00:00:07,495 --> 00:00:07,655

[brian]: yes

11

00:00:07,593 --> 00:00:07,693

[Sarah]: so

12

00:00:07,695 --> 00:00:07,776

[brian]: to

13

00:00:07,733 --> 00:00:07,873

[Sarah]: much

14

00:00:07,836 --> 00:00:07,996

[brian]: this

15

00:00:07,893 --> 00:00:08,354

[Sarah]: for having me

16

00:00:10,341 --> 00:00:13,831

[brian]: so tell me about this this thing  
you've been cooking up tell

17

00:00:13,760 --> 00:00:13,960

[Sarah]: well

18

00:00:13,871 --> 00:00:14,132

[brian]: us a little

19

00:00:14,100 --> 00:00:14,220

[Sarah]: it's

20

00:00:14,152 --> 00:00:14,392

[brian]: bit about

21

00:00:14,260 --> 00:00:14,381

[Sarah]: been

22

00:00:14,413 --> 00:00:14,533

[brian]: this

23

00:00:14,421 --> 00:00:14,681

[Sarah]: cooking

24

00:00:14,673 --> 00:00:14,774

[brian]: this

25

00:00:14,761 --> 00:00:14,881

[Sarah]: for

26

00:00:14,874 --> 00:00:15,095

[brian]: pilot

27

00:00:14,921 --> 00:00:15,182

[Sarah]: a couple

28

00:00:15,155 --> 00:00:15,275

[brian]: even

29

00:00:15,222 --> 00:00:15,502

[Sarah]: of years

30

00:00:15,315 --> 00:00:15,616

[brian]: cooking up

31

00:00:15,583 --> 00:00:20,831

[Sarah]: now and happened when i had my first baby and i went through nobody talks

32

00:00:20,871 --> 00:00:25,579

[Sarah]: about what happens after you have the baby so all this stuff happened medically you

33

00:00:25,619 --> 00:00:29,886

[Sarah]: know chemically all this stuff happened and i was just like i felt like i

34

00:00:29,926 --> 00:00:33,993

[Sarah]: was like just drowning in water and you

35

00:00:34,605 --> 00:00:35,851

[brian]: with a baby crying the whole time

36

00:00:35,856 --> 00:00:36,037

[Sarah]: maybe

37

00:00:36,072 --> 00:00:36,172

[brian]: with

38

00:00:36,097 --> 00:00:36,277

[Sarah]: crying

39

00:00:36,272 --> 00:00:36,292

[brian]: a

40

00:00:36,297 --> 00:00:36,377

[Sarah]: the

41

00:00:36,333 --> 00:00:36,513

[brian]: baby

42

00:00:36,397 --> 00:00:36,517

[Sarah]: whole

43

00:00:36,574 --> 00:00:36,754

[brian]: crying

44

00:00:36,578 --> 00:00:36,878

[Sarah]: time

45

00:00:36,795 --> 00:00:36,855

[brian]: the

46



00:00:37,038 --> 00:00:38,140  
[Sarah]: breast meeting just like

47  
00:00:38,059 --> 00:00:38,181  
[brian]: yeah

48  
00:00:38,300 --> 00:00:42,808  
[Sarah]: you're on no sleep and you're just  
you're you're like you're trying to stay afloat

49  
00:00:42,888 --> 00:00:46,634  
[Sarah]: basically and you know and back then  
i didn't really know how to ask for

50  
00:00:46,694 --> 00:00:50,721  
[Sarah]: help or to you know like you're  
just kind of riding the way you used

51  
00:00:50,761 --> 00:00:55,068  
[Sarah]: to without having to take care of  
a new life form and then all of

52  
00:00:55,108 --> 00:00:55,389  
[Sarah]: a sudden

53  
00:00:55,219 --> 00:00:55,521  
[brian]: uh huh

54  
00:00:55,649 --> 00:00:55,910  
[Sarah]: it just

55

00:00:56,407 --> 00:00:56,428

[brian]: h

56

00:00:56,551 --> 00:00:59,556

[Sarah]: kind of throws you into the deep end and i think that i was like

57

00:00:59,736 --> 00:01:02,822

[Sarah]: forced to kind of look at a lot of things that it traditionally looked at

58

00:01:03,463 --> 00:01:07,391

[Sarah]: in my pre baby life as in a whole new light so i think changes

59

00:01:07,471 --> 00:01:10,597

[Sarah]: as just like this complete change in my life and my identity and who i

60

00:01:10,657 --> 00:01:10,998

[Sarah]: was

61

00:01:10,748 --> 00:01:13,479

[brian]: yeah ah

62

00:01:13,912 --> 00:01:15,415

[Sarah]: yeah so i wrote a story about it

63

00:01:17,168 --> 00:01:19,790

[brian]: yeah and did it come out first  
as a story did it come out first

64

00:01:19,850 --> 00:01:21,992

[brian]: as a story or did it come  
out first as i know we're talking kind

65

00:01:22,032 --> 00:01:24,335

[brian]: of about your pilot today but did  
it come out first as a story or

66

00:01:25,055 --> 00:01:28,496

[brian]: how did you go from have this  
idea to using a pencil on a paper

67

00:01:28,637 --> 00:01:29,383

[brian]: clacking the keyboard

68

00:01:29,222 --> 00:01:31,726

[Sarah]: i've been writing in journals since i  
was very

69

00:01:31,678 --> 00:01:32,338

[brian]: oh

70

00:01:31,766 --> 00:01:36,754

[Sarah]: little and so i am i've been  
i've been always wanting to write stories so

71

00:01:36,834 --> 00:01:39,859

[Sarah]: i've been always writing is kind of the way in for me in the begin

72

00:01:40,021 --> 00:01:46,997

[Sarah]: ing and then yeah i just i wrote a couple of things before i had

73

00:01:47,057 --> 00:01:50,203

[Sarah]: babies and then i realized that was a way i kind of wanted to speak

74

00:01:50,423 --> 00:01:54,850

[Sarah]: and share some of my personal journey with the world so then knew that i

75

00:01:54,931 --> 00:01:57,316

[Sarah]: was going to write a story because i knew it was going t be cathargic

76

00:01:57,376 --> 00:02:00,242

[Sarah]: for me and i knew that i was going to be able to process and

77

00:02:00,262 --> 00:02:02,086

[Sarah]: this is this is how i processed things so

78

00:02:03,448 --> 00:02:08,072

[brian]: o god and so so everyone listening

and for you sarah mostly for you i

79

00:02:08,132 --> 00:02:10,375

[brian]: want to make sure that you know  
my intention today is to

80

00:02:10,740 --> 00:02:10,760

[Sarah]: m

81

00:02:11,075 --> 00:02:12,276

[brian]: take this idea that

82

00:02:12,210 --> 00:02:13,110

[Sarah]: yeah

83

00:02:12,316 --> 00:02:17,084

[brian]: came in this precious moment truly precious  
moment in your life and also as you

84

00:02:17,144 --> 00:02:18,486

[brian]: describe not the greatest

85

00:02:18,240 --> 00:02:18,446

[Sarah]: yeah

86

00:02:18,626 --> 00:02:21,431

[brian]: moment like not like oh i'm on  
a high right now you're ctually saying this

87

00:02:21,471 --> 00:02:21,952

[brian]: is actually kind of

88

00:02:22,870 --> 00:02:23,730

[Sarah]: yeah

89

00:02:22,973 --> 00:02:24,816

[brian]: a tough moment for you right in

90

00:02:24,750 --> 00:02:25,114

[Sarah]: oh

91

00:02:26,028 --> 00:02:29,193

[brian]: help you create a container for what happens next with this idea because the way

92

00:02:29,333 --> 00:02:32,178

[brian]: you know you've told me this has become a pilot you've written a pilot or

93

00:02:32,539 --> 00:02:34,963

[brian]: it's in some kind of development phase and so my goal here is to shift

94

00:02:35,043 --> 00:02:39,470

[brian]: it maybe bring some perspective and hopefully some action steps to go wherever it's supposed

95

00:02:39,530 --> 00:02:40,812

[brian]: to go next so

96

00:02:41,070 --> 00:02:41,331

[Sarah]: yes

97

00:02:41,193 --> 00:02:44,839

[brian]: my intention is that you leave today  
you know taking away whatever you're meant to

98

00:02:44,899 --> 00:02:48,485

[brian]: take away from our time together but  
i'm going to show up fully in service

99

00:02:48,565 --> 00:02:51,510

[brian]: to this thing being made more real  
that's my goal here

100

00:02:52,503 --> 00:02:53,384

[Sarah]: yeah because sometimes

101

00:02:53,212 --> 00:02:54,474

[brian]: okay so tell

102

00:02:55,107 --> 00:02:55,628

[Sarah]: oh sometimes

103

00:02:55,415 --> 00:02:55,675

[brian]: tell me

104

00:02:55,688 --> 00:02:55,928

[Sarah]: i feel

105

00:02:55,956 --> 00:02:56,016

[brian]: go

106

00:02:55,968 --> 00:02:56,129

[Sarah]: like

107

00:02:56,076 --> 00:02:56,557

[brian]: for it we're gonna

108

00:02:56,469 --> 00:02:56,549

[Sarah]: i'm

109

00:02:56,597 --> 00:02:56,697

[brian]: say

110

00:02:56,610 --> 00:02:59,174

[Sarah]: like well it has to be a script and it has to be a story

111

00:02:59,254 --> 00:03:02,179

[Sarah]: that i can be involved in because you know i try to bring my acting

112

00:03:02,219 --> 00:03:06,534

[Sarah]: into it sometimes it's it's hard to just step away and just write and just

113



00:03:06,895 --> 00:03:07,417

[Sarah]: write the story

114

00:03:07,993 --> 00:03:08,034

[brian]: m

115

00:03:08,550 --> 00:03:08,650

[Sarah]: so

116

00:03:08,827 --> 00:03:08,848

[brian]: m

117

00:03:08,950 --> 00:03:11,736

[Sarah]: i think in a way it's kind  
of freeing to think about it in terms

118

00:03:11,796 --> 00:03:15,683

[Sarah]: of like we'll just let it be  
whatever it wants to be um i have

119

00:03:15,703 --> 00:03:16,084

[Sarah]: a tendency

120

00:03:15,808 --> 00:03:16,088

[brian]: right

121

00:03:16,144 --> 00:03:17,106

[Sarah]: to want craft

122

00:03:16,970 --> 00:03:20,255  
[brian]: quite so to craft to have the  
answer what it's going to be

123  
00:03:20,234 --> 00:03:20,456  
[Sarah]: yes

124  
00:03:20,275 --> 00:03:23,360  
[brian]: at the end so i love that  
you said that because i i didn't know

125  
00:03:23,400 --> 00:03:25,804  
[brian]: that i thought like i'm here to  
do my pilot and i love hat you

126  
00:03:25,844 --> 00:03:27,607  
[brian]: said i'm actually open to like okay  
great let's see

127  
00:03:27,600 --> 00:03:27,825  
[Sarah]: oh

128  
00:03:27,627 --> 00:03:30,672  
[brian]: what else comes from this maybe i'm  
acting and maybe i'm

129  
00:03:30,720 --> 00:03:30,902  
[Sarah]: yeah

130  
00:03:30,732 --> 00:03:33,778

[brian]: not in the truth this era you  
sure a ship might set up and end

131

00:03:33,838 --> 00:03:33,898

[brian]: up

132

00:03:33,920 --> 00:03:34,081

[Sarah]: okay

133

00:03:33,998 --> 00:03:38,225

[brian]: acting in this thing but by bringing  
on the perspective for now of i don't

134

00:03:38,285 --> 00:03:41,077

[brian]: have to know that it might give  
you some spaciousness

135

00:03:40,920 --> 00:03:41,181

[Sarah]: oh

136

00:03:41,238 --> 00:03:43,704

[brian]: to give in its own life

137

00:03:43,560 --> 00:03:43,840

[Sarah]: it's like

138

00:03:43,745 --> 00:03:43,906

[brian]: yea it

139

00:03:43,900 --> 00:03:44,522

[Sarah]: terrifying

140

00:03:43,946 --> 00:03:44,711

[brian]: was that face you just

141

00:03:44,602 --> 00:03:44,702

[Sarah]: but

142

00:03:44,772 --> 00:03:44,913

[brian]: made

143

00:03:44,782 --> 00:03:47,608

[Sarah]: also like kind of like acchilerating like  
oh i don't have

144

00:03:47,536 --> 00:03:47,638

[brian]: yeah

145

00:03:47,688 --> 00:03:48,109

[Sarah]: to oh

146

00:03:48,088 --> 00:03:48,409

[brian]: yah

147

00:03:48,209 --> 00:03:50,354

[Sarah]: well i can let's try it i  
don't know

148

00:03:50,257 --> 00:03:50,278

[brian]: h

149

00:03:50,414 --> 00:03:52,919

[Sarah]: why not you know yeah

150

00:03:53,181 --> 00:03:55,545

[brian]: and sarah what i see it giving  
you and you can tell me this as

151

00:03:55,585 --> 00:03:58,770

[brian]: a writer is it gives you the  
ability like oh i was making the character

152

00:03:58,850 --> 00:04:01,054

[brian]: so much like me i didn't think  
of like oh kind of would love to

153

00:04:01,074 --> 00:04:04,200

[brian]: play character like this or maybe she's  
got this other thing going on for that

154

00:04:04,240 --> 00:04:06,265

[brian]: i would have imagined because i was  
making it me

155

00:04:06,240 --> 00:04:06,445

[Sarah]: oh

156

00:04:06,526 --> 00:04:09,673

[brian]: so much so know that there are gifts that will come from this that we

157

00:04:09,733 --> 00:04:10,956

[brian]: don't have to know yet

158

00:04:11,842 --> 00:04:12,023

[Sarah]: yeah

159

00:04:12,473 --> 00:04:14,070

[brian]: does it okay

160

00:04:13,987 --> 00:04:14,207

[Sarah]: i want

161

00:04:14,130 --> 00:04:14,311

[brian]: i love

162

00:04:14,267 --> 00:04:14,328

[Sarah]: to

163

00:04:14,351 --> 00:04:14,451

[brian]: that

164

00:04:14,368 --> 00:04:14,508

[Sarah]: know

165

00:04:14,552 --> 00:04:14,893

[brian]: sigh

166

00:04:14,608 --> 00:04:14,989

[Sarah]: everything

167

00:04:15,013 --> 00:04:15,033

[brian]: i

168

00:04:15,049 --> 00:04:15,330

[Sarah]: brian

169

00:04:15,093 --> 00:04:15,394

[brian]: love that

170

00:04:15,390 --> 00:04:15,590

[Sarah]: i want

171

00:04:15,475 --> 00:04:15,775

[brian]: sigh

172

00:04:15,630 --> 00:04:16,252

[Sarah]: to know everything

173

00:04:18,249 --> 00:04:20,131

[brian]: i promise there'll be a day when  
you get okay so great

174

00:04:20,220 --> 00:04:20,321

[Sarah]: ye

175

00:04:20,431 --> 00:04:24,375

[brian]: so so as you tell me where  
you're at in the process get us up

176

00:04:24,415 --> 00:04:26,276

[brian]: to speed like where are we in  
this in the process of

177

00:04:26,250 --> 00:04:26,350

[Sarah]: so

178

00:04:26,316 --> 00:04:26,437

[brian]: this

179

00:04:26,591 --> 00:04:26,631

[Sarah]: i

180

00:04:26,597 --> 00:04:26,897

[brian]: pilot

181

00:04:26,751 --> 00:04:30,717

[Sarah]: wrote it after i had my first  
baby that was just four years ago well

182

00:04:30,758 --> 00:04:33,742

[Sarah]: she just turned five and then i  
had a second baby thank

183

00:04:33,578 --> 00:04:33,798



[brian]: happy

184

00:04:33,823 --> 00:04:33,943

[Sarah]: you

185

00:04:33,859 --> 00:04:34,240

[brian]: birthday

186

00:04:34,343 --> 00:04:35,866

[Sarah]: happy birthday to l yes

187

00:04:35,705 --> 00:04:35,905

[brian]: yes

188

00:04:36,928 --> 00:04:37,268

[Sarah]: but then

189

00:04:37,188 --> 00:04:38,158

[brian]: yeah

190

00:04:37,529 --> 00:04:41,954

[Sarah]: i i had a second baby during covid so completely stepped away from it for

191

00:04:42,074 --> 00:04:46,839

[Sarah]: so long and then had a bit of a more trying experience again and then

192

00:04:46,899 --> 00:04:48,822

[Sarah]: i like we're looking at the

193

00:04:48,868 --> 00:04:49,070

[brian]: oh

194

00:04:48,902 --> 00:04:49,823

[Sarah]: first experience because

195

00:04:50,164 --> 00:04:50,428

[brian]: yeah

196

00:04:50,224 --> 00:04:50,545

[Sarah]: the second

197

00:04:50,518 --> 00:04:50,599

[brian]: ye

198

00:04:50,705 --> 00:04:55,032

[Sarah]: experience feels a little to close by  
bringing some informed more informed processing in the

199

00:04:55,072 --> 00:05:01,502

[Sarah]: first experience which is like really exciting  
to me so i actually haven't looked at

200

00:05:01,562 --> 00:05:04,286

[Sarah]: it in a while but it's there  
and i just took a look at it

201

00:05:04,366 --> 00:05:08,353

[Sarah]: before you know i was on this  
call and i was like just i don't

202

00:05:08,373 --> 00:05:12,523

[Sarah]: know it's just something fun and interesting  
and kind of traumatic oh

203

00:05:13,858 --> 00:05:15,140

[brian]: sure so before we get too

204

00:05:15,081 --> 00:05:15,162

[Sarah]: he

205

00:05:15,180 --> 00:05:18,145

[brian]: much into it i love i love  
knowing where you're at so just so i'm

206

00:05:18,225 --> 00:05:21,932

[brian]: clear does the pilot does the pilot  
feel like oh it's written i might do

207

00:05:21,972 --> 00:05:24,496

[brian]: another draft and might need an does  
it feel like it's written to you

208

00:05:24,860 --> 00:05:24,980

[Sarah]: no

209

00:05:24,917 --> 00:05:25,458

[brian]: is my question m

210

00:05:25,582 --> 00:05:26,143

[Sarah]: no it's

211

00:05:27,189 --> 00:05:27,391

[brian]: okay

212

00:05:27,728 --> 00:05:30,998

[Sarah]: it's like in the beginning it's like  
half written yeah

213

00:05:31,448 --> 00:05:34,454

[brian]: okay and is he in your mind  
you feel like i know where it's going

214

00:05:34,494 --> 00:05:34,654

[brian]: do you

215

00:05:34,650 --> 00:05:34,670

[Sarah]: i

216

00:05:34,675 --> 00:05:34,775

[brian]: have

217

00:05:34,811 --> 00:05:34,952

[Sarah]: do

218

00:05:34,815 --> 00:05:35,196

[brian]: that sense

219

00:05:35,213 --> 00:05:35,374

[Sarah]: yeah

220

00:05:35,236 --> 00:05:35,496

[brian]: already

221

00:05:35,455 --> 00:05:36,642

[Sarah]: i have the whole story

222

00:05:36,838 --> 00:05:41,471

[brian]: okay awesome i wait to him when  
ifevryone listening just like i do

223

00:05:41,400 --> 00:05:42,017

[Sarah]: ye

224

00:05:41,611 --> 00:05:43,833

[brian]: you heard that drop into her voice  
i say i want to make sure

225

00:05:43,912 --> 00:05:44,054

[Sarah]: yes

226

00:05:43,913 --> 00:05:47,097

[brian]: you're aware of your you're even aware  
of your own certainty

227

00:05:46,800 --> 00:05:46,941

[Sarah]: ah

228

00:05:47,157 --> 00:05:48,668

[brian]: there know where

229

00:05:48,553 --> 00:05:48,775

[Sarah]: yes

230

00:05:48,689 --> 00:05:50,835

[brian]: this is going you know where this  
is going that's not the

231

00:05:50,800 --> 00:05:50,880

[Sarah]: no

232

00:05:50,855 --> 00:05:54,485

[brian]: question we're asking today okay what's the  
question we're asking today

233

00:05:58,517 --> 00:06:03,766

[Sarah]: i guess i'm looking for an answer  
to what to do with this in order

234

00:06:03,866 --> 00:06:07,051

[Sarah]: to be able to share it because

235

00:06:06,988 --> 00:06:07,150

[brian]: hey

236

00:06:07,633 --> 00:06:13,541

[Sarah]: part of like who i've become i'm  
very interested in talking about post parum post

237

00:06:13,581 --> 00:06:17,926

[Sarah]: mont depression like what happens what what  
happens about you know like when you become

238

00:06:17,966 --> 00:06:22,943

[Sarah]: a mother and how it's not talked  
about there's no dialogue about it not a

239

00:06:23,003 --> 00:06:23,183

[Sarah]: lot

240

00:06:23,273 --> 00:06:23,314

[brian]: m

241

00:06:24,164 --> 00:06:24,284

[Sarah]: and

242

00:06:24,378 --> 00:06:24,522

[brian]: yeah

243

00:06:25,346 --> 00:06:29,041

[Sarah]: you know i just want to share  
i want to share ah

244

00:06:29,110 --> 00:06:29,131

[brian]: a

245

00:06:29,544 --> 00:06:29,906

[Sarah]: i don't know

246

00:06:30,958 --> 00:06:33,886

[brian]: what's important about that i want to go here for a second if we can

247

00:06:34,377 --> 00:06:35,000

[Sarah]: i feel like crying

248

00:06:37,658 --> 00:06:38,651

[brian]: we allow crying on this show

249

00:06:41,031 --> 00:06:41,151

[Sarah]: you

250

00:06:42,176 --> 00:06:43,380

[brian]: also laughter sorry about it

251

00:06:45,979 --> 00:06:46,280

[Sarah]: um

252

00:06:46,648 --> 00:06:47,073

[brian]: oh

253

00:06:47,121 --> 00:06:54,235

[Sarah]: what's important about it is it's kind



of like connected to who i want like

254

00:06:54,456 --> 00:06:57,864

[Sarah]: i want to share the deepest part  
of me and that's why i tell stories

255

00:06:58,867 --> 00:06:59,007

[Sarah]: and

256

00:06:58,987 --> 00:07:00,688

[brian]: m m

257

00:07:01,470 --> 00:07:08,196

[Sarah]: this was one of the hardest experiences  
i've ever gone through no

258

00:07:09,308 --> 00:07:10,018

[brian]: yeah

259

00:07:12,322 --> 00:07:20,010

[Sarah]: i just want people to just want  
to be seen yeah

260

00:07:19,408 --> 00:07:23,138

[brian]: yeah and sarah what if i can  
reflect back and you'll tel me if i

261

00:07:23,218 --> 00:07:25,244

[brian]: get this wrong part of what i'm  
hearing

262

00:07:25,230 --> 00:07:26,370

[Sarah]: oh

263

00:07:25,284 --> 00:07:30,163

[brian]: you say is i may not have  
wanted to know this about myself but i

264

00:07:30,324 --> 00:07:31,005

[brian]: learned something

265

00:07:30,810 --> 00:07:32,250

[Sarah]: oh

266

00:07:31,065 --> 00:07:33,270

[brian]: about myself i think is

267

00:07:33,300 --> 00:07:34,620

[Sarah]: oh

268

00:07:33,371 --> 00:07:36,001

[brian]: worth sharing and i don't know if

269

00:07:36,030 --> 00:07:36,630

[Sarah]: oh

270

00:07:36,041 --> 00:07:37,805

[brian]: this is right so correct this is  
it

271

00:07:38,153 --> 00:07:38,334

[Sarah]: um

272

00:07:39,598 --> 00:07:39,699

[brian]: what

273

00:07:39,699 --> 00:07:39,720

[Sarah]: m

274

00:07:39,759 --> 00:07:42,150

[brian]: i learned about myself might help someone  
or maybe you can even correct

275

00:07:42,170 --> 00:07:42,370

[Sarah]: yeah

276

00:07:42,190 --> 00:07:43,155

[brian]: what i've already said

277

00:07:43,352 --> 00:07:48,060

[Sarah]: it is it is in a way  
like what you said like not wanting to

278

00:07:48,100 --> 00:07:52,988

[Sarah]: learn something about myself before this happened  
there was a lot of things that i

279

00:07:53,088 --> 00:07:59,104

[Sarah]: just what a look at and and  
it's kind of liberated in a way to

280

00:07:59,164 --> 00:08:03,801

[Sarah]: look at who you are really and  
letting the world

281

00:08:03,808 --> 00:08:04,031

[brian]: yeah

282

00:08:04,002 --> 00:08:08,488

[Sarah]: know who you are really truly without  
trying to hide behind who you think you

283

00:08:08,548 --> 00:08:16,047

[Sarah]: should be um and becoming a mother  
has allowed me to find that

284

00:08:18,228 --> 00:08:19,869

[brian]: yeah i love

285

00:08:19,830 --> 00:08:20,113

[Sarah]: yeah

286

00:08:19,889 --> 00:08:22,662

[brian]: what you're saying so so much was  
there another thought you're about to say i

287

00:08:22,702 --> 00:08:23,084

[brian]: don't want to cut

288

00:08:22,992 --> 00:08:23,434

[Sarah]: probably

289

00:08:23,104 --> 00:08:23,365

[brian]: you off

290

00:08:23,535 --> 00:08:27,369

[Sarah]: but mommy friends i'm all over the  
place

291

00:08:26,348 --> 00:08:30,154

[brian]: because well one of the things here's  
what i took away from what you're saying

292

00:08:30,194 --> 00:08:32,558

[brian]: and you can say no brian that's  
not what i want you to take away

293

00:08:32,598 --> 00:08:33,420

[brian]: but what i heard you say

294

00:08:33,330 --> 00:08:33,835

[Sarah]: oh

295

00:08:33,580 --> 00:08:33,720

[brian]: is

296

00:08:34,620 --> 00:08:34,941

[Sarah]: oh

297

00:08:36,024 --> 00:08:37,386

[brian]: we learn something about ourselves when

298

00:08:37,440 --> 00:08:37,744

[Sarah]: oh

299

00:08:37,446 --> 00:08:43,384

[brian]: we are tested it doesn't in this particular manifestation in your pilot this

300

00:08:43,410 --> 00:08:44,220

[Sarah]: yeah

301

00:08:43,465 --> 00:08:47,071

[brian]: is the story of becoming a man for a first time and i think maybe

302

00:08:47,211 --> 00:08:49,354

[brian]: the second time there's some informed experience

303

00:08:49,252 --> 00:08:49,292

[Sarah]: m

304

00:08:49,374 --> 00:08:50,236

[brian]: from the second time but

305

00:08:50,379 --> 00:08:50,400

[Sarah]: m

306

00:08:50,777 --> 00:08:53,039

[brian]: in the same way that we can think of like gladiator

307

00:08:53,070 --> 00:08:53,332

[Sarah]: yeah

308

00:08:53,339 --> 00:08:54,721

[brian]: is about someone being

309

00:08:54,620 --> 00:08:54,761

[Sarah]: yeah

310

00:08:54,781 --> 00:08:58,144

[brian]: tested in a certain way so that there is a you're learning the strength

311

00:08:58,140 --> 00:08:58,401

[Sarah]: oh

312

00:08:58,204 --> 00:09:01,126

[brian]: of your own or in that crucible

313

00:09:01,391 --> 00:09:01,574

[Sarah]: right

314

00:09:01,407 --> 00:09:01,507

[brian]: of

315

00:09:02,220 --> 00:09:03,210

[Sarah]: yeah

316

00:09:02,788 --> 00:09:06,500

[brian]: growth you learned more about yourself than  
may be in like run into the grocery

317

00:09:06,540 --> 00:09:06,681

[brian]: store

318

00:09:06,720 --> 00:09:07,410

[Sarah]: yeah

319

00:09:06,721 --> 00:09:08,246

[brian]: on a random wednesday like

320

00:09:08,150 --> 00:09:08,293

[Sarah]: yeah

321

00:09:08,938 --> 00:09:13,548

[brian]: right and this is where i think  
i want to even get you a little

322

00:09:13,608 --> 00:09:16,374

[brian]: clear and you can help me in  
what is important about sharing that

323



00:09:16,320 --> 00:09:16,481

[Sarah]: oh

324

00:09:16,474 --> 00:09:17,216

[brian]: particular

325

00:09:18,090 --> 00:09:19,020

[Sarah]: oh

326

00:09:18,698 --> 00:09:20,273

[brian]: peace with people

327

00:09:22,880 --> 00:09:29,866

[Sarah]: i have like smart answers but i'm kind of like what i think i want

328

00:09:30,743 --> 00:09:30,845

[brian]: ah

329

00:09:31,650 --> 00:09:39,301

[Sarah]: i want for myself i realize that there's hope and i want people to know

330

00:09:39,362 --> 00:09:48,726

[Sarah]: that there's hope beyond what you might not see at this point yeah yeah yeah

331

00:09:49,450 --> 00:09:51,851

[brian]: great i love that so

332

00:09:51,910 --> 00:09:52,051

[Sarah]: yeah

333

00:09:51,932 --> 00:09:55,581

[brian]: this this thing has hope i mean  
he meaning like it actually has hope in

334

00:09:55,641 --> 00:09:55,961

[brian]: it not this

335

00:09:55,970 --> 00:09:56,170

[Sarah]: right

336

00:09:55,982 --> 00:09:56,623

[brian]: thing has hope but

337

00:09:56,611 --> 00:09:56,811

[Sarah]: right

338

00:09:56,643 --> 00:09:57,224

[brian]: this thing has hope

339

00:09:57,231 --> 00:09:57,312

[Sarah]: and

340

00:09:57,324 --> 00:09:57,504

[brian]: in it

341

00:09:57,552 --> 00:09:57,712

[Sarah]: just

342

00:09:57,644 --> 00:09:57,825

[brian]: right

343

00:09:57,752 --> 00:09:58,433

[Sarah]: having the faith that

344

00:09:58,366 --> 00:09:59,527

[brian]: yeah

345

00:09:58,473 --> 00:10:03,514

[Sarah]: there is that even if you can't see it it's still there yeah

346

00:10:05,128 --> 00:10:06,630

[brian]: oh so you're not spiritual at all

351

00:10:30,978 --> 00:10:34,383

[brian]: so who is this for who needs to tune into this thing when it's in

352

00:10:34,403 --> 00:10:36,326

[brian]: the world who do you think needs to watch it more than anyone

353

00:10:40,850 --> 00:10:48,944

[Sarah]: i want to tell the story for my daughter because if there's the next generation

354

00:10:49,124 --> 00:10:53,853

[Sarah]: you know i want the stories to be repeated and learned from and i want

355

00:10:53,913 --> 00:10:58,523

[Sarah]: her to know what i went through to have her in case something

356

00:10:58,569 --> 00:10:58,753

[brian]: yeah

357

00:10:58,944 --> 00:10:59,647

[Sarah]: happens to her

358

00:11:04,428 --> 00:11:06,564

[brian]: you're parenting her from through this animals hear you're saying

359

00:11:06,512 --> 00:11:06,632

[Sarah]: yeah

360

00:11:07,488 --> 00:11:10,250

[brian]: ah and that brings something

361

00:11:10,260 --> 00:11:10,503

[Sarah]: oh

362

00:11:10,311 --> 00:11:13,036

[brian]: up what's what's here now what's the feeling that's come up from that

363

00:11:13,652 --> 00:11:20,063

[Sarah]: um i just feel like a little unworthy or like just feels kind of cheesy

364

00:11:20,364 --> 00:11:26,305

[Sarah]: corny or like oh how silly you know but mean i think about

365

00:11:26,317 --> 00:11:26,338

[brian]: m

366

00:11:27,610 --> 00:11:29,673

[Sarah]: elizabeth gobert always said like write a story

367

00:11:29,769 --> 00:11:29,849

[brian]: ah

368

00:11:29,794 --> 00:11:31,036

[Sarah]: for someone and

369

00:11:31,016 --> 00:11:31,198

[brian]: right

370

00:11:31,076 --> 00:11:34,401

[Sarah]: when you asked me that question i was like oh that's for her i didn't

371

00:11:34,348 --> 00:11:35,317

[brian]: yeah

372

00:11:34,501 --> 00:11:35,583

[Sarah]: realize that was for

373

00:11:35,488 --> 00:11:35,749

[brian]: yeah

374

00:11:35,683 --> 00:11:39,850

[Sarah]: her okay this puts the things in  
a whole new light like i am telling

375

00:11:39,931 --> 00:11:44,880

[Sarah]: her all the intricate details of my  
story because sometimes you know i don't necessarily

376

00:11:44,940 --> 00:11:46,944

[Sarah]: sit down and be like okay let's  
talk about my story you know

377

00:11:48,598 --> 00:11:50,609

[brian]: oh i mean

378

00:11:50,550 --> 00:11:51,990

[Sarah]: yeah

379

00:11:50,669 --> 00:11:53,215

[brian]: very few of us to do so  
good job like this i like make sure

380

00:11:53,295 --> 00:11:56,142

[brian]: like you're right that's a good but  
i love that realization this is who it's

381

00:11:56,242 --> 00:11:56,423

[brian]: for

382

00:11:56,430 --> 00:11:56,631

[Sarah]: oh

383

00:11:56,824 --> 00:11:59,644

[brian]: and what do you imagine this will  
give her

384

00:12:00,152 --> 00:12:04,459

[Sarah]: um you know sometimes well i grew  
up like thinking my parents

385

00:12:04,378 --> 00:12:05,668

[brian]: yeah

386

00:12:04,499 --> 00:12:08,666

[Sarah]: were perfect until a certain point and  
they were like well they're not perfect so

387

00:12:08,608 --> 00:12:08,628

[brian]: m

388

00:12:09,147 --> 00:12:09,568

[Sarah]: i really

389

00:12:10,820 --> 00:12:11,200

[brian]: damn it's

390

00:12:11,220 --> 00:12:11,481

[Sarah]: oh

391

00:12:11,281 --> 00:12:13,405

[brian]: too bad we don't figure that ut  
when we're five years old right if we

392

00:12:13,485 --> 00:12:15,629

[brian]: knew we are five we would ave  
e like oh okay we're

393

00:12:15,610 --> 00:12:15,891

[Sarah]: really

394

00:12:15,649 --> 00:12:16,451

[brian]: all just try to do this

395

00:12:16,331 --> 00:12:16,812

[Sarah]: you're human

396

00:12:17,172 --> 00:12:17,613

[brian]: perfect



397

00:12:17,353 --> 00:12:20,759

[Sarah]: yeah i really i mean i say  
that i'm like i am human i don't

398

00:12:20,839 --> 00:12:23,624

[Sarah]: know things you know and i can  
see the shock and her and er like

399

00:12:23,744 --> 00:12:25,006

[Sarah]: what you don't know i thought

400

00:12:25,000 --> 00:12:25,263

[brian]: buck

401

00:12:25,146 --> 00:12:26,068

[Sarah]: i thought i would know

402

00:12:26,068 --> 00:12:26,575

[brian]: oh

403

00:12:26,168 --> 00:12:27,390

[Sarah]: everything when i'm a grown up no

404

00:12:30,564 --> 00:12:30,825

[brian]: you're the

405

00:12:30,760 --> 00:12:31,300

[Sarah]: exactly

406

00:12:30,865 --> 00:12:31,909

[brian]: mommy mommy know everything

407

00:12:31,620 --> 00:12:32,081

[Sarah]: so i

408

00:12:32,089 --> 00:12:32,250

[brian]: yeah

409

00:12:32,201 --> 00:12:34,003

[Sarah]: think like to show her how much

410

00:12:33,855 --> 00:12:34,016

[brian]: right

411

00:12:34,063 --> 00:12:38,848

[Sarah]: i didn't know how much how difficult  
it was but how wonderful it was in

412

00:12:38,928 --> 00:12:39,508

[Sarah]: a way you know

413

00:12:41,849 --> 00:12:44,197

[brian]: yeah and i'm going to push you  
even further because you're ing so great what

414

00:12:44,257 --> 00:12:46,986

[brian]: do you think having that information or

that knowledge will give her

415

00:12:48,964 --> 00:12:51,768

[Sarah]: the only word that comes to mind  
is grace because

416

00:12:51,958 --> 00:12:52,326

[brian]: oh

417

00:12:53,430 --> 00:12:53,450

[Sarah]: m

418

00:12:53,608 --> 00:12:54,838

[brian]: m m

419

00:12:55,614 --> 00:13:01,286

[Sarah]: to have a little bit more grace  
about her own journey and her own process

420

00:13:01,727 --> 00:13:09,334

[Sarah]: and struggles in her life allowing it  
to be without having this judgment on top

421

00:13:09,394 --> 00:13:12,577

[Sarah]: of it i have a lot of  
judgment of all the things that have happened

422

00:13:13,377 --> 00:13:15,039

[Sarah]: in my life and

423

00:13:15,208 --> 00:13:15,510

[brian]: yeah

424

00:13:16,321 --> 00:13:16,803

[Sarah]: i want her

425

00:13:16,801 --> 00:13:17,023

[brian]: yeah

426

00:13:16,904 --> 00:13:21,535

[Sarah]: to take that off and be like  
you know what my mother went through this

427

00:13:22,076 --> 00:13:29,850

[Sarah]: i can go through this i can  
find a way through it some grace oh

428

00:13:30,828 --> 00:13:32,915

[brian]: that's a pretty great thing for a  
parent to give to a child

429

00:13:34,436 --> 00:13:36,241

[Sarah]: i think it's something i didn't learn  
so

430

00:13:36,339 --> 00:13:36,541

[brian]: yeah

431

00:13:36,983 --> 00:13:38,768

[Sarah]: it's very important for me

432

00:13:38,728 --> 00:13:39,448

[brian]: oh

433

00:13:38,828 --> 00:13:39,189

[Sarah]: to teach

434

00:13:40,178 --> 00:13:41,948

[brian]: so there's almost an ancestral need

435

00:13:41,860 --> 00:13:42,345

[Sarah]: absolutely

436

00:13:42,149 --> 00:13:45,059

[brian]: is what i'm hearing your saying it's bigger than

437

00:13:45,000 --> 00:13:45,165

[Sarah]: yah

438

00:13:45,179 --> 00:13:48,206

[brian]: just even it's a it's a generational

439

00:13:48,256 --> 00:13:48,396

[Sarah]: yeah

440

00:13:49,128 --> 00:13:50,430

[brian]: share it's a generational

441  
00:13:50,421 --> 00:13:50,441  
[Sarah]: i

442  
00:13:50,511 --> 00:13:50,831  
[brian]: knowledge

443  
00:13:50,521 --> 00:13:50,722  
[Sarah]: want to

444  
00:13:50,871 --> 00:13:50,952  
[brian]: you

445  
00:13:50,963 --> 00:13:50,983  
[Sarah]: i

446  
00:13:50,992 --> 00:13:51,092  
[brian]: want

447  
00:13:51,064 --> 00:13:51,184  
[Sarah]: want

448  
00:13:51,132 --> 00:13:51,192  
[brian]: to

449  
00:13:51,225 --> 00:13:51,265  
[Sarah]: to

450

00:13:51,232 --> 00:13:51,412

[brian]: pass

451

00:13:51,405 --> 00:13:51,646

[Sarah]: shift

452

00:13:51,593 --> 00:13:51,914

[brian]: forward

453

00:13:51,787 --> 00:13:56,327

[Sarah]: that and i want to turn it  
oh

454

00:13:55,438 --> 00:13:59,324

[brian]: yeah you want to turn it and  
yes your daughter gets this and

455

00:13:59,220 --> 00:13:59,464

[Sarah]: yes

456

00:13:59,544 --> 00:14:03,832

[brian]: it's public tell me about that tell  
me about that what is that dynamic

457

00:14:03,580 --> 00:14:03,822

[Sarah]: i don't

458

00:14:03,913 --> 00:14:04,154

[brian]: about

459

00:14:04,204 --> 00:14:04,626

[Sarah]: you know it

460

00:14:06,108 --> 00:14:08,472

[brian]: certainly you're skilled as an actress and  
you know this world so that's

461

00:14:08,601 --> 00:14:08,621

[Sarah]: s

462

00:14:08,673 --> 00:14:11,558

[brian]: could be a piece of it but  
let's pretend this could have been a painting

463

00:14:11,598 --> 00:14:14,903

[brian]: for a second but you decided it  
was a pilot let's let's add some consciousness

464

00:14:14,963 --> 00:14:18,148

[brian]: to the decision of it being a  
pilot first if we can just entertain that

465

00:14:18,071 --> 00:14:18,311

[Sarah]: yes

466

00:14:18,208 --> 00:14:18,889

[brian]: idea for a moment

467

00:14:18,792 --> 00:14:18,933



[Sarah]: yeah

468

00:14:18,909 --> 00:14:23,374

[brian]: does that make sense yeah what's the  
in you if you were to give a

469

00:14:23,434 --> 00:14:26,097

[brian]: reason of it needs to be a  
pilot because

470

00:14:26,512 --> 00:14:27,374

[Sarah]: because it's

471

00:14:28,438 --> 00:14:28,722

[brian]: oh

472

00:14:29,657 --> 00:14:35,827

[Sarah]: because i feel like i'm good at  
like kind of like getting into the essence

473

00:14:35,907 --> 00:14:37,830

[Sarah]: of things but if i don't share  
it with

474

00:14:37,828 --> 00:14:37,848

[brian]: m

475

00:14:37,910 --> 00:14:42,378

[Sarah]: anyone it doesn't mean like it means  
something to me but it doesn't connect me

476

00:14:42,438 --> 00:14:43,179

[Sarah]: to somebody else

477

00:14:43,102 --> 00:14:43,123

[brian]: i

478

00:14:43,640 --> 00:14:47,927

[Sarah]: want to be connected to people i  
don't know or people who might

479

00:14:47,947 --> 00:14:47,968

[brian]: m

480

00:14:48,027 --> 00:14:48,207

[Sarah]: seem

481

00:14:48,148 --> 00:14:48,168

[brian]: m

482

00:14:48,287 --> 00:14:50,431

[Sarah]: different from me or so it's my

483

00:14:50,368 --> 00:14:50,672

[brian]: oh

484

00:14:50,531 --> 00:14:53,576

[Sarah]: way of just reaching out and be  
like do you ever feel like this do

485

00:14:53,616 --> 00:14:55,459

[Sarah]: you ever feel this fucked up are  
you ever

486

00:14:55,493 --> 00:14:56,788

[brian]: yeah

487

00:14:55,580 --> 00:14:58,924

[Sarah]: his crazy you know like you are  
okay maybe it's

488

00:14:58,881 --> 00:14:59,123

[brian]: yes

489

00:14:59,024 --> 00:15:00,005

[Sarah]: okay that we're

490

00:14:59,938 --> 00:15:00,198

[brian]: yeah

491

00:15:00,065 --> 00:15:01,567

[Sarah]: both kind of you know

492

00:15:01,764 --> 00:15:01,964

[brian]: yeah

493

00:15:02,108 --> 00:15:03,493

[Sarah]: extreme yeah

494

00:15:04,078 --> 00:15:08,064

[brian]: yeah and i love it so what  
i hear you saying is i want people

495

00:15:08,105 --> 00:15:11,851

[brian]: to recognize their own humanity and like  
we don't always look perfect like we're not

496

00:15:11,891 --> 00:15:14,295

[brian]: the perfect parent that we pretended like  
so this is a

497

00:15:14,421 --> 00:15:14,723

[Sarah]: really

498

00:15:14,435 --> 00:15:17,941

[brian]: stage literally a stage or green where  
you can see it so you're going to

499

00:15:18,001 --> 00:15:20,505

[brian]: see it enacted you're going to see  
it enacted and then i want to not

500

00:15:20,585 --> 00:15:25,033

[brian]: deny you know and everyone was listening  
to you specifically sarah like we're giving our

501

00:15:25,073 --> 00:15:26,655

[brian]: own gifts in this lifetime and you've

discovered

502

00:15:26,460 --> 00:15:26,480

[Sarah]: m

503

00:15:26,896 --> 00:15:30,604

[brian]: yours around acting of course this is  
the place where you're most proficient

504

00:15:30,240 --> 00:15:30,644

[Sarah]: oh

505

00:15:30,684 --> 00:15:35,012

[brian]: or able tell the story or gifted  
to tell us or maybe most aligned to

506

00:15:35,092 --> 00:15:36,936

[brian]: tell the story so i think also  
want to bring

507

00:15:36,970 --> 00:15:37,132

[Sarah]: yeah

508

00:15:36,976 --> 00:15:40,121

[brian]: that into the conversation so just tracking  
what we've

509

00:15:40,181 --> 00:15:40,201

[Sarah]: h

510

00:15:40,221 --> 00:15:41,744  
[brian]: noticed here so we can

511

00:15:41,769 --> 00:15:41,790  
[Sarah]: h

512

00:15:42,264 --> 00:15:42,725  
[brian]: you know shift

513

00:15:42,660 --> 00:15:42,942  
[Sarah]: yeah

514

00:15:42,765 --> 00:15:45,903  
[brian]: today is the stories for ella that's  
her name correct

515

00:15:46,009 --> 00:15:46,552  
[Sarah]: the magazine

516

00:15:47,168 --> 00:15:48,931  
[brian]: sorry this is stars for sorry

517

00:15:49,380 --> 00:15:50,449  
[Sarah]: yeah

518

00:15:49,572 --> 00:15:50,774  
[brian]: sorry sorry i got that wrong it

519

00:15:50,790 --> 00:15:52,680

[Sarah]: yeah

520

00:15:51,034 --> 00:15:56,043

[brian]: do the story is for and it's  
for other humans to recognize their own messiness

521

00:15:56,163 --> 00:15:57,105

[brian]: and that it is normal

522

00:15:57,120 --> 00:15:58,530

[Sarah]: oh

523

00:15:57,245 --> 00:16:02,842

[brian]: to normalize the messiness and it is  
to share to make up for a generational

524

00:16:02,962 --> 00:16:03,785

[brian]: gap in knowledge

525

00:16:04,029 --> 00:16:04,050

[Sarah]: m

526

00:16:05,088 --> 00:16:07,712

[brian]: i wish i had had some parenting  
myself while i'm parenting

527

00:16:09,060 --> 00:16:09,828

[Sarah]: yeah

528

00:16:09,155 --> 00:16:09,896

[brian]: i'm parenting l

529

00:16:10,260 --> 00:16:10,421

[Sarah]: uh

530

00:16:10,848 --> 00:16:11,689

[brian]: grandchildren some day

531

00:16:11,938 --> 00:16:12,060

[Sarah]: yeah

532

00:16:12,691 --> 00:16:17,158

[brian]: i'm shifting the parade around this moment  
in someone's life and also because this is

533

00:16:17,218 --> 00:16:17,439

[brian]: about a

534

00:16:17,469 --> 00:16:17,490

[Sarah]: m

535

00:16:17,479 --> 00:16:18,420

[brian]: moment in your life and

536

00:16:18,427 --> 00:16:19,020

[Sarah]: hm

537



00:16:18,901 --> 00:16:20,704

[brian]: a season let's say and also

538

00:16:20,700 --> 00:16:21,001

[Sarah]: oh

539

00:16:22,567 --> 00:16:24,722

[brian]: the dim needing to look perfect or  
have it all together

540

00:16:24,451 --> 00:16:26,594

[Sarah]: that was the struggle up until that  
point just oh

541

00:16:26,638 --> 00:16:26,861

[brian]: oh

542

00:16:26,695 --> 00:16:30,701

[Sarah]: just do it just pretend great everything  
is great everything s perfect everything you know

543

00:16:30,741 --> 00:16:30,982

[Sarah]: it's like

544

00:16:31,018 --> 00:16:31,283

[brian]: yeah

545

00:16:31,102 --> 00:16:32,424

[Sarah]: oh fuck it's not but

546

00:16:32,488 --> 00:16:33,628

[brian]: yeah

547

00:16:32,504 --> 00:16:34,808

[Sarah]: it is i'm trying really hard

548

00:16:34,438 --> 00:16:34,778

[brian]: it's not

549

00:16:36,810 --> 00:16:37,051

[Sarah]: yes

550

00:16:36,863 --> 00:16:38,005

[brian]: yes there's a beautiful baby

551

00:16:37,998 --> 00:16:38,259

[Sarah]: yes

552

00:16:38,045 --> 00:16:41,572

[brian]: here but there's all this other so  
yes ah is there anything that i didn't

553

00:16:41,612 --> 00:16:42,073

[brian]: say that needs

554

00:16:41,970 --> 00:16:43,662

[Sarah]: yeah

555

00:16:42,113 --> 00:16:43,536

[brian]: to be tracked before we kind of

556

00:16:43,742 --> 00:16:45,183

[Sarah]: i don't think so yeah

557

00:16:45,349 --> 00:16:46,989

[brian]: shift this converse agree

558

00:16:47,820 --> 00:16:48,044

[Sarah]: oh

559

00:16:48,112 --> 00:16:48,233

[brian]: so

560

00:16:48,879 --> 00:16:48,900

[Sarah]: h

561

00:16:48,895 --> 00:16:50,028

[brian]: cool let's

562

00:16:50,100 --> 00:16:51,180

[Sarah]: yeah

563

00:16:50,410 --> 00:16:52,340

[brian]: fire had a magic wand and

564

00:16:52,373 --> 00:16:52,393

[Sarah]: a

565  
00:16:52,380 --> 00:16:54,925  
[brian]: this pilot was happening where

566  
00:16:54,930 --> 00:16:55,710  
[Sarah]: oh

567  
00:16:54,965 --> 00:16:57,040  
[brian]: do you see it happening in the

568  
00:16:57,020 --> 00:16:57,100  
[Sarah]: so

569  
00:16:57,060 --> 00:16:57,221  
[brian]: blank

570  
00:16:57,240 --> 00:16:57,260  
[Sarah]: i

571  
00:16:57,302 --> 00:16:57,342  
[brian]: in

572  
00:16:57,361 --> 00:16:57,441  
[Sarah]: do

573  
00:16:57,402 --> 00:16:57,523  
[brian]: any

574

00:16:57,521 --> 00:16:57,641

[Sarah]: have

575

00:16:57,563 --> 00:16:57,745

[brian]: way that

576

00:16:57,681 --> 00:16:58,002

[Sarah]: something

577

00:16:57,785 --> 00:16:58,067

[brian]: that makes

578

00:16:58,082 --> 00:16:58,162

[Sarah]: to

579

00:16:58,087 --> 00:16:58,249

[brian]: sense

580

00:16:58,222 --> 00:16:58,422

[Sarah]: share

581

00:16:58,289 --> 00:16:58,450

[brian]: to you

582

00:16:58,983 --> 00:16:59,003

[Sarah]: i

583

00:16:59,296 --> 00:16:59,458

[brian]: wait

584

00:16:59,544 --> 00:17:00,886

[Sarah]: have a friend and she

585

00:17:00,849 --> 00:17:01,031

[brian]: okay

586

00:17:01,307 --> 00:17:05,654

[Sarah]: is writing stories about women going through transformation and she was like oh why don't

587

00:17:05,694 --> 00:17:10,963

[Sarah]: you add your story and it's like an anthology series and she's like why her

588

00:17:11,058 --> 00:17:11,419

[brian]: television

589

00:17:11,063 --> 00:17:11,524

[Sarah]: television

590

00:17:11,479 --> 00:17:11,679

[brian]: series

591

00:17:11,604 --> 00:17:11,965

[Sarah]: series

592

00:17:11,800 --> 00:17:12,080

[brian]: that book

593  
00:17:12,065 --> 00:17:13,047  
[Sarah]: and she knows a lot of people

594  
00:17:12,802 --> 00:17:12,963  
[brian]: okay

595  
00:17:13,247 --> 00:17:13,347  
[Sarah]: and

596  
00:17:13,745 --> 00:17:13,885  
[brian]: okay

597  
00:17:13,748 --> 00:17:14,028  
[Sarah]: you know

598  
00:17:13,966 --> 00:17:14,106  
[brian]: okay

599  
00:17:14,529 --> 00:17:15,350  
[Sarah]: she got a producer

600  
00:17:15,059 --> 00:17:15,120  
[brian]: so

601  
00:17:15,411 --> 00:17:18,335  
[Sarah]: on board and then like i came  
on kind of towards the middle

602

00:17:18,607 --> 00:17:18,628

[brian]: m

603

00:17:18,636 --> 00:17:22,663

[Sarah]: end but then so i was like  
oh maybe write the story for that but

604

00:17:22,843 --> 00:17:27,110

[Sarah]: i'm not sure if i'm writing it  
for that because you know we're used to

605

00:17:27,130 --> 00:17:31,117

[Sarah]: me with a producer eventually and all  
that stublababa but i don't know if i

606

00:17:31,157 --> 00:17:34,266

[Sarah]: want to write it for that show  
or i want it to become its

607

00:17:34,146 --> 00:17:34,166

[brian]: a

608

00:17:34,426 --> 00:17:36,684

[Sarah]: own so i'm a little stuck on  
that

609

00:17:37,548 --> 00:17:37,608

[brian]: so

610



00:17:37,680 --> 00:17:37,862

[Sarah]: yeah

611

00:17:37,688 --> 00:17:41,335

[brian]: great great let's let's do it that  
so first of all what would you like

612

00:17:41,395 --> 00:17:41,675

[brian]: it to be

613

00:17:42,566 --> 00:17:43,290

[Sarah]: ah

614

00:17:44,398 --> 00:17:44,579

[brian]: if your

615

00:17:44,490 --> 00:17:44,851

[Sarah]: uh

616

00:17:44,659 --> 00:17:45,444

[brian]: friend didn't exist

617

00:17:46,719 --> 00:17:46,740

[Sarah]: h

618

00:17:47,899 --> 00:17:48,403

[brian]: you imagine

619

00:17:48,360 --> 00:17:48,760

[Sarah]: yes

620

00:17:48,444 --> 00:17:49,473

[brian]: it being expressed in that way

621

00:17:50,483 --> 00:17:54,991

[Sarah]: um yeah part of me wants to  
be like yes i just want to get

622

00:17:55,071 --> 00:17:58,456

[Sarah]: it out like that story whatever in  
whatever form like just get it out so

623

00:17:58,757 --> 00:18:00,299

[Sarah]: that seems like the easiest way to  
get it out

624

00:18:00,247 --> 00:18:00,268

[brian]: m

625

00:18:00,400 --> 00:18:06,025

[Sarah]: but in a way it does feel  
like it could be like a long story

626

00:18:06,346 --> 00:18:08,968

[Sarah]: longer story than just one one television

627

00:18:08,659 --> 00:18:08,760

[brian]: ah

628

00:18:09,049 --> 00:18:10,723

[Sarah]: episode so

629

00:18:11,098 --> 00:18:14,590

[brian]: yeah so here's here's what reflect back  
what i'm seeing so first of all we

630

00:18:14,650 --> 00:18:14,750

[brian]: got

631

00:18:14,697 --> 00:18:14,799

[Sarah]: oh

632

00:18:14,830 --> 00:18:16,432

[brian]: very technical and cerebral for a second  
which is

633

00:18:16,522 --> 00:18:16,542

[Sarah]: h

634

00:18:16,552 --> 00:18:17,613

[brian]: normal in this moment so a

635

00:18:17,589 --> 00:18:17,610

[Sarah]: m

636

00:18:17,653 --> 00:18:19,955

[brian]: good job good job going there and  
you right

637

00:18:20,670 --> 00:18:20,952

[Sarah]: oh

638

00:18:23,148 --> 00:18:23,488

[brian]: isn't it the

639

00:18:23,520 --> 00:18:24,270

[Sarah]: yeah

640

00:18:23,588 --> 00:18:26,053

[brian]: pits when a creative idea comes to  
you your lie can i just get it

641

00:18:26,050 --> 00:18:26,490

[Sarah]: exactly

642

00:18:26,113 --> 00:18:26,634

[brian]: done and over with

643

00:18:26,570 --> 00:18:26,750

[Sarah]: yes

644

00:18:26,674 --> 00:18:27,856

[brian]: so i can get it out of  
my body

645

00:18:27,631 --> 00:18:27,832

[Sarah]: like

646

00:18:28,678 --> 00:18:28,818

[brian]: i mean

647

00:18:29,013 --> 00:18:29,113

[Sarah]: let

648

00:18:29,059 --> 00:18:29,159

[brian]: we're

649

00:18:29,173 --> 00:18:29,253

[Sarah]: me

650

00:18:29,179 --> 00:18:29,319

[brian]: talking

651

00:18:29,313 --> 00:18:29,393

[Sarah]: do

652

00:18:29,339 --> 00:18:29,700

[brian]: about birth

653

00:18:29,514 --> 00:18:29,854

[Sarah]: it over

654

00:18:29,740 --> 00:18:30,902

[brian]: right now so we're talking

655

00:18:30,795 --> 00:18:30,915

[Sarah]: can

656

00:18:30,922 --> 00:18:31,042

[brian]: about

657

00:18:30,955 --> 00:18:31,095

[Sarah]: i get

658

00:18:31,082 --> 00:18:31,263

[brian]: birth

659

00:18:31,316 --> 00:18:31,396

[Sarah]: for

660

00:18:31,323 --> 00:18:31,463

[brian]: right

661

00:18:31,436 --> 00:18:32,317

[Sarah]: drowileadit

662

00:18:31,483 --> 00:18:34,188

[brian]: now so it's yes

663

00:18:35,160 --> 00:18:35,320

[Sarah]: yes

664

00:18:35,210 --> 00:18:37,814

[brian]: you know more than i do about

all this right so i'll just say you

665

00:18:37,834 --> 00:18:41,660

[brian]: know we're recording this on you know  
in january right after christmas and i'm just

666

00:18:41,680 --> 00:18:44,866

[brian]: going to use christmas as an analogy  
for everybody so doesn't matter what religion you

667

00:18:44,946 --> 00:18:48,512

[brian]: are at all or nowhere and i  
christmas analogy is when we talk we talk

668

00:18:48,592 --> 00:18:48,812

[brian]: about

669

00:18:49,862 --> 00:18:50,610

[Sarah]: hm

670

00:18:49,994 --> 00:18:53,801

[brian]: the immaculate conception the idea of that  
is that you're giving the metaphysical

671

00:18:53,880 --> 00:18:54,022

[Sarah]: yeah

672

00:18:53,881 --> 00:18:56,826

[brian]: idea of that as you're giving an  
idea you're given something to be born from

673

00:18:56,866 --> 00:19:01,253

[brian]: the divine so you're give this idea  
birth this story because people need to hear

674

00:19:01,333 --> 00:19:04,318

[brian]: it and the first you're like this  
is not real this is not possible how

675

00:19:04,378 --> 00:19:06,942

[brian]: can it be that i really am  
pregnant with this idea that can be right

676

00:19:07,023 --> 00:19:07,223

[brian]: and like

677

00:19:07,380 --> 00:19:07,522

[Sarah]: yes

678

00:19:07,523 --> 00:19:08,725

[brian]: like get it up let's get it  
over

679

00:19:08,650 --> 00:19:08,852

[Sarah]: yes

680

00:19:08,765 --> 00:19:12,094

[brian]: with let's get this thing over with  
right so i just like acknowledge that little



681

00:19:12,114 --> 00:19:13,397

[brian]: piece of super meta

682

00:19:13,235 --> 00:19:13,517

[Sarah]: yes

683

00:19:13,758 --> 00:19:14,500

[brian]: this conversation

684

00:19:15,390 --> 00:19:15,594

[Sarah]: yeah

685

00:19:16,065 --> 00:19:18,021

[brian]: but so your friend

686

00:19:18,290 --> 00:19:18,450

[Sarah]: yeah

687

00:19:18,442 --> 00:19:19,305

[brian]: is the fast track

688

00:19:20,575 --> 00:19:20,775

[Sarah]: yes

689

00:19:20,930 --> 00:19:24,279

[brian]: the relief supposed relief

690

00:19:24,207 --> 00:19:24,840

[Sarah]: hm

691

00:19:24,359 --> 00:19:27,845

[brian]: i will just say perhaps right is that and so what i think you identified

692

00:19:27,885 --> 00:19:27,945

[brian]: and

693

00:19:27,960 --> 00:19:28,180

[Sarah]: oh

694

00:19:27,965 --> 00:19:29,688

[brian]: you can tell that i'm not sure if this is solid

695

00:19:29,485 --> 00:19:29,505

[Sarah]: h

696

00:19:29,728 --> 00:19:30,590

[brian]: ground yet so you'll check

697

00:19:30,909 --> 00:19:30,930

[Sarah]: h

698

00:19:31,291 --> 00:19:31,551

[brian]: i'm not

699

00:19:31,620 --> 00:19:31,640

[Sarah]: m

700

00:19:31,652 --> 00:19:35,117

[brian]: sure that that is the extent of  
the impact that you want to have an

701

00:19:35,278 --> 00:19:37,181

[brian]: don't say that because i think it's  
a bad idea i want to make sure

702

00:19:37,189 --> 00:19:37,710

[Sarah]: hm

703

00:19:37,221 --> 00:19:38,202

[brian]: and i'm not waging a vote

704

00:19:38,190 --> 00:19:38,210

[Sarah]: m

705

00:19:38,263 --> 00:19:41,328

[brian]: here in making spaciousness for you to  
think about it so as i kind of

706

00:19:41,297 --> 00:19:42,180

[Sarah]: hm

707

00:19:41,528 --> 00:19:42,510

[brian]: asked the question again

708

00:19:42,630 --> 00:19:42,911

[Sarah]: yeah

709

00:19:43,091 --> 00:19:44,212

[brian]: maybe not that eloquently actually

710

00:19:44,098 --> 00:19:44,280

[Sarah]: yeah

711

00:19:44,253 --> 00:19:44,773

[brian]: but as i ask the

712

00:19:44,711 --> 00:19:44,731

[Sarah]: a

713

00:19:44,813 --> 00:19:49,020

[brian]: question again do you feel like yeah  
i think this friend thing is the thing

714

00:19:49,681 --> 00:19:52,265

[brian]: or do you feel like it might  
be part of the journey

715

00:19:52,057 --> 00:19:52,297

[Sarah]: it might

716

00:19:52,305 --> 00:19:52,385

[brian]: and

717

00:19:52,357 --> 00:19:52,417

[Sarah]: be

718

00:19:52,445 --> 00:19:52,545

[brian]: not

719

00:19:52,478 --> 00:19:52,578

[Sarah]: part

720

00:19:52,605 --> 00:19:52,686

[brian]: the

721

00:19:52,618 --> 00:19:53,119

[Sarah]: of the journey

722

00:19:53,166 --> 00:19:53,487

[brian]: full thing

723

00:19:53,419 --> 00:19:57,866

[Sarah]: i mean it kind of got me  
back interested into that story but yeah i

724

00:19:57,847 --> 00:19:57,868

[brian]: m

725

00:19:57,967 --> 00:20:01,372

[Sarah]: feel like what you're saying is like  
it does seem like i just get it

726

00:20:01,472 --> 00:20:04,816

[Sarah]: done with in thirty minutes done and then i'll write a new story about something

727

00:20:04,916 --> 00:20:06,318

[Sarah]: else and you know i love what move

728

00:20:06,238 --> 00:20:06,499

[brian]: oh

729

00:20:06,438 --> 00:20:08,860

[Sarah]: on but it's such a

730

00:20:08,878 --> 00:20:09,628

[brian]: yeah

731

00:20:08,920 --> 00:20:13,688

[Sarah]: pivotal moment that i really do want to give it some time and space let

732

00:20:13,808 --> 00:20:13,908

[Sarah]: me

733

00:20:13,998 --> 00:20:14,218

[brian]: yeah

734

00:20:15,150 --> 00:20:15,332

[Sarah]: yes

735

00:20:15,539 --> 00:20:16,280

[brian]: the respect for it

736

00:20:16,770 --> 00:20:17,559

[Sarah]: yeah

737

00:20:17,702 --> 00:20:20,845

[brian]: the respect for what this has been  
great okay great so let's can we dream

738

00:20:20,885 --> 00:20:20,965

[brian]: when

739

00:20:20,973 --> 00:20:21,173

[Sarah]: okay

740

00:20:21,005 --> 00:20:22,427

[brian]: you and i agree we're going to  
dream the big dream

741

00:20:22,395 --> 00:20:22,575

[Sarah]: okay

742

00:20:23,728 --> 00:20:30,103

[brian]: now and your friend's awesome incredible possible  
opportunity could be an incredible stepping stone towards

743

00:20:30,284 --> 00:20:31,206

[brian]: its eventual

744

00:20:31,624 --> 00:20:32,065

[Sarah]: oh so

745

00:20:32,018 --> 00:20:32,220

[brian]: large

746

00:20:32,205 --> 00:20:32,365

[Sarah]: not

747

00:20:32,280 --> 00:20:32,924

[brian]: manifestation

748

00:20:32,486 --> 00:20:34,549

[Sarah]: negating it but like incorporating it

749

00:20:35,748 --> 00:20:39,794

[brian]: right i could see totally a world  
where it becomes one episode of mythology theory

750

00:20:39,954 --> 00:20:40,315

[brian]: series that

751

00:20:40,223 --> 00:20:40,564

[Sarah]: oh

752

00:20:40,335 --> 00:20:40,816

[brian]: then becomes its



753

00:20:40,805 --> 00:20:41,025

[Sarah]: right

754

00:20:40,856 --> 00:20:41,277

[brian]: own series

755

00:20:41,226 --> 00:20:44,173

[Sarah]: yes of course yes yes

756

00:20:44,928 --> 00:20:47,330

[brian]: does that make sense to you and  
then i also want to just share with

757

00:20:47,350 --> 00:20:50,694

[brian]: you and i say this before on  
the podcast but when we're choosing between two

758

00:20:50,794 --> 00:20:53,136

[brian]: things it's a dilemma when we're choosing  
between

759

00:20:53,186 --> 00:20:53,406

[Sarah]: oh

760

00:20:53,196 --> 00:20:56,810

[brian]: three it's actually a choice so when  
we're choosing between should i do my friends

761

00:20:56,830 --> 00:20:58,954

[brian]: or should i do the pilot on  
my own that as a dilemma

762

00:20:58,650 --> 00:20:59,134

[Sarah]: yeah

763

00:20:59,094 --> 00:21:02,159

[brian]: when there's like should i choose my  
friends should i do my own is there

764

00:21:02,199 --> 00:21:03,401

[brian]: a hybrid that to me

765

00:21:03,401 --> 00:21:03,581

[Sarah]: yeah

766

00:21:03,742 --> 00:21:07,168

[brian]: is actually truly having a choice so  
i want to throw that you could shoot

767

00:21:07,248 --> 00:21:09,471

[brian]: any one of them still but now  
that you've got the three choices it can

768

00:21:09,511 --> 00:21:10,553

[brian]: just it opens your brain

769

00:21:10,588 --> 00:21:10,989

[Sarah]: totally

770

00:21:10,593 --> 00:21:13,117

[brian]: differently doesn't mean the third one is the right answer but it means like oh

771

00:21:13,478 --> 00:21:15,902

[brian]: i could do it in my own so let's play out the idea of it's

772

00:21:15,942 --> 00:21:17,104

[brian]: a stepping stone

773

00:21:16,812 --> 00:21:17,233

[Sarah]: i see

774

00:21:17,164 --> 00:21:18,406

[brian]: or one version of expression

775

00:21:18,454 --> 00:21:18,534

[Sarah]: it

776

00:21:18,546 --> 00:21:18,727

[brian]: because

777

00:21:18,574 --> 00:21:18,774

[Sarah]: does

778

00:21:18,747 --> 00:21:19,007

[brian]: that sounds

779

00:21:18,894 --> 00:21:19,375

[Sarah]: it totally

780

00:21:19,027 --> 00:21:19,409

[brian]: like it give

781

00:21:19,415 --> 00:21:19,555

[Sarah]: does

782

00:21:19,430 --> 00:21:19,833

[brian]: you freedom

783

00:21:19,635 --> 00:21:19,815

[Sarah]: yeah

784

00:21:20,608 --> 00:21:25,356

[brian]: right and one of the things if  
i can just like side bar underline side

785

00:21:25,416 --> 00:21:25,676

[brian]: coaching

786

00:21:25,440 --> 00:21:26,028

[Sarah]: oh

787

00:21:25,716 --> 00:21:31,906

[brian]: for a different day is go full  
tilt into the conversation with your friend unafraid

788

00:21:32,167 --> 00:21:34,012

[brian]: that it will take away from its  
eventual

789

00:21:33,670 --> 00:21:33,890

[Sarah]: okay

790

00:21:34,072 --> 00:21:35,076

[brian]: larger manifestation

791

00:21:35,032 --> 00:21:37,236

[Sarah]: okay yeah

792

00:21:37,169 --> 00:21:37,432

[brian]: that makes

793

00:21:37,396 --> 00:21:37,416

[Sarah]: i

794

00:21:37,452 --> 00:21:37,594

[brian]: sense

795

00:21:37,596 --> 00:21:37,777

[Sarah]: think

796

00:21:37,614 --> 00:21:37,979

[brian]: when i say

797

00:21:37,917 --> 00:21:37,997

[Sarah]: so

798

00:21:38,060 --> 00:21:38,120

[brian]: it

799

00:21:38,097 --> 00:21:40,742

[Sarah]: i mean i got a taste of  
it like it's like

800

00:21:41,458 --> 00:21:41,679

[brian]: oh

801

00:21:41,924 --> 00:21:47,233

[Sarah]: i'm not withholding anything and i'm just  
like going into the story and bringing the

802

00:21:47,313 --> 00:21:47,633

[Sarah]: juicy

803

00:21:47,368 --> 00:21:48,097

[brian]: yea

804

00:21:47,733 --> 00:21:53,050

[Sarah]: parts of the story and that will  
even be the jumping point four whatever the

805

00:21:53,110 --> 00:21:53,734

[Sarah]: rest of it is

806

00:21:53,978 --> 00:21:54,160

[brian]: yes

807

00:21:55,370 --> 00:21:55,570

[Sarah]: yes

808

00:21:55,398 --> 00:21:57,622

[brian]: don't like i'm going to save this part of the story for the big one

809

00:21:57,722 --> 00:22:01,188

[brian]: one day like make the thing that's going to be in a ethology the best

810

00:22:01,408 --> 00:22:01,849

[brian]: possible

811

00:22:01,665 --> 00:22:01,905

[Sarah]: okay

812

00:22:01,949 --> 00:22:03,451

[brian]: thing it can ever freak and be

813

00:22:03,720 --> 00:22:03,982

[Sarah]: yeah

814

00:22:04,493 --> 00:22:05,615

[brian]: because the mediocre version

815

00:22:05,610 --> 00:22:05,870

[Sarah]: oh

816

00:22:05,655 --> 00:22:08,119

[brian]: or the step down from it isn't  
going to ting launches this to somewhere else

817

00:22:08,259 --> 00:22:12,026

[brian]: and let's wait and let's just also  
be very aware you might do that and

818

00:22:12,046 --> 00:22:15,652

[brian]: sudenly like oh that was like let's  
be open to that might be the answer

819

00:22:15,732 --> 00:22:17,735

[brian]: it might be like oh that that  
thing that thought was a stepping stone

820

00:22:17,610 --> 00:22:17,832

[Sarah]: oh

821

00:22:17,755 --> 00:22:19,880

[brian]: that was all it needed to be  
i've got this other story that's come to

822

00:22:19,921 --> 00:22:20,382

[brian]: me right

823



00:22:20,610 --> 00:22:20,811

[Sarah]: oh

824

00:22:20,804 --> 00:22:23,254

[brian]: so we're just breathing very unattached to  
it must look

825

00:22:23,286 --> 00:22:23,306

[Sarah]: h

826

00:22:23,354 --> 00:22:23,555

[brian]: like

827

00:22:23,889 --> 00:22:25,873

[Sarah]: h m just like

828

00:22:25,945 --> 00:22:26,065

[brian]: yeah

829

00:22:25,993 --> 00:22:26,394

[Sarah]: relieved

830

00:22:26,086 --> 00:22:26,529

[brian]: what did that give

831

00:22:26,454 --> 00:22:26,594

[Sarah]: like

832

00:22:26,650 --> 00:22:26,710

[brian]: her

833

00:22:26,754 --> 00:22:26,854

[Sarah]: oh

834

00:22:26,770 --> 00:22:26,911

[brian]: a big

835

00:22:26,934 --> 00:22:26,975

[Sarah]: i

836

00:22:26,972 --> 00:22:27,234

[brian]: sigh

837

00:22:27,095 --> 00:22:31,883

[Sarah]: don't have to i don't have to  
control it it can be it can be

838

00:22:31,923 --> 00:22:35,709

[Sarah]: this let's try this and then let's  
see what else happens but let's put it

839

00:22:35,829 --> 00:22:35,970

[Sarah]: all

840

00:22:36,118 --> 00:22:36,400

[brian]: oh

841

00:22:36,190 --> 00:22:40,056

[Sarah]: into all our eyes into this basket  
and then you watch it grow and m

842

00:22:40,798 --> 00:22:41,559

[Sarah]: yeah it seems funny

843

00:22:41,548 --> 00:22:41,710

[brian]: yet

844

00:22:42,120 --> 00:22:42,340

[Sarah]: yeah

845

00:22:42,949 --> 00:22:45,232

[brian]: all what the way i think about  
that is putting all you eggs in the

846

00:22:45,183 --> 00:22:45,383

[Sarah]: okay

847

00:22:45,252 --> 00:22:47,396

[brian]: basket knowing there's another basket right there  
so lie you're not

848

00:22:47,506 --> 00:22:47,706

[Sarah]: okay

849

00:22:47,516 --> 00:22:49,019

[brian]: losing the idea there's nother basket around  
the

850

00:22:49,028 --> 00:22:49,188

[Sarah]: okay

851

00:22:49,039 --> 00:22:50,461

[brian]: corner is another way to tink out  
that

852

00:22:50,700 --> 00:22:50,960

[Sarah]: oh

853

00:22:50,742 --> 00:22:55,890

[brian]: and i'll just share like from my  
own coaching history you know and i'm teaching

854

00:22:55,950 --> 00:22:57,112

[brian]: like a free master class or

855

00:22:57,069 --> 00:22:57,229

[Sarah]: yeah

856

00:22:57,152 --> 00:22:59,536

[brian]: something like that there can be a  
tendency to be like well keep the most

857

00:23:00,097 --> 00:23:00,939

[brian]: important secret

858

00:23:00,750 --> 00:23:01,071

[Sarah]: oh

859

00:23:00,999 --> 00:23:04,284

[brian]: till you till they buy the course  
or omething actually it's much more exciting to

860

00:23:04,384 --> 00:23:05,446

[brian]: offer the juiciest kind

861

00:23:05,326 --> 00:23:05,346

[Sarah]: i

862

00:23:05,486 --> 00:23:08,291

[brian]: of thing in any of them free  
trading that i offer because then someone gets

863

00:23:08,331 --> 00:23:09,192

[brian]: to say like oh wow

864

00:23:09,480 --> 00:23:09,820

[Sarah]: oh

865

00:23:09,934 --> 00:23:13,159

[brian]: that's what the coolness of this is  
i can decide if that's kind of what

866

00:23:13,199 --> 00:23:16,645

[brian]: i want to jump into and so  
again let's just paint the scenario the very

867

00:23:16,725 --> 00:23:21,994

[brian]: railroad scenario of producer that h b  
watching this anthology series and seeing your episode

868

00:23:22,034 --> 00:23:22,695

[brian]: and like oh my gosh

869

00:23:22,641 --> 00:23:22,702

[Sarah]: ah

870

00:23:22,735 --> 00:23:25,780

[brian]: that is so amazing that should that  
could be its own like it's not going

871

00:23:25,800 --> 00:23:26,621

[brian]: to be the water down

872

00:23:26,443 --> 00:23:26,566

[Sarah]: is

873

00:23:26,682 --> 00:23:27,523

[brian]: version that's going to catch

874

00:23:27,540 --> 00:23:27,722

[Sarah]: yeah

875

00:23:27,563 --> 00:23:29,246

[brian]: their attention right it's going to be  
the one that

876

00:23:29,490 --> 00:23:29,770

[Sarah]: uh

877

00:23:29,546 --> 00:23:29,927

[brian]: and if i can

878

00:23:29,891 --> 00:23:29,911

[Sarah]: h

879

00:23:29,947 --> 00:23:32,852

[brian]: just put a vote moment here i think that this topic sounds

880

00:23:32,839 --> 00:23:32,859

[Sarah]: h

881

00:23:33,112 --> 00:23:33,273

[brian]: so

882

00:23:33,240 --> 00:23:33,580

[Sarah]: yeah

883

00:23:33,934 --> 00:23:37,279

[brian]: perfect for the series that your friend is talking about and unique like you've said

884

00:23:37,319 --> 00:23:40,885

[brian]: it's a story that's not told so that your friend in her series would be

885

00:23:41,025 --> 00:23:44,591

[brian]: lucky to have this be included so  
if i can just say that as a

886

00:23:44,631 --> 00:23:45,273

[brian]: brian moment

887

00:23:45,079 --> 00:23:45,199

[Sarah]: yeah

888

00:23:45,313 --> 00:23:48,718

[brian]: for you because i feel that way  
personally um so

889

00:23:48,810 --> 00:23:49,031

[Sarah]: yeah

890

00:23:49,439 --> 00:23:52,064

[brian]: so we in this moment the one  
we have together are a little

891

00:23:51,891 --> 00:23:51,931

[Sarah]: hm

892

00:23:52,164 --> 00:23:55,329

[brian]: bit across the roads i want to  
just offer you didn't know where we could

893



00:23:55,409 --> 00:23:55,530

[brian]: say

894

00:23:55,699 --> 00:23:56,051

[Sarah]: hm oh

895

00:23:55,930 --> 00:23:59,176

[brian]: let's build the spaciousness around saying yes to the anthology

896

00:23:59,239 --> 00:23:59,260

[Sarah]: i

897

00:23:59,476 --> 00:24:02,822

[brian]: and let's talk about like what that looks like to make more real or would

898

00:24:02,862 --> 00:24:04,084

[brian]: you prefer to use our time to talk

899

00:24:04,080 --> 00:24:04,400

[Sarah]: oh

900

00:24:04,164 --> 00:24:07,821

[brian]: about the bigger what's not the question here's why i put a little

901

00:24:11,186 --> 00:24:11,206

[Sarah]: i

902

00:24:11,208 --> 00:24:12,991

[brian]: when you look at a map and there's a legend and there's

903

00:24:12,990 --> 00:24:13,230

[Sarah]: oh

904

00:24:13,011 --> 00:24:16,316

[brian]: like this is the little tree stands for that there's a bathroom here ad there's

905

00:24:16,336 --> 00:24:16,917

[brian]: a little distance

906

00:24:16,958 --> 00:24:16,978

[Sarah]: h

907

00:24:16,977 --> 00:24:17,659

[brian]: lie when you look at a map

908

00:24:17,499 --> 00:24:17,520

[Sarah]: h

909

00:24:17,719 --> 00:24:18,640

[brian]: like if you look at a big map

910

00:24:18,663 --> 00:24:18,865

[Sarah]: yes

911

00:24:18,700 --> 00:24:20,263

[brian]: it's like this x on the mark  
means you are

912

00:24:20,290 --> 00:24:20,591

[Sarah]: okay

913

00:24:20,323 --> 00:24:22,847

[brian]: here the legend that i'm going to  
give you as we look at the map

914

00:24:23,168 --> 00:24:23,910

[brian]: ahead of us is

915

00:24:24,300 --> 00:24:24,560

[Sarah]: yeah

916

00:24:25,053 --> 00:24:27,661

[brian]: if we really go into the big  
dream one you're gonna have a lot

917

00:24:27,667 --> 00:24:27,827

[Sarah]: yeah

918

00:24:27,761 --> 00:24:29,185

[brian]: of tools that you might not need  
right

919

00:24:29,150 --> 00:24:29,270

[Sarah]: oh

920

00:24:29,245 --> 00:24:33,483

[brian]: away since this anthology is right in front of you so i'm casting a vote

921

00:24:33,359 --> 00:24:33,379

[Sarah]: m

922

00:24:33,503 --> 00:24:36,147

[brian]: which i'm not because this is your time i would say it might be more

923

00:24:36,227 --> 00:24:38,211

[brian]: helpful to you to say let's build

924

00:24:38,128 --> 00:24:38,148

[Sarah]: m

925

00:24:38,291 --> 00:24:42,860

[brian]: freedom around the anthology but you know where you're at more than i do so

926

00:24:42,960 --> 00:24:43,403

[brian]: check in with

927

00:24:43,417 --> 00:24:43,557

[Sarah]: so

928

00:24:43,443 --> 00:24:43,825

[brian]: yourself

929

00:24:44,919 --> 00:24:48,325

[Sarah]: is a question like are we going to go into the anthology coaching or are

930

00:24:48,365 --> 00:24:51,189

[Sarah]: we going to go kind of into the bigger picture stuff is that right

931

00:24:54,240 --> 00:24:55,423

[Sarah]: oh

932

00:24:55,018 --> 00:24:57,762

[brian]: yeah and i might be being a dip ship right now and like maybe the

933

00:24:57,782 --> 00:25:00,106

[brian]: bigger because maybe the bigger picture includes anthology

934

00:25:00,050 --> 00:25:00,251

[Sarah]: okay

935

00:25:00,166 --> 00:25:02,610

[brian]: so let's let's not even give us a choice here for a second let's go

936

00:25:02,690 --> 00:25:02,811  
[brian]: back

937

00:25:02,741 --> 00:25:03,570  
[Sarah]: okay

938

00:25:02,831 --> 00:25:04,714  
[brian]: to this e come back to you  
because you have the answer and

939

00:25:04,672 --> 00:25:04,873  
[Sarah]: okay

940

00:25:04,774 --> 00:25:07,984  
[brian]: not me so let's erase that from  
what i just said pretend you never heard

941

00:25:08,024 --> 00:25:09,271  
[brian]: that listeners you never heard that either

942

00:25:09,185 --> 00:25:09,426  
[Sarah]: okay

943

00:25:10,508 --> 00:25:14,125  
[brian]: sarah well it's the best place for  
us to go next

944

00:25:13,942 --> 00:25:15,765  
[Sarah]: h m

945

00:25:19,340 --> 00:25:22,126

[Sarah]: part of me is just like just  
write it just sit and write it and

946

00:25:22,186 --> 00:25:24,712

[Sarah]: then and then where do i go  
next with that

947

00:25:24,989 --> 00:25:25,009

[brian]: m

948

00:25:25,354 --> 00:25:27,981

[Sarah]: that's kind of the biggest question for  
me is like what

949

00:25:27,937 --> 00:25:27,958

[brian]: m

950

00:25:28,041 --> 00:25:28,605

[Sarah]: do i do with

951

00:25:28,528 --> 00:25:28,811

[brian]: oh

952

00:25:28,645 --> 00:25:32,531

[Sarah]: this thing i just wrote because for

953

00:25:32,510 --> 00:25:32,693

[brian]: yeah

954

00:25:32,672 --> 00:25:36,238

[Sarah]: acting you can just you know you  
have can get it on tape and send

955

00:25:36,298 --> 00:25:36,698

[Sarah]: it up but

956

00:25:36,658 --> 00:25:36,902

[brian]: oh

957

00:25:37,480 --> 00:25:38,181

[Sarah]: i'm not very

958

00:25:38,179 --> 00:25:38,260

[brian]: so

959

00:25:38,401 --> 00:25:39,243

[Sarah]: like versed in like

960

00:25:39,232 --> 00:25:39,373

[brian]: yer

961

00:25:39,563 --> 00:25:40,685

[Sarah]: what to do with the thing

962

00:25:43,608 --> 00:25:45,170

[brian]: in terms of like how do i



pitch this thing

963

00:25:45,220 --> 00:25:45,320

[Sarah]: what

964

00:25:45,230 --> 00:25:45,411

[brian]: if i'm

965

00:25:45,360 --> 00:25:45,461

[Sarah]: does

966

00:25:45,471 --> 00:25:45,611

[brian]: going

967

00:25:45,501 --> 00:25:45,743

[Sarah]: that look

968

00:25:45,651 --> 00:25:45,851

[brian]: to pitch

969

00:25:45,803 --> 00:25:45,944

[Sarah]: like

970

00:25:45,912 --> 00:25:45,972

[brian]: it

971

00:25:45,984 --> 00:25:46,064

[Sarah]: you

972

00:25:46,012 --> 00:25:47,114

[brian]: some day and what does that look

973

00:25:47,070 --> 00:25:47,350

[Sarah]: oh

974

00:25:47,154 --> 00:25:50,319

[brian]: like okay great great so let's talk  
about pitching iv one this with many a

975

00:25:50,359 --> 00:25:52,543

[brian]: client so this is not going o  
be foreign territory for me so i want

976

00:25:52,583 --> 00:25:53,224

[brian]: you to know that you're in

977

00:25:53,610 --> 00:25:55,763

[Sarah]: yeah

978

00:25:53,644 --> 00:25:56,710

[brian]: i don't know kind of verse hands  
i should say right so so you feel

979

00:25:56,790 --> 00:25:57,210

[brian]: safe about

980

00:25:57,180 --> 00:25:57,441

[Sarah]: oh

981

00:25:57,271 --> 00:25:59,654

[brian]: that and i want to make sure  
you also know there are certain things that

982

00:25:59,695 --> 00:26:01,217

[brian]: happened in pitches and also all

983

00:26:01,230 --> 00:26:01,450

[Sarah]: oh

984

00:26:01,297 --> 00:26:04,082

[brian]: expectation is gonna be thrown up of  
the door because some pitches are just chit

985

00:26:04,162 --> 00:26:06,225

[brian]: chats and sometimes there's a deck and  
there's a script and there's a a

986

00:26:06,369 --> 00:26:06,390

[Sarah]: h

987

00:26:07,127 --> 00:26:08,912

[brian]: right so i want to let go  
of the idea

988

00:26:08,881 --> 00:26:08,902

[Sarah]: m

989

00:26:08,932 --> 00:26:10,116

[brian]: that they all are cookie cutter

990

00:26:11,340 --> 00:26:11,561

[Sarah]: okay

991

00:26:11,429 --> 00:26:12,635

[brian]: and i want to come back to sarah

992

00:26:12,787 --> 00:26:13,269

[Sarah]: hm

993

00:26:13,638 --> 00:26:14,300

[brian]: and say sarah

994

00:26:14,381 --> 00:26:14,481

[Sarah]: ah

995

00:26:14,741 --> 00:26:20,480

[brian]: when you imagine pitching something like that what do you think you would like to

996

00:26:20,540 --> 00:26:22,206

[brian]: share how would you like to share this story

997

00:26:22,898 --> 00:26:23,059

[Sarah]: yeah

998

00:26:23,340 --> 00:26:23,400

[brian]: so

999

00:26:23,460 --> 00:26:23,621

[Sarah]: yeah

1000

00:26:23,461 --> 00:26:26,950

[brian]: i give you some choices here for  
a second yeah so i want to

1001

00:26:26,970 --> 00:26:27,211

[Sarah]: oh

1002

00:26:26,970 --> 00:26:28,913

[brian]: have a pitch deck i want to  
have a proof

1003

00:26:28,860 --> 00:26:29,848

[Sarah]: oh

1004

00:26:28,973 --> 00:26:32,859

[brian]: of concept that's like a short video  
that's a piece of it i want to

1005

00:26:32,899 --> 00:26:33,521

[brian]: have a script

1006

00:26:34,156 --> 00:26:35,535

[Sarah]: no uh

1007

00:26:35,043 --> 00:26:35,864

[brian]: and i want to imagine

1008

00:26:35,656 --> 00:26:35,676

[Sarah]: h

1009

00:26:35,904 --> 00:26:37,046

[brian]: yourself just

1010

00:26:36,969 --> 00:26:36,990

[Sarah]: h

1011

00:26:37,066 --> 00:26:37,467

[brian]: for a moment

1012

00:26:37,860 --> 00:26:38,101

[Sarah]: yeah

1013

00:26:38,169 --> 00:26:42,399

[brian]: in a room with a generous and  
positive audience of people like three or four

1014

00:26:42,459 --> 00:26:42,720

[brian]: people

1015

00:26:42,922 --> 00:26:43,104

[Sarah]: like

1016

00:26:43,041 --> 00:26:46,348

[brian]: who are really excited to hear your  
idea generous

1017

00:26:46,340 --> 00:26:46,582

[Sarah]: okay

1018

00:26:46,428 --> 00:26:48,971

[brian]: and positive this isn't a omworehae to  
prove yourself at all and

1019

00:26:48,961 --> 00:26:48,982

[Sarah]: i

1020

00:26:49,031 --> 00:26:51,234

[brian]: what would you make you feel the  
most equipped

1021

00:26:51,750 --> 00:26:52,393

[Sarah]: uh

1022

00:26:51,995 --> 00:26:53,337

[brian]: to share this with them

1023

00:26:53,439 --> 00:26:54,420

[Sarah]: h oh

1024

00:26:54,118 --> 00:26:56,281

[brian]: would it be a scene from the

thing that you've actually

1025

00:26:56,177 --> 00:26:56,910

[Sarah]: hm

1026

00:26:56,441 --> 00:26:57,203

[brian]: acted in or someone

1027

00:26:57,210 --> 00:26:57,700

[Sarah]: oh

1028

00:26:57,223 --> 00:26:59,466

[brian]: has acted in would it be the  
script

1029

00:26:59,250 --> 00:26:59,270

[Sarah]: m

1030

00:26:59,787 --> 00:27:02,732

[brian]: and a pitch deck what makes you  
feel without having to armor up with these

1031

00:27:02,792 --> 00:27:05,877

[brian]: things which is why i'm saying they  
are very positive and generous and on your

1032

00:27:05,977 --> 00:27:08,369

[brian]: sid audience how would you feel

1033



00:27:08,324 --> 00:27:08,484

[Sarah]: um

1034

00:27:08,450 --> 00:27:09,133

[brian]: the best about

1035

00:27:09,025 --> 00:27:09,045

[Sarah]: h

1036

00:27:09,193 --> 00:27:09,475

[brian]: sharing

1037

00:27:09,505 --> 00:27:14,303

[Sarah]: h what is it the video the  
yeah perfect concept

1038

00:27:14,338 --> 00:27:14,580

[brian]: video

1039

00:27:14,383 --> 00:27:14,544

[Sarah]: yes

1040

00:27:14,964 --> 00:27:15,367

[brian]: like a proof of

1041

00:27:15,367 --> 00:27:15,508

[Sarah]: yes

1042

00:27:15,427 --> 00:27:19,625

[brian]: concept kind of thing a great cool  
great and i think probably

1043

00:27:19,660 --> 00:27:19,740

[Sarah]: ah

1044

00:27:19,806 --> 00:27:21,491

[brian]: in any scenario here you're probably

1045

00:27:21,505 --> 00:27:21,685

[Sarah]: yes

1046

00:27:21,531 --> 00:27:23,136

[brian]: looking at some version of a script

1047

00:27:23,610 --> 00:27:23,910

[Sarah]: oh

1048

00:27:24,378 --> 00:27:27,806

[brian]: a sure right unless you're some and and  
you know what there are probably experts out

1049

00:27:27,846 --> 00:27:30,332

[brian]: there that are talking about pitching

1059

1061

00:27:43,775 --> 00:27:46,419

[brian]: and there are certain ways that i'm  
sure to do people will say this is

1062

00:27:46,500 --> 00:27:47,742

[brian]: how you pitch t v and i'm

1063

00:27:47,760 --> 00:27:47,780

[Sarah]: m

1064

00:27:47,942 --> 00:27:50,126

[brian]: certain that there are exact steps to  
take but

1065

00:27:50,036 --> 00:27:50,499

[Sarah]: hm

1066

00:27:50,186 --> 00:27:50,566

[brian]: where we

1067

00:27:50,610 --> 00:27:51,752

[Sarah]: oh

1068

00:27:50,707 --> 00:27:53,351

[brian]: are right now today on the day  
when you're like this thing isn't even written

1069

00:27:53,391 --> 00:27:55,214

[brian]: yet i want to live in the  
land of what's going to leave you the

1070

00:27:55,274 --> 00:27:56,336

[brian]: most juiciest and most

1072

00:27:56,476 --> 00:27:59,803

[brian]: likely to complete tasks in front of you so that's what's important here so

1074

00:27:59,823 --> 00:28:01,045

[brian]: i also am kind of like asking

1075

00:28:01,072 --> 00:28:01,214

[Sarah]: yeah

1076

00:28:01,085 --> 00:28:05,592

[brian]: you to put blinders on and ear plugs like where you're not going to listen

1077

00:28:05,652 --> 00:28:07,875

[brian]: to other input so that you can stay in your

1078

00:28:07,786 --> 00:28:09,008

[Sarah]: i see

1079

00:28:07,955 --> 00:28:12,468

[brian]: most creative resourceful self so this is there's

1080

00:28:12,495 --> 00:28:12,596

[Sarah]: do

1081

00:28:13,113 --> 00:28:13,254

[brian]: yeah

1082

00:28:13,320 --> 00:28:13,560

[Sarah]: yeah

1092

00:28:33,628 --> 00:28:36,853

[brian]: great so if those of you so  
sarah you'll definitely want to listen to episode seventeen and

1093

00:28:36,913 --> 00:28:39,958

[brian]: anybody else who is to think about  
t v pitching

1094

00:28:40,071 --> 00:28:40,171

[Sarah]: eh

1095

00:28:40,439 --> 00:28:42,242

[brian]: episode seventeen with danny rose is a  
good one so

1096

00:28:42,786 --> 00:28:43,650

[Sarah]: eh yah

1097

00:28:43,504 --> 00:28:47,540

[brian]: sarah i want to just check in  
here the blinders and the ear plugs are

1098

00:28:47,580 --> 00:28:51,586

[brian]: kind of i believe that when we're  
blessed with a creative idea it's very possible

1099

00:28:51,806 --> 00:28:54,942

[brian]: for the enesthetically experience

1100

00:28:54,728 --> 00:28:54,748

[Sarah]: h

1101

00:28:55,042 --> 00:28:55,563

[brian]: when we share

1102

00:28:55,410 --> 00:28:55,430

[Sarah]: m

1103

00:28:55,643 --> 00:28:58,910

[brian]: that idea kind of getting over we  
get writers block the more we share it

1104

00:28:58,930 --> 00:28:59,532

[brian]: with other people

1105

00:28:59,945 --> 00:28:59,985

[Sarah]: hm

1106

00:29:00,494 --> 00:29:01,636

[brian]: the less like we are to write  
it

1107

00:29:01,680 --> 00:29:01,988

[Sarah]: oh

1108

00:29:02,218 --> 00:29:03,621

[brian]: use our body has experienced

1109

00:29:03,240 --> 00:29:03,460

[Sarah]: yeah

1110

00:29:03,681 --> 00:29:06,286

[brian]: the cathartic experience of sharing it or doing it

1111

00:29:06,789 --> 00:29:07,282

[Sarah]: yeah yeah

1112

00:29:08,029 --> 00:29:08,410

[brian]: so i saw you

1113

00:29:08,441 --> 00:29:09,270

[Sarah]: yeah

1114

00:29:08,470 --> 00:29:09,393

[brian]: have a big sigh here

1115

00:29:09,390 --> 00:29:09,550

[Sarah]: um

1116

00:29:09,453 --> 00:29:10,776

[brian]: have you talked about this with a lot of people yet

1117

00:29:11,273 --> 00:29:15,000

[Sarah]: i mean not that many people but it does feel like the more i do

1118

00:29:15,120 --> 00:29:16,021

[Sarah]: share it it does feel

1119

00:29:15,960 --> 00:29:16,062

[brian]: at

1120

00:29:16,082 --> 00:29:19,668

[Sarah]: like am i does it does it even matter you know that much any more

1121

00:29:21,300 --> 00:29:21,320

[Sarah]: m

1122

00:29:22,109 --> 00:29:23,311

[brian]: yeah and part of

1123

00:29:23,301 --> 00:29:23,910

[Sarah]: okay

1124

00:29:23,331 --> 00:29:24,472

[brian]: what's happening and the reason why that

1125



00:29:24,450 --> 00:29:24,710

[Sarah]: yeah

1126

00:29:24,513 --> 00:29:27,357

[brian]: happens if i can give you just  
a little entail to help yourself is when

1127

00:29:27,397 --> 00:29:31,063

[brian]: you're sharing it you're kind of without  
trying because think this is conscious you're looking

1128

00:29:31,103 --> 00:29:31,965

[brian]: for a little verification

1129

00:29:31,460 --> 00:29:31,620

[Sarah]: yeah

1130

00:29:32,005 --> 00:29:33,207

[brian]: for someone to say this is a  
good idea

1131

00:29:34,445 --> 00:29:34,565

[Sarah]: yeah

1132

00:29:34,618 --> 00:29:36,741

[brian]: and even if they say yes that's  
a good idea

1133

00:29:36,930 --> 00:29:37,251

[Sarah]: yeah

1134

00:29:37,022 --> 00:29:40,568

[brian]: whatever comes after yes that's a good idea can affect the outcome of how you

1135

00:29:40,628 --> 00:29:43,092

[brian]: decide to do it yes that's a good idea and i love the fact that

1136

00:29:43,132 --> 00:29:45,896

[brian]: you might do one two three a b c so i want to acknowledge we're

1137

00:29:45,937 --> 00:29:49,322

[brian]: in a coaching can anywhere i'm talking about this and creating an you're allowed to

1138

00:29:49,543 --> 00:29:51,866

[brian]: write off anything i've said today that's not actually

1139

00:29:51,802 --> 00:29:52,003

[Sarah]: okay

1140

00:29:51,886 --> 00:29:54,631

[brian]: going to help you write the story you want to tell but i would just

1141

00:29:54,671 --> 00:29:55,092

[brian]: be mindful

1142

00:29:55,020 --> 00:29:55,405

[Sarah]: oh

1143

00:29:55,152 --> 00:29:57,937

[brian]: of sharing it with anybody else or  
looking for more outside advice of how to

1144

00:29:57,977 --> 00:29:58,838

[brian]: do this because we know

1145

00:29:58,890 --> 00:29:58,990

[Sarah]: oh

1146

00:29:58,899 --> 00:30:01,706

[brian]: right now sarah will feel empowered when  
filling the blank

1147

00:30:02,137 --> 00:30:02,338

[Sarah]: yeah

1148

00:30:02,268 --> 00:30:03,832

[brian]: i have a proof of concept of  
some

1149

00:30:03,892 --> 00:30:04,380

[Sarah]: hm

1150

00:30:03,952 --> 00:30:07,699

[brian]: sort in a script those two things  
re gonna make me feel empowered and you

1151

00:30:07,740 --> 00:30:08,020

[brian]: know what

1152

00:30:08,370 --> 00:30:08,590

[Sarah]: oh

1153

00:30:08,460 --> 00:30:11,504

[brian]: maybe i'll go get some kind of  
support on when i'm going to pitch or

1154

00:30:11,544 --> 00:30:11,644

[brian]: when

1155

00:30:11,615 --> 00:30:11,635

[Sarah]: i

1156

00:30:11,664 --> 00:30:11,865

[brian]: i'm going

1157

00:30:11,816 --> 00:30:11,936

[Sarah]: see

1158

00:30:11,885 --> 00:30:12,425

[brian]: a each out but right

1159

00:30:12,297 --> 00:30:12,557

[Sarah]: i see

1160

00:30:12,445 --> 00:30:13,246

[brian]: now those are the hingsthtwe want

1161

00:30:13,178 --> 00:30:13,359

[Sarah]: okay

1162

00:30:13,266 --> 00:30:13,547

[brian]: to work on

1163

00:30:14,730 --> 00:30:15,390

[Sarah]: oh

1164

00:30:15,490 --> 00:30:16,554

[brian]: right so so

1165

00:30:16,710 --> 00:30:20,117

[Sarah]: yeah

1166

00:30:17,217 --> 00:30:21,583

[brian]: uh let's build a little um m  
accountability

1167

00:30:21,680 --> 00:30:21,880

[Sarah]: okay

1168

00:30:22,067 --> 00:30:28,081

[brian]: around the script scale of one to

five how done is the script five being

1169

00:30:28,222 --> 00:30:28,463

[brian]: totally

1170

00:30:28,426 --> 00:30:28,647

[Sarah]: um

1171

00:30:28,503 --> 00:30:28,624

[brian]: done

1172

00:30:28,967 --> 00:30:32,660

[Sarah]: two yeah m

1173

00:30:32,949 --> 00:30:36,020

[brian]: cool for you to feel so today  
is you know mid

1174

00:30:35,985 --> 00:30:36,005

[Sarah]: m

1175

00:30:36,100 --> 00:30:37,666

[brian]: january or early january

1176

00:30:38,529 --> 00:30:39,221

[Sarah]: m yeah

1177

00:30:39,230 --> 00:30:42,893

[brian]: pick a date at random it feels

like a date ou want to be accountable

1178

00:30:42,953 --> 00:30:45,884

[brian]: to maybe it's a month from now  
maybe it's six weeks from now i let

1179

00:30:45,944 --> 00:30:46,285

[brian]: you choose

1180

00:30:46,425 --> 00:30:47,708

[Sarah]: i was thinking this quarter

1181

00:30:47,827 --> 00:30:47,848

[brian]: m

1182

00:30:47,828 --> 00:30:49,432

[Sarah]: so like january to march a

1183

00:30:50,978 --> 00:30:54,425

[brian]: great great great so let's say april  
first right

1184

00:30:54,390 --> 00:30:54,792

[Sarah]: oh

1185

00:30:55,287 --> 00:30:58,914

[brian]: so by april first you're at two  
now where would you like the number to

1186

00:30:58,974 --> 00:30:59,255

[brian]: go at

1187

00:30:59,288 --> 00:31:01,534

[Sarah]: i'd like i'd like to be done  
with a script at least so

1188

00:31:01,599 --> 00:31:01,942

[brian]: feel good

1189

00:31:05,528 --> 00:31:05,991

[brian]: at a five

1190

00:31:06,020 --> 00:31:06,241

[Sarah]: five

1191

00:31:06,031 --> 00:31:07,078

[brian]: with the script are you feeling like  
at

1192

00:31:07,104 --> 00:31:07,284

[Sarah]: five

1193

00:31:07,219 --> 00:31:07,421

[brian]: four

1194

00:31:07,325 --> 00:31:07,525

[Sarah]: with the

1195



00:31:07,481 --> 00:31:07,582

[brian]: with

1196

00:31:07,565 --> 00:31:07,806

[Sarah]: script

1197

00:31:07,622 --> 00:31:07,964

[brian]: the script

1198

00:31:07,846 --> 00:31:14,520

[Sarah]: and then like ready to do the  
proof of concept oh oh

1199

00:31:14,028 --> 00:31:14,368

[brian]: gorgeous

1200

00:31:14,550 --> 00:31:15,210

[Sarah]: yeah

1201

00:31:14,689 --> 00:31:15,510

[brian]: great love that account

1202

00:31:15,500 --> 00:31:15,701

[Sarah]: okay

1203

00:31:15,530 --> 00:31:18,836

[brian]: of that's great without a question let's  
say yes to that so i lets

1204

00:31:18,960 --> 00:31:19,080

[Sarah]: uh

1205

00:31:19,016 --> 00:31:20,799

[brian]: so by april first the script is

1206

00:31:20,769 --> 00:31:20,970

[Sarah]: yeah

1207

00:31:20,859 --> 00:31:22,462

[brian]: done and i'm ready

1208

00:31:22,440 --> 00:31:22,720

[Sarah]: yeah

1209

00:31:22,582 --> 00:31:22,702

[brian]: to

1210

00:31:23,363 --> 00:31:23,503

[Sarah]: yeah

1211

00:31:23,483 --> 00:31:25,146

[brian]: shoot do whatever is next with a  
provo

1212

00:31:25,269 --> 00:31:25,410

[Sarah]: yeah

1213

00:31:25,306 --> 00:31:28,923

[brian]: concept i'm ready take my next step  
right so the also by april first is

1214

00:31:29,004 --> 00:31:33,906

[brian]: like maybe the foundation or the reproduction  
or whatever it is for the the

1215

00:31:33,905 --> 00:31:34,046

[Sarah]: yeah

1216

00:31:33,926 --> 00:31:36,892

[brian]: proof of concept i saw a big  
nod there ah does that sound

1217

00:31:36,920 --> 00:31:37,161

[Sarah]: okay

1218

00:31:37,553 --> 00:31:42,164

[brian]: so let's imagine its april first for  
a second twenty three you've got this sex

1219

00:31:42,364 --> 00:31:45,000

[brian]: script in your hand and you're going

1220

00:31:45,014 --> 00:31:45,054

[Sarah]: it

1221

00:31:45,040 --> 00:31:45,080

[brian]: to

1222  
00:31:45,114 --> 00:31:45,314  
[Sarah]: feels

1223  
00:31:45,140 --> 00:31:45,381  
[brian]: do this

1224  
00:31:45,354 --> 00:31:45,455  
[Sarah]: so

1225  
00:31:45,421 --> 00:31:45,541  
[brian]: proof

1226  
00:31:45,555 --> 00:31:45,735  
[Sarah]: good

1227  
00:31:45,622 --> 00:31:46,043  
[brian]: of concept

1228  
00:31:45,795 --> 00:31:46,116  
[Sarah]: it feels

1229  
00:31:46,063 --> 00:31:46,143  
[brian]: how

1230  
00:31:46,156 --> 00:31:46,316  
[Sarah]: like

1231  
00:31:46,183 --> 00:31:46,484

[brian]: s that just

1232

00:31:46,637 --> 00:31:46,777

[Sarah]: like

1233

00:31:46,684 --> 00:31:47,045

[brian]: feel in your

1234

00:31:46,997 --> 00:31:47,197

[Sarah]: i don't

1235

00:31:47,085 --> 00:31:47,326

[brian]: body

1236

00:31:47,238 --> 00:31:48,721

[Sarah]: know like exciting yeah

1237

00:31:49,558 --> 00:31:53,033

[brian]: oh good and i'm going to ask  
you

1238

00:31:53,010 --> 00:31:53,230

[Sarah]: oh

1239

00:31:53,053 --> 00:31:55,299

[brian]: something you're not allowed to tell this  
person but who is the person you'd be

1240

00:31:55,399 --> 00:31:57,625

[brian]: most excited to share that you're ready to do this with

1241

00:31:57,838 --> 00:31:59,760

[Sarah]: oh my

1242

00:31:59,868 --> 00:31:59,948

[brian]: who

1243

00:31:59,900 --> 00:32:00,261

[Sarah]: daughter

1244

00:32:00,009 --> 00:32:00,513

[brian]: comes up for you

1245

00:32:00,861 --> 00:32:03,644

[Sarah]: she's anne he like let's make a movie together let's

1246

00:32:03,498 --> 00:32:03,700

[brian]: great

1247

00:32:03,684 --> 00:32:05,206

[Sarah]: make i want a be a movie so we can watch

1248

00:32:05,038 --> 00:32:05,818

[brian]: yeah

1249

00:32:05,306 --> 00:32:07,688

[Sarah]: it and as like okay

1250

00:32:08,628 --> 00:32:08,848

[brian]: great

1251

00:32:08,850 --> 00:32:09,294

[Sarah]: oh

1252

00:32:09,410 --> 00:32:12,058

[brian]: great great oh my god that's amazing  
great so

1253

00:32:12,022 --> 00:32:12,343

[Sarah]: okay

1254

00:32:12,138 --> 00:32:16,982

[brian]: we have a budding actress in your  
house fabulous oh god here we go okay

1255

00:32:17,136 --> 00:32:17,670

[Sarah]: please

1256

00:32:17,323 --> 00:32:18,247

[brian]: so also

1257

00:32:18,600 --> 00:32:18,780

[Sarah]: okay

1258

00:32:19,009 --> 00:32:20,755  
[brian]: keeping it for you until then is  
a great thing

1259  
00:32:21,029 --> 00:32:21,250  
[Sarah]: yes

1260  
00:32:21,648 --> 00:32:21,850  
[brian]: you get

1261  
00:32:21,772 --> 00:32:22,094  
[Sarah]: oh

1262  
00:32:21,870 --> 00:32:22,334  
[brian]: to share with her

1263  
00:32:22,395 --> 00:32:22,555  
[Sarah]: yeah

1264  
00:32:22,395 --> 00:32:28,286  
[brian]: so there's a celebration okay right so  
then let's build so that's the

1265  
00:32:28,250 --> 00:32:28,430  
[Sarah]: thank

1266  
00:32:28,306 --> 00:32:31,413  
[brian]: first piece of accountability so between now  
and then that's a that's like what



1267

00:32:31,440 --> 00:32:31,480

[Sarah]: h

1268

00:32:31,473 --> 00:32:35,020

[brian]: is that eight ten weeks many

1269

00:32:34,964 --> 00:32:34,984

[Sarah]: m

1270

00:32:35,060 --> 00:32:36,272

[brian]: pages is a pilot typically

1271

00:32:36,446 --> 00:32:36,766

[Sarah]: thirty

1272

00:32:38,128 --> 00:32:40,751

[brian]: i'm going to get this wrong so  
you have to tell great that sounds about

1273

00:32:40,791 --> 00:32:42,353

[brian]: right thrthirtyfive i think is about right

1274

00:32:42,420 --> 00:32:42,747

[Sarah]: oh

1275

00:32:42,993 --> 00:32:43,173

[brian]: great

1276

00:32:43,561 --> 00:32:43,642

[Sarah]: up

1277

00:32:44,255 --> 00:32:44,375

[brian]: so

1278

00:32:44,752 --> 00:32:44,772

[Sarah]: h

1279

00:32:44,955 --> 00:32:46,016

[brian]: uh in your

1280

00:32:45,999 --> 00:32:46,020

[Sarah]: m

1281

00:32:46,096 --> 00:32:46,377

[brian]: to two

1282

00:32:46,527 --> 00:32:47,340

[Sarah]: hm

1283

00:32:47,608 --> 00:32:50,872

[brian]: you want to get to a five  
so is there any structure

1284

00:32:50,520 --> 00:32:50,801

[Sarah]: oh

1285

00:32:51,012 --> 00:32:54,456

[brian]: that would be helpful to say out loud while we're here together around the writing

1286

00:32:54,450 --> 00:32:54,470

[Sarah]: m

1287

00:32:54,497 --> 00:32:56,841

[brian]: of it a whole family you're managing

1288

00:32:56,598 --> 00:32:56,618

[Sarah]: m

1289

00:32:56,881 --> 00:32:59,590

[brian]: over there so that's why i'm offering like how what

1290

00:32:59,589 --> 00:32:59,610

[Sarah]: m

1291

00:32:59,670 --> 00:33:00,653

[brian]: supports sarah the most

1292

00:33:00,521 --> 00:33:00,722

[Sarah]: um

1293

00:33:00,713 --> 00:33:01,436

[brian]: when it comes to writing

1294

00:33:02,686 --> 00:33:07,536

[Sarah]: like figuring out when to actually do it because it's kind of last priority when

1295

00:33:07,636 --> 00:33:10,189

[Sarah]: an addition comes in we still one

1296

00:33:10,769 --> 00:33:10,970

[brian]: sure

1297

00:33:11,951 --> 00:33:12,071

[Sarah]: so

1298

00:33:12,236 --> 00:33:12,417

[brian]: sure

1299

00:33:12,251 --> 00:33:12,912

[Sarah]: i think it's just

1300

00:33:13,442 --> 00:33:13,643

[brian]: yeah

1301

00:33:13,593 --> 00:33:17,978

[Sarah]: carving out the time for to actually sit down and write it

1302

00:33:21,469 --> 00:33:23,412

[brian]: and when you write are you someone who tends

1303

00:33:23,340 --> 00:33:23,602

[Sarah]: oh

1304

00:33:23,512 --> 00:33:25,676

[brian]: to we all have our own patterns  
like i'm

1305

00:33:25,620 --> 00:33:25,861

[Sarah]: oh

1306

00:33:25,756 --> 00:33:29,542

[brian]: a good like at about ninety minutes  
of writing i'm like i need to

1307

00:33:30,210 --> 00:33:30,413

[Sarah]: oh

1308

00:33:30,424 --> 00:33:32,667

[brian]: it's time to have lunch i got  
to do something like

1309

00:33:32,590 --> 00:33:32,811

[Sarah]: yes

1310

00:33:32,968 --> 00:33:36,192

[brian]: cap on how much attention i can  
give it do you have you have an

1311

00:33:36,232 --> 00:33:36,633

[brian]: energetic

1312

00:33:36,354 --> 00:33:36,555

[Sarah]: yeah

1313

00:33:36,793 --> 00:33:37,374

[brian]: cap that you know

1314

00:33:37,337 --> 00:33:37,739

[Sarah]: probably

1315

00:33:37,454 --> 00:33:37,855

[brian]: in yourself

1316

00:33:37,839 --> 00:33:38,201

[Sarah]: shorter

1317

00:33:37,915 --> 00:33:39,257

[brian]: it might be longer might be shorter

1318

00:33:40,900 --> 00:33:41,603

[Sarah]: thirty minutes to an

1319

00:33:41,578 --> 00:33:41,742

[brian]: okay

1320

00:33:41,663 --> 00:33:47,910

[Sarah]: hour i think somewhere around there maybe  
forty five forty five minutes yeah

1321

00:33:47,458 --> 00:33:50,382

[brian]: right and when you're thinking about the way you want to feel on april first

1322

00:33:50,523 --> 00:33:50,623

[brian]: is

1323

00:33:50,640 --> 00:33:50,943

[Sarah]: oh

1324

00:33:50,663 --> 00:33:53,107

[brian]: it something that you want to feel like you know what if i put in

1325

00:33:53,227 --> 00:33:53,588

[brian]: one hour

1326

00:33:53,642 --> 00:33:53,743

[Sarah]: it's

1327

00:33:53,688 --> 00:33:55,050

[brian]: a week i feel like that

1328

00:33:54,915 --> 00:33:54,976

[Sarah]: in

1329

00:33:55,110 --> 00:33:57,474

[brian]: as bomb because it's plenty of time or do you feel like it wants to

1330

00:33:57,554 --> 00:34:00,000

[brian]: get two hours a week ninety minutes  
total just

1331

00:34:00,132 --> 00:34:00,152

[Sarah]: m

1332

00:34:00,442 --> 00:34:03,214

[brian]: you have to get this right this  
is just us making a stab for

1333

00:34:03,136 --> 00:34:03,216

[Sarah]: one

1334

00:34:03,294 --> 00:34:03,435

[brian]: now

1335

00:34:03,316 --> 00:34:07,540

[Sarah]: or one of our week sounds okay  
yeah yeah

1336

00:34:08,658 --> 00:34:10,063

[brian]: awesome that's that's like ten hours

1337

00:34:10,044 --> 00:34:10,225

[Sarah]: okay

1338

00:34:10,124 --> 00:34:11,007



[brian]: between now and april first i

1339

00:34:11,026 --> 00:34:11,186

[Sarah]: yeah

1340

00:34:11,068 --> 00:34:12,152

[brian]: certain tat's like that's a good chunk

1341

00:34:12,188 --> 00:34:12,348

[Sarah]: yeah

1342

00:34:12,192 --> 00:34:12,453

[brian]: of time

1343

00:34:13,290 --> 00:34:13,670

[Sarah]: art of me is

1344

00:34:13,668 --> 00:34:13,792

[brian]: yeah

1345

00:34:13,710 --> 00:34:14,932

[Sarah]: like oh no it's not enough like

1346

00:34:14,958 --> 00:34:15,122

[brian]: right

1347

00:34:15,153 --> 00:34:15,674

[Sarah]: my automatic

1348

00:34:16,148 --> 00:34:16,330

[brian]: great

1349

00:34:16,395 --> 00:34:17,376

[Sarah]: it's it's over on

1350

00:34:17,368 --> 00:34:17,573

[brian]: ye

1351

00:34:17,437 --> 00:34:18,418

[Sarah]: the onnawere ould be enough

1352

00:34:18,802 --> 00:34:19,225

[brian]: sure

1353

00:34:18,899 --> 00:34:23,527

[Sarah]: are you gonna get reproduction so um  
okay

1354

00:34:24,434 --> 00:34:25,462

[brian]: let's say an hour week

1355

00:34:26,570 --> 00:34:26,630

[Sarah]: ah

1356

00:34:26,648 --> 00:34:29,973

[brian]: let's try that let's try start with  
an hour week and then sarah i want

1357

00:34:30,013 --> 00:34:32,878

[brian]: to also you said this earlier so  
i got to say somethin back to you

1358

00:34:32,938 --> 00:34:36,564

[brian]: said i want people to have faith  
that even though they don't know what's coming

1359

00:34:36,584 --> 00:34:37,305

[brian]: or the don't it's there that

1360

00:34:37,310 --> 00:34:37,390

[Sarah]: so

1361

00:34:37,345 --> 00:34:40,851

[brian]: there will be some kind of stuff  
or they can rely on something forward to

1362

00:34:40,911 --> 00:34:43,135

[brian]: want you to even have some faith  
on that and yourself

1363

00:34:42,934 --> 00:34:42,954

[Sarah]: i

1364

00:34:43,576 --> 00:34:44,477

[brian]: i'm no must steal from

1365

00:34:44,356 --> 00:34:44,479

[Sarah]: oh

1366

00:34:44,898 --> 00:34:46,160

[brian]: madeline the angle i'm quoting her

1367

00:34:46,130 --> 00:34:46,150

[Sarah]: h

1368

00:34:46,180 --> 00:34:49,225

[brian]: a lot lately she has a quote  
that said you love her wrinkle n time

1369

00:34:49,265 --> 00:34:53,494

[brian]: right so she says i'm going to  
botch this quote but it's something like inspiration

1370

00:34:53,574 --> 00:34:54,235

[brian]: strikes while

1371

00:34:54,159 --> 00:34:54,180

[Sarah]: m

1372

00:34:54,295 --> 00:34:54,456

[brian]: we're

1373

00:34:54,450 --> 00:34:54,470

[Sarah]: m

1374

00:34:54,496 --> 00:34:55,970

[brian]: working so

1375

00:34:55,994 --> 00:34:56,034

[Sarah]: m

1376

00:34:56,030 --> 00:34:58,224

[brian]: i think we tend to think all  
right when i'm inspired

1377

00:34:58,239 --> 00:34:59,310

[Sarah]: m yeah

1378

00:34:59,368 --> 00:35:02,393

[brian]: right and the truth is we've been  
seduced into that because

1379

00:35:02,124 --> 00:35:02,265

[Sarah]: yeah

1380

00:35:02,634 --> 00:35:04,597

[brian]: sarah you had an idea you were  
you were inspired

1381

00:35:04,301 --> 00:35:04,382

[Sarah]: no

1382

00:35:04,617 --> 00:35:06,240

[brian]: like h my gosh you need to  
tell the story right so we have

1383

00:35:06,240 --> 00:35:06,785

[Sarah]: oh

1384

00:35:06,280 --> 00:35:08,163

[brian]: that moment but then the work of  
it doesn't

1385

00:35:08,020 --> 00:35:08,281

[Sarah]: yes

1386

00:35:08,203 --> 00:35:12,329

[brian]: always feel the same as when the  
divine idea just gets delivered and it's our

1387

00:35:13,050 --> 00:35:13,731

[brian]: expectation

1388

00:35:13,388 --> 00:35:13,409

[Sarah]: a

1389

00:35:13,771 --> 00:35:16,035

[brian]: that it will over and over again  
that makes us head our ead up against

1390

00:35:16,055 --> 00:35:16,135

[brian]: the

1391

00:35:16,152 --> 00:35:16,412

[Sarah]: okay

1392

00:35:16,155 --> 00:35:20,082

[brian]: wall so okay great mad line the  
angle you're smarter than me i'm just going

1393

00:35:20,102 --> 00:35:22,526

[brian]: to start writing even though don't feel  
like it right now because i know once

1394

00:35:22,586 --> 00:35:26,292

[brian]: i start something will happen and so  
where i'm trying to bring this is this

1395

00:35:26,412 --> 00:35:28,876

[brian]: one hour week may end up being  
i need to get to that script and

1396

00:35:28,917 --> 00:35:31,301

[brian]: i want to do thirty minutes today  
on top of the one hour irtededso want

1397

00:35:31,441 --> 00:35:32,983

[brian]: just be aware of like we're building

1398

00:35:32,813 --> 00:35:33,856

[Sarah]: i see it's not like

1399

00:35:33,965 --> 00:35:34,045

[brian]: the

1400

00:35:33,996 --> 00:35:34,237

[Sarah]: sarah

1401

00:35:34,145 --> 00:35:34,346

[brian]: base

1402

00:35:34,277 --> 00:35:34,357

[Sarah]: you

1403

00:35:34,406 --> 00:35:34,606

[brian]: level

1404

00:35:34,618 --> 00:35:34,839

[Sarah]: only

1405

00:35:34,646 --> 00:35:35,207

[brian]: accountability

1406

00:35:34,879 --> 00:35:36,444

[Sarah]: have to do in our so stop  
that in

1407

00:35:36,644 --> 00:35:38,938

[brian]: great yeah

1408

00:35:38,700 --> 00:35:38,840

[Sarah]: yeah

1409



00:35:40,048 --> 00:35:44,292

[brian]: no you're not allowed right okay so  
for us to build some accountability

1410

00:35:44,070 --> 00:35:44,910

[Sarah]: yeah

1411

00:35:44,412 --> 00:35:47,255

[brian]: around the first hour right between now  
and

1412

00:35:47,202 --> 00:35:47,364

[Sarah]: nice

1413

00:35:47,335 --> 00:35:47,535

[brian]: next

1414

00:35:47,445 --> 00:35:47,586

[Sarah]: ones

1415

00:35:47,695 --> 00:35:49,457

[brian]: today's what wednesday between now and next  
wednesday

1416

00:35:50,370 --> 00:35:51,060

[Sarah]: yeah

1417

00:35:51,039 --> 00:35:51,721

[brian]: how would you like

1418

00:35:51,680 --> 00:35:51,861

[Sarah]: i can

1419

00:35:51,761 --> 00:35:51,941

[brian]: to be

1420

00:35:51,901 --> 00:35:52,022

[Sarah]: send

1421

00:35:52,002 --> 00:35:52,042

[brian]: in

1422

00:35:52,042 --> 00:35:52,102

[Sarah]: you

1423

00:35:52,082 --> 00:35:52,262

[brian]: touch

1424

00:35:52,142 --> 00:35:52,424

[Sarah]: an email

1425

00:35:52,302 --> 00:35:55,230

[brian]: with me do you want to send  
me an email do you want a d

1426

00:35:55,490 --> 00:35:57,475

[brian]: m o want to eat to eve  
great wi you let me know you've done

1427

00:35:57,495 --> 00:35:59,179

[brian]: your hour is

1428

00:35:59,155 --> 00:35:59,336

[Sarah]: yes

1429

00:35:59,219 --> 00:36:02,426

[brian]: there any other you said carving out  
the time so i want to check in

1430

00:36:02,446 --> 00:36:05,794

[brian]: with you and for those of your  
creative you get this it is scary to

1431

00:36:05,834 --> 00:36:09,040

[brian]: put things on your calendar when you  
put it on your calendar it makes it

1432

00:36:09,160 --> 00:36:10,523

[brian]: real and it also means like maybe

1433

00:36:10,522 --> 00:36:10,742

[Sarah]: yes

1434

00:36:10,563 --> 00:36:12,948

[brian]: i'm not available for the other things  
that are coming my way from the universe

1435

00:36:12,746 --> 00:36:13,166

[Sarah]: totally

1436

00:36:13,308 --> 00:36:13,389

[brian]: is

1437

00:36:13,327 --> 00:36:13,387

[Sarah]: no

1438

00:36:13,429 --> 00:36:13,549

[brian]: that

1439

00:36:13,527 --> 00:36:13,807

[Sarah]: totally

1440

00:36:13,629 --> 00:36:14,230

[brian]: your relationship

1441

00:36:13,868 --> 00:36:14,268

[Sarah]: the commercial

1442

00:36:14,290 --> 00:36:14,331

[brian]: or

1443

00:36:14,308 --> 00:36:14,649

[Sarah]: petitions

1444

00:36:14,451 --> 00:36:14,791

[brian]: or something

1445

00:36:14,689 --> 00:36:14,869

[Sarah]: you have

1446

00:36:14,852 --> 00:36:15,112

[brian]: missing

1447

00:36:14,889 --> 00:36:15,170

[Sarah]: to go and

1448

00:36:15,172 --> 00:36:15,292

[brian]: from

1449

00:36:15,250 --> 00:36:15,391

[Sarah]: he's

1450

00:36:15,332 --> 00:36:15,493

[brian]: that

1451

00:36:15,431 --> 00:36:16,554

[Sarah]: like oh i got to drop everything  
you

1452

00:36:16,555 --> 00:36:16,715

[brian]: okay

1453

00:36:16,594 --> 00:36:18,930

[Sarah]: know yeah yah

1454

00:36:20,279 --> 00:36:22,823

[brian]: so what i would love for if  
you're willing to i'd love you to actually

1455

00:36:22,863 --> 00:36:24,986

[brian]: put on your calendar right now pull  
out your count you can't

1456

00:36:24,898 --> 00:36:25,018

[Sarah]: kay

1457

00:36:25,006 --> 00:36:26,709

[brian]: right becace you're n the pone with  
me so that's okay but you can do

1458

00:36:26,749 --> 00:36:30,415

[brian]: it after this email actually email me  
after i call today and say here's the

1459

00:36:30,475 --> 00:36:30,916

[brian]: hour of set

1460

00:36:31,003 --> 00:36:31,223

[Sarah]: okay

1461

00:36:31,157 --> 00:36:36,172

[brian]: or the two third minute sessions i've  
set aside for my writing um and

1462

00:36:36,060 --> 00:36:36,280

[Sarah]: oh

1463

00:36:37,038 --> 00:36:41,769

[brian]: we both know the audition comes something happens with you need to give her your

1464

00:36:41,809 --> 00:36:46,433

[brian]: attention something hapenswhre you got a run to the doctors or god forbid right that

1465

00:36:46,574 --> 00:36:48,155

[brian]: gets to move on your calendar

1466

00:36:48,172 --> 00:36:48,252

[Sarah]: re

1467

00:36:48,275 --> 00:36:48,335

[brian]: is

1468

00:36:48,352 --> 00:36:48,673

[Sarah]: schedule

1469

00:36:48,395 --> 00:36:48,776

[brian]: opposed to

1470

00:36:48,733 --> 00:36:49,195

[Sarah]: with myself

1471

00:36:48,976 --> 00:36:50,397

[brian]: never being on your calendar

1472

00:36:50,970 --> 00:36:51,270

[Sarah]: oh

1473

00:36:52,548 --> 00:36:56,019

[brian]: yeah so that maybe the email i  
get next week is brian i did a

1474

00:36:56,059 --> 00:36:56,219

[brian]: half

1475

00:36:56,220 --> 00:36:56,280

[Sarah]: ay

1476

00:36:56,260 --> 00:37:00,149

[brian]: hour but my second half hour is  
scheduled for later today because i had to

1477

00:37:00,169 --> 00:37:01,190

[brian]: reschedule so we're always

1478

00:37:01,080 --> 00:37:01,301

[Sarah]: yeah

1479

00:37:01,250 --> 00:37:02,573

[brian]: accountable to that one hour

1480

00:37:02,390 --> 00:37:03,096



[Sarah]: yeah totally

1481

00:37:03,414 --> 00:37:03,955

[brian]: does that make does

1482

00:37:03,870 --> 00:37:04,130

[Sarah]: oh

1483

00:37:03,995 --> 00:37:07,590

[brian]: that kind of make sense to you  
is okay and so then i want to

1484

00:37:07,610 --> 00:37:08,073

[brian]: talk about

1485

00:37:08,200 --> 00:37:08,400

[Sarah]: okay

1486

00:37:09,269 --> 00:37:12,163

[brian]: prof of concept idea okay

1487

00:37:12,480 --> 00:37:13,890

[Sarah]: yeah

1488

00:37:13,832 --> 00:37:13,973

[brian]: so

1489

00:37:14,040 --> 00:37:19,408

[Sarah]: oh

1490

00:37:15,438 --> 00:37:19,244

[brian]: i am taking away my own consult  
brain right now which is like i have

1491

00:37:19,324 --> 00:37:23,130

[brian]: ideas of what this could look like  
and that because it's yours

1492

00:37:23,255 --> 00:37:23,275

[Sarah]: h

1493

00:37:23,451 --> 00:37:23,531

[brian]: so

1494

00:37:23,475 --> 00:37:23,495

[Sarah]: h

1495

00:37:23,591 --> 00:37:26,115

[brian]: when you have the idea about a  
proof of concept what

1496

00:37:26,019 --> 00:37:26,040

[Sarah]: h

1497

00:37:26,155 --> 00:37:27,177

[brian]: do you imagine would be

1498

00:37:27,420 --> 00:37:28,001

[Sarah]: oh

1499

00:37:27,858 --> 00:37:31,361

[brian]: fun important impactful to share

1500

00:37:31,350 --> 00:37:31,672

[Sarah]: yeah

1501

00:37:31,421 --> 00:37:34,764

[brian]: in that room when you're pitching or that zoom room or that you know when

1502

00:37:34,784 --> 00:37:34,924

[brian]: you're

1503

00:37:34,960 --> 00:37:35,060

[Sarah]: ah

1504

00:37:34,964 --> 00:37:38,367

[brian]: pitching that's going to make them understand what you said to me at the beginning

1505

00:37:38,387 --> 00:37:38,747

[brian]: of the call

1506

00:37:38,806 --> 00:37:38,826

[Sarah]: h

1507

00:37:39,868 --> 00:37:40,837

[brian]: why the story has to be told

1508

00:37:40,809 --> 00:37:40,830

[Sarah]: h

1509

00:37:40,898 --> 00:37:42,268

[brian]: now who

1510

00:37:42,240 --> 00:37:42,400

[Sarah]: yeah

1511

00:37:42,349 --> 00:37:46,952

[brian]: it's going to affect what it's going  
to remind them of what would they what

1512

00:37:46,993 --> 00:37:49,064

[brian]: would you like them to see so  
that they get it

1513

00:37:51,335 --> 00:37:55,201

[Sarah]: the thing that comes to me is  
like i find a lot of humor and

1514

00:37:55,261 --> 00:37:55,482

[Sarah]: very

1515

00:37:55,678 --> 00:37:56,428

[brian]: yeah

1516

00:37:56,503 --> 00:38:02,012

[Sarah]: kind of dark dramatic moments and so  
i feel like this could be camenic but

1517

00:38:02,053 --> 00:38:03,555

[Sarah]: it's like you know you have a

1518

00:38:03,658 --> 00:38:03,678

[brian]: m

1519

00:38:04,436 --> 00:38:07,724

[Sarah]: suicidal post part mother who's just step  
in front of a bus you know so

1520

00:38:08,306 --> 00:38:08,827

[Sarah]: i think like

1521

00:38:09,007 --> 00:38:09,028

[brian]: m

1522

00:38:09,389 --> 00:38:16,836

[Sarah]: just finding the moments of crisis but  
also like finding some humor it sounds silly

1523

00:38:18,882 --> 00:38:19,004

[Sarah]: kay

1524

00:38:19,778 --> 00:38:23,384

[brian]: sarah yes yes a thousand times yes  
everyone listening is like i mean we

1525

00:38:23,363 --> 00:38:23,604

[Sarah]: okay

1526

00:38:23,445 --> 00:38:24,727

[brian]: can see the image of what you're saying

1527

00:38:24,665 --> 00:38:24,926

[Sarah]: okay

1528

00:38:24,907 --> 00:38:27,431

[brian]: run do not walk to this proof of concept

1529

00:38:27,540 --> 00:38:27,782

[Sarah]: yeah

1530

00:38:28,413 --> 00:38:29,074

[brian]: and i'm imagining

1531

00:38:28,973 --> 00:38:29,094

[Sarah]: yeah

1532

00:38:29,094 --> 00:38:29,855

[brian]: that this might this is

1533

00:38:29,861 --> 00:38:29,881

[Sarah]: s

1534

00:38:29,915 --> 00:38:31,198

[brian]: probably a moment that it's in your pocket

1535

00:38:31,020 --> 00:38:31,281

[Sarah]: oh

1536

00:38:31,498 --> 00:38:34,142

[brian]: it's me you know it's probably like your most the most the moment

1537

00:38:34,152 --> 00:38:34,353

[Sarah]: yes

1538

00:38:34,162 --> 00:38:35,124

[brian]: you're like oh my gosh this

1539

00:38:35,116 --> 00:38:35,477

[Sarah]: totally

1540

00:38:35,204 --> 00:38:36,987

[brian]: is the most essence of my show moment

1541

00:38:36,921 --> 00:38:37,085

[Sarah]: yeah

1542

00:38:37,067 --> 00:38:39,672

[brian]: in the pilot right so i just  
want you to continue

1543

00:38:39,305 --> 00:38:39,546

[Sarah]: okay

1544

00:38:39,752 --> 00:38:39,872

[brian]: to

1545

00:38:40,340 --> 00:38:40,501

[Sarah]: okay

1546

00:38:40,413 --> 00:38:41,695

[brian]: run toward it in that way

1547

00:38:41,972 --> 00:38:42,134

[Sarah]: yeah

1548

00:38:42,256 --> 00:38:44,359

[brian]: run toward the bust right run toward  
it in that way

1549

00:38:44,430 --> 00:38:45,990

[Sarah]: oh

1550

00:38:45,061 --> 00:38:46,102

[brian]: of and also

1551

00:38:45,990 --> 00:38:46,133



[Sarah]: uh

1552

00:38:46,663 --> 00:38:46,703

[brian]: in

1553

00:38:46,728 --> 00:38:46,770

[Sarah]: uh

1554

00:38:46,743 --> 00:38:48,607

[brian]: case you haven't turned on the t  
v lately and i know that you have

1555

00:38:48,867 --> 00:38:51,612

[brian]: that's the kind of t v shows  
we're all wanting to watch or wanting

1556

00:38:51,554 --> 00:38:51,835

[Sarah]: yes

1557

00:38:51,632 --> 00:38:56,605

[brian]: to watch star comedies that connect with  
our true humanity so thank goodness there's a

1558

00:38:56,645 --> 00:38:59,908

[brian]: market for what you're saying but it  
also makes me know like we like to

1559

00:38:59,968 --> 00:39:00,669

[brian]: think of this as

1560

00:39:00,609 --> 00:39:00,789

[Sarah]: hm

1561

00:39:00,729 --> 00:39:01,070

[brian]: opposed to

1562

00:39:01,030 --> 00:39:01,050

[Sarah]: m

1563

00:39:01,130 --> 00:39:05,175

[brian]: us like sarah had this wild idea  
but like sarah is in the zieguys

1564

00:39:04,962 --> 00:39:04,983

[Sarah]: m

1565

00:39:05,275 --> 00:39:07,197

[brian]: of the idea that are making an  
impact right now

1566

00:39:07,209 --> 00:39:07,991

[Sarah]: m oh

1567

00:39:08,808 --> 00:39:10,090

[brian]: so your intuition around

1568

00:39:09,877 --> 00:39:10,500

[Sarah]: yeah

1569

00:39:10,230 --> 00:39:10,991

[brian]: how the story should

1570

00:39:10,920 --> 00:39:11,345

[Sarah]: oh

1571

00:39:11,031 --> 00:39:12,113

[brian]: be told and yes it is your

1572

00:39:12,161 --> 00:39:12,181

[Sarah]: i

1573

00:39:12,213 --> 00:39:13,495

[brian]: version of the stories that you like  
to

1574

00:39:13,490 --> 00:39:13,510

[Sarah]: i

1575

00:39:13,556 --> 00:39:17,262

[brian]: be told that that is yours to  
own but you're also telling it in a

1576

00:39:17,302 --> 00:39:18,624

[brian]: way that you know will actually

1577

00:39:18,390 --> 00:39:18,694

[Sarah]: oh

1578

00:39:19,365 --> 00:39:20,607  
[brian]: land on screens

1579

00:39:20,841 --> 00:39:21,182  
[Sarah]: and i feel

1580

00:39:21,070 --> 00:39:21,191  
[brian]: will

1581

00:39:21,222 --> 00:39:21,343  
[Sarah]: like

1582

00:39:21,231 --> 00:39:21,493  
[brian]: actually

1583

00:39:21,363 --> 00:39:21,704  
[Sarah]: it's most

1584

00:39:21,695 --> 00:39:22,159  
[brian]: affect

1585

00:39:21,904 --> 00:39:22,305  
[Sarah]: me you

1586

00:39:22,300 --> 00:39:22,562  
[brian]: people

1587

00:39:22,345 --> 00:39:23,528

[Sarah]: know like sometimes i don't know

1588

00:39:23,648 --> 00:39:23,849

[brian]: right

1589

00:39:23,648 --> 00:39:25,934

[Sarah]: whether to laugh or to cry so  
like well there's

1590

00:39:25,949 --> 00:39:26,194

[brian]: great

1591

00:39:25,994 --> 00:39:30,162

[Sarah]: both you know so yeah that's those  
are the kind of stories i

1592

00:39:30,188 --> 00:39:30,349

[brian]: yeah

1593

00:39:30,202 --> 00:39:32,666

[Sarah]: want to tell that's like i got  
clear in that last year and this year

1594

00:39:32,706 --> 00:39:34,188

[Sarah]: i was like those are the kind  
of i want to

1595

00:39:36,339 --> 00:39:40,207

[brian]: right right one of th things that  
that i'm taking away from what

1596

00:39:40,140 --> 00:39:40,502

[Sarah]: oh

1597

00:39:40,227 --> 00:39:42,075

[brian]: you just said also is like

1598

00:39:42,630 --> 00:39:42,670

[Sarah]: m

1599

00:39:43,359 --> 00:39:44,263

[brian]: it has to be the most

1600

00:39:44,373 --> 00:39:44,393

[Sarah]: m

1601

00:39:44,404 --> 00:39:50,671

[brian]: sarah can possibly be which means i'm  
taking it back to not sharing with other

1602

00:39:50,731 --> 00:39:51,893

[brian]: people are getting in put on it

1603

00:39:52,286 --> 00:39:52,486

[Sarah]: yeah

1604

00:39:52,814 --> 00:39:52,954

[brian]: like

1605

00:39:53,167 --> 00:39:53,888

[Sarah]: it does

1606

00:39:53,715 --> 00:39:53,895

[brian]: yeah

1607

00:39:54,029 --> 00:39:54,309

[Sarah]: because

1608

00:39:54,276 --> 00:39:54,536

[brian]: does that

1609

00:39:54,530 --> 00:39:54,730

[Sarah]: that's

1610

00:39:54,576 --> 00:39:55,037

[brian]: make sense

1611

00:39:54,770 --> 00:39:58,857

[Sarah]: actually been part of my um i  
don't really do new year's resolutions but i'm

1612

00:39:58,897 --> 00:40:03,024

[Sarah]: like just listening to my voice like  
listening to what i actually want to say

1613

00:40:03,144 --> 00:40:07,090

[Sarah]: and do as opposed to what i  
think other people want me to say and

1614

00:40:07,171 --> 00:40:12,880

[Sarah]: do and be and cutting out noise  
and just like following that line of who

1615

00:40:13,080 --> 00:40:17,187

[Sarah]: i am because i feel like as  
long as i can stay there it will

1616

00:40:17,207 --> 00:40:17,348

[Sarah]: mean

1617

00:40:17,369 --> 00:40:17,552

[brian]: yeah

1618

00:40:17,388 --> 00:40:19,710

[Sarah]: something to somebody i then i can

1619

00:40:19,785 --> 00:40:19,806

[brian]: a

1620

00:40:20,432 --> 00:40:22,556

[Sarah]: that will be that that will be  
the thing that's

1621

00:40:22,588 --> 00:40:23,090

[brian]: yes

1622

00:40:22,616 --> 00:40:25,210



[Sarah]: the thing for me oh

1623

00:40:26,288 --> 00:40:28,892

[brian]: yeah yeah and love wat yu say  
i love if you're watching is on you

1624

00:40:28,932 --> 00:40:29,653

[brian]: tube she's like using

1625

00:40:29,580 --> 00:40:29,641

[Sarah]: so

1626

00:40:29,693 --> 00:40:32,718

[brian]: her little finger so perfectly but yeah  
and also like i want to just be

1627

00:40:32,758 --> 00:40:34,762

[brian]: where you and i've both seen television  
shows

1628

00:40:34,814 --> 00:40:34,874

[Sarah]: h

1629

00:40:35,042 --> 00:40:37,827

[brian]: or movies that are made by committee  
where the

1630

00:40:37,929 --> 00:40:37,950

[Sarah]: m

1631

00:40:38,328 --> 00:40:41,073

[brian]: so it is water down and it  
might be entertaining but it's

1632

00:40:41,010 --> 00:40:41,640

[Sarah]: yeah

1633

00:40:41,113 --> 00:40:43,277

[brian]: not having the impact an what you  
just said is the person who is going

1634

00:40:43,317 --> 00:40:43,357

[brian]: to

1635

00:40:43,380 --> 00:40:43,400

[Sarah]: m

1636

00:40:43,418 --> 00:40:46,704

[brian]: get this is the one who the  
more you it is the more the more

1637

00:40:46,744 --> 00:40:49,601

[brian]: successful it will be is my belief  
so i want to just

1638

00:40:50,054 --> 00:40:50,074

[Sarah]: m

1639

00:40:50,478 --> 00:40:52,383

[brian]: back on this a little bit when  
it comes to writing process

1640

00:40:52,779 --> 00:40:53,840

[Sarah]: m ah

1641

00:40:54,129 --> 00:40:58,161

[brian]: you feel writers black or stuck ness  
it is the worst time

1642

00:40:58,385 --> 00:40:58,746

[Sarah]: oh

1643

00:40:58,622 --> 00:40:59,766

[brian]: for you to ask for help

1644

00:41:00,808 --> 00:41:03,195

[Sarah]: huh oh

1645

00:41:03,678 --> 00:41:04,301

[brian]: the reason

1646

00:41:04,260 --> 00:41:04,480

[Sarah]: oh

1647

00:41:04,381 --> 00:41:07,635

[brian]: you are stuck is you haven't found  
the most sarah version yet

1648

00:41:08,409 --> 00:41:08,971

[Sarah]: h okay

1649

00:41:10,100 --> 00:41:10,810

[brian]: meant to wrestle

1650

00:41:11,235 --> 00:41:11,395

[Sarah]: yeah

1651

00:41:13,309 --> 00:41:13,551

[brian]: that piss

1652

00:41:13,479 --> 00:41:13,700

[Sarah]: don't

1653

00:41:13,591 --> 00:41:13,853

[brian]: you off

1654

00:41:13,780 --> 00:41:15,884

[Sarah]: look like what the fug

1655

00:41:18,964 --> 00:41:21,167

[brian]: so wait i just want to be  
really mindful here because you said at the

1656

00:41:21,207 --> 00:41:23,251

[brian]: beginning i've gotten better at asking for  
help i want to be mindful it is

1657

00:41:23,371 --> 00:41:26,596

[brian]: different between saying i have a relation with a writing coach where we create a

1658

00:41:26,636 --> 00:41:29,982

[brian]: really self on container and talking about ideas does not mean i have to run

1659

00:41:30,042 --> 00:41:33,989

[brian]: toward the ideas and i'm bouncing things off of them and we've created a space

1660

00:41:34,049 --> 00:41:36,954

[brian]: or working with me in this way right where we've created space where we're talking

1661

00:41:36,994 --> 00:41:42,222

[brian]: about the ideas where i'm not attaching outside validation or anything to them so i

1662

00:41:42,242 --> 00:41:44,386

[brian]: don't want to say that you can't ask for help there but i would just

1663

00:41:44,466 --> 00:41:47,131

[brian]: advocate for is if you're going to ask for help in that space it's a

1664

00:41:47,291 --> 00:41:48,092

[brian]: very conscious

1665

00:41:48,120 --> 00:41:48,302

[Sarah]: okay

1666

00:41:48,413 --> 00:41:52,299

[brian]: ask to someone that's got a great container with you because it might be the

1667

00:41:52,359 --> 00:41:54,982

[brian]: spot where you're like you have to stay rooted

1668

00:41:54,960 --> 00:41:55,202

[Sarah]: yeah

1669

00:41:55,022 --> 00:41:56,824

[brian]: and yeah that's not me so when you're talking to this

1670

00:41:56,830 --> 00:41:57,051

[Sarah]: huh

1671

00:41:56,904 --> 00:41:59,067

[brian]: person you say yeah i like that idea it's not really that's not the sarah

1672

00:41:59,072 --> 00:41:59,154

[Sarah]: it

1673

00:41:59,107 --> 00:42:00,749

[brian]: idea it doesn't have to be that

1674

00:42:00,741 --> 00:42:00,883

[Sarah]: yeah

1675

00:42:00,829 --> 00:42:03,053

[brian]: you don't you can steal their idea  
because they gave

1676

00:42:03,062 --> 00:42:03,242

[Sarah]: yeah

1677

00:42:03,113 --> 00:42:06,908

[brian]: it to you but i mean that's  
not that doesn't feel sarah enough it's not

1678

00:42:06,968 --> 00:42:10,593

[brian]: quite this character enough that isn't quite  
there and it's so close let me play

1679

00:42:10,633 --> 00:42:12,655

[brian]: with that and go back into my  
workshop for a couple of weeks with what

1680

00:42:12,675 --> 00:42:15,588

[brian]: you shared with me right so

1681

00:42:15,645 --> 00:42:16,320

[Sarah]: okay

1682

00:42:16,071 --> 00:42:18,443

[brian]: what i'm trying to do is re  
label word writers block is not bad but

1683

00:42:18,524 --> 00:42:18,725

[brian]: great

1684

00:42:19,024 --> 00:42:20,367

[Sarah]: okay fine all right

1685

00:42:23,382 --> 00:42:23,963

[brian]: or you might think over

1686

00:42:24,001 --> 00:42:24,262

[Sarah]: yes

1687

00:42:24,003 --> 00:42:24,364

[brian]: this way have you

1688

00:42:24,462 --> 00:42:24,502

[Sarah]: it

1689

00:42:24,484 --> 00:42:24,604

[brian]: ever

1690

00:42:24,562 --> 00:42:24,743

[Sarah]: drives

1691



00:42:24,664 --> 00:42:24,805  
[brian]: done

1692  
00:42:24,803 --> 00:42:24,843  
[Sarah]: me

1693  
00:42:24,845 --> 00:42:25,185  
[brian]: miser

1694  
00:42:24,903 --> 00:42:25,224  
[Sarah]: crazy

1695  
00:42:25,225 --> 00:42:25,826  
[brian]: in your lifetime

1696  
00:42:27,510 --> 00:42:27,530  
[Sarah]: o

1697  
00:42:27,998 --> 00:42:30,540  
[brian]: i sure like so what we say  
is the acting happens

1698  
00:42:30,462 --> 00:42:30,482  
[Sarah]: h

1699  
00:42:30,600 --> 00:42:30,760  
[brian]: on the

1700  
00:42:30,743 --> 00:42:30,763

[Sarah]: h

1701

00:42:30,800 --> 00:42:32,502

[brian]: beat change or the acting habits between  
the lines

1702

00:42:32,349 --> 00:42:32,370

[Sarah]: h

1703

00:42:32,562 --> 00:42:32,662

[brian]: not

1704

00:42:32,670 --> 00:42:32,690

[Sarah]: y

1705

00:42:32,742 --> 00:42:35,625

[brian]: on the lines so the writing happens  
between

1706

00:42:35,637 --> 00:42:35,998

[Sarah]: gosh

1707

00:42:35,685 --> 00:42:36,646

[brian]: the writing not just

1708

00:42:36,840 --> 00:42:37,001

[Sarah]: yeah

1709

00:42:37,146 --> 00:42:37,326

[brian]: on the

1710

00:42:37,322 --> 00:42:37,382

[Sarah]: it

1711

00:42:37,366 --> 00:42:37,647

[brian]: writing

1712

00:42:37,442 --> 00:42:38,585

[Sarah]: hits home yeah

1713

00:42:39,292 --> 00:42:42,029

[brian]: relate to that okay

1714

00:42:42,341 --> 00:42:42,501

[Sarah]: um

1715

00:42:42,531 --> 00:42:42,732

[brian]: what do

1716

00:42:42,701 --> 00:42:42,761

[Sarah]: it

1717

00:42:42,773 --> 00:42:42,853

[brian]: you

1718

00:42:42,821 --> 00:42:43,002

[Sarah]: kind

1719  
00:42:42,913 --> 00:42:43,074  
[brian]: take

1720  
00:42:43,082 --> 00:42:43,162  
[Sarah]: of

1721  
00:42:43,114 --> 00:42:43,255  
[brian]: from

1722  
00:42:43,282 --> 00:42:43,462  
[Sarah]: gives

1723  
00:42:43,315 --> 00:42:43,496  
[brian]: that

1724  
00:42:43,542 --> 00:42:43,842  
[Sarah]: me like

1725  
00:42:43,818 --> 00:42:43,938  
[brian]: what

1726  
00:42:43,882 --> 00:42:44,063  
[Sarah]: this

1727  
00:42:43,979 --> 00:42:44,461  
[brian]: do you take from

1728  
00:42:44,463 --> 00:42:44,583

[Sarah]: you

1729

00:42:44,481 --> 00:42:44,662

[brian]: that what

1730

00:42:44,603 --> 00:42:44,743

[Sarah]: know

1731

00:42:44,722 --> 00:42:44,803

[brian]: does

1732

00:42:44,803 --> 00:42:44,963

[Sarah]: like

1733

00:42:44,843 --> 00:42:45,265

[brian]: that give you

1734

00:42:45,764 --> 00:42:49,247

[Sarah]: i know what i want to say  
but then like in between the stuff that

1735

00:42:49,327 --> 00:42:53,550

[Sarah]: i am saying i actually find what  
i'm saying

1736

00:42:57,758 --> 00:42:58,459

[brian]: uh yeah

1737

00:42:58,830 --> 00:42:59,050

[Sarah]: oh

1738

00:42:58,880 --> 00:43:00,743

[brian]: yeah the gesture

1739

00:43:00,436 --> 00:43:00,617

[Sarah]: okay

1740

00:43:00,783 --> 00:43:01,865

[brian]: and stuff like that so i want

1741

00:43:01,823 --> 00:43:01,883

[Sarah]: ay

1742

00:43:01,885 --> 00:43:05,191

[brian]: to give you an assignment around this  
to make you feel really free so you

1743

00:43:05,231 --> 00:43:08,857

[brian]: need to tell me first if you  
watch shows does it help or hurt you

1744

00:43:09,037 --> 00:43:10,123

[brian]: in terms of inspiration

1745

00:43:10,940 --> 00:43:14,265

[Sarah]: it depends on how i approach it  
to watch something you know it's like oh

1746

00:43:14,305 --> 00:43:16,288

[Sarah]: let me get the structure a bubble  
so it doesn't

1747

00:43:16,069 --> 00:43:16,211

[brian]: okay

1748

00:43:16,349 --> 00:43:20,456

[Sarah]: help when i do that if it's  
something that deeply impacts me then it's so

1749

00:43:20,557 --> 00:43:21,138

[Sarah]: inspiring

1750

00:43:23,458 --> 00:43:26,650

[brian]: oh great so so here's where

1751

00:43:26,628 --> 00:43:26,869

[Sarah]: okay

1752

00:43:26,670 --> 00:43:28,794

[brian]: i was going with this and you  
can see if this sounds like an accountable

1753

00:43:28,834 --> 00:43:32,039

[brian]: piece around this so i had an  
idea of like let's pick like three shows

1754

00:43:32,079 --> 00:43:32,560

[brian]: that you watch

1755

00:43:32,458 --> 00:43:32,558

[Sarah]: oh

1756

00:43:32,700 --> 00:43:34,403

[brian]: for delight and not

1757

00:43:34,260 --> 00:43:34,520

[Sarah]: oh

1758

00:43:34,443 --> 00:43:38,310

[brian]: for structure at all but like how  
are they tell ing this dark comedy story

1759

00:43:38,610 --> 00:43:41,756

[brian]: and let me just embrace like see  
how they did it as a way to

1760

00:43:41,836 --> 00:43:44,500

[brian]: inspire me not to say they are  
the masters and

1761

00:43:44,421 --> 00:43:47,469

[Sarah]: yeah

1762

00:43:44,560 --> 00:43:46,804

[brian]: i am the loser like that's not  
allowed to be what comes from it right

1763



00:43:47,685 --> 00:43:47,946

[brian]: right so

1764

00:43:48,060 --> 00:43:48,360

[Sarah]: oh

1765

00:43:48,306 --> 00:43:52,223

[brian]: that could be one one assignment here  
and then the other one is for you

1766

00:43:52,323 --> 00:43:54,553

[brian]: tube and this is kind of a  
writing exercise

1767

00:43:54,300 --> 00:43:54,320

[Sarah]: m

1768

00:43:54,613 --> 00:43:56,922

[brian]: along with your writing is like let  
me just articulate what that proof

1769

00:43:56,787 --> 00:43:56,827

[Sarah]: hm

1770

00:43:56,943 --> 00:44:00,981

[brian]: of concept moment is can change later  
but let me tell the

1771

00:44:01,059 --> 00:44:01,080

[Sarah]: m

1772

00:44:01,102 --> 00:44:01,883

[brian]: or maybe it's even writing

1773

00:44:01,710 --> 00:44:02,220

[Sarah]: right

1774

00:44:01,903 --> 00:44:04,427

[brian]: the story but like you said i  
processed by writing the story there's to be

1775

00:44:04,527 --> 00:44:05,449

[brian]: lines yet but here's

1776

00:44:05,377 --> 00:44:05,518

[Sarah]: right

1777

00:44:05,469 --> 00:44:07,733

[brian]: what i see in that proof of  
concept

1778

00:44:07,565 --> 00:44:07,807

[Sarah]: okay

1779

00:44:07,793 --> 00:44:11,399

[brian]: video that's one scene that sticks there  
does this sound

1780

00:44:11,370 --> 00:44:13,852

[Sarah]: you

1781

00:44:11,439 --> 00:44:13,883

[brian]: like a way that will open things  
up or get you reinvested

1782

00:44:13,912 --> 00:44:13,993

[Sarah]: know

1783

00:44:13,923 --> 00:44:14,123

[brian]: in this

1784

00:44:14,093 --> 00:44:14,553

[Sarah]: i totally

1785

00:44:14,243 --> 00:44:14,684

[brian]: or is it going

1786

00:44:14,693 --> 00:44:14,813

[Sarah]: like

1787

00:44:14,724 --> 00:44:14,844

[brian]: to be

1788

00:44:14,874 --> 00:44:14,914

[Sarah]: i

1789

00:44:14,884 --> 00:44:15,104

[brian]: busy

1790  
00:44:14,994 --> 00:44:15,134  
[Sarah]: see

1791  
00:44:15,145 --> 00:44:15,285  
[brian]: work

1792  
00:44:15,154 --> 00:44:15,394  
[Sarah]: the proof

1793  
00:44:15,325 --> 00:44:15,505  
[brian]: i want

1794  
00:44:15,474 --> 00:44:15,514  
[Sarah]: of

1795  
00:44:15,545 --> 00:44:15,585  
[brian]: to

1796  
00:44:15,594 --> 00:44:15,995  
[Sarah]: concept

1797  
00:44:15,665 --> 00:44:16,086  
[brian]: i don't want to give

1798  
00:44:16,035 --> 00:44:16,155  
[Sarah]: like

1799

00:44:16,106 --> 00:44:16,366

[brian]: you busy

1800

00:44:16,355 --> 00:44:16,455

[Sarah]: the

1801

00:44:16,447 --> 00:44:16,587

[brian]: work

1802

00:44:16,555 --> 00:44:18,678

[Sarah]: images i can i can definitely just  
add

1803

00:44:18,748 --> 00:44:19,130

[brian]: oh

1804

00:44:18,918 --> 00:44:21,060

[Sarah]: in and now

1805

00:44:22,048 --> 00:44:22,270

[brian]: yet

1806

00:44:22,162 --> 00:44:25,890

[Sarah]: it's just it's just that one image  
and then it's pretty simple so it's just

1807

00:44:25,951 --> 00:44:29,158

[Sarah]: like it seems like just one little  
thing and then it's like eh

1808

00:44:31,498 --> 00:44:33,241

[brian]: okay great maybe the writing piece isn't  
not

1809

00:44:33,240 --> 00:44:33,480

[Sarah]: yeah

1810

00:44:33,361 --> 00:44:36,787

[brian]: as necessary as just you doing the  
real writing and maybe thinking about and maybe

1811

00:44:36,807 --> 00:44:36,927

[brian]: that's

1812

00:44:36,870 --> 00:44:38,490

[Sarah]: yeah

1813

00:44:36,987 --> 00:44:39,010

[brian]: it maybe that only a sign men  
needs to be here did i

1814

00:44:39,501 --> 00:44:39,641

[Sarah]: uh

1815

00:44:39,952 --> 00:44:42,937

[brian]: i is communicator mister you are you

1816

00:44:42,929 --> 00:44:43,129

[Sarah]: yes

1817

00:44:42,997 --> 00:44:44,539

[brian]: saying yeah it's a good idea to write out the p

1818

00:44:44,552 --> 00:44:44,733

[Sarah]: yes

1819

00:44:44,780 --> 00:44:46,823

[brian]: c proof of concept or are you saying like

1820

00:44:46,998 --> 00:44:47,158

[Sarah]: yes

1821

00:44:47,064 --> 00:44:50,750

[brian]: you do okay you do think it's good great cool great the other thing that

1822

00:44:50,770 --> 00:44:50,930

[brian]: i want

1823

00:44:50,850 --> 00:44:51,071

[Sarah]: oh

1824

00:44:50,970 --> 00:44:53,635

[brian]: to just advocates were kind of rounding this out here is and

1825

00:44:53,580 --> 00:44:53,600

[Sarah]: m

1826

00:44:53,735 --> 00:44:56,581

[brian]: this is for everyone listening is when  
an i do in our head versus on

1827

00:44:56,681 --> 00:44:59,369

[brian]: a screen or on paper like either  
you've written it on paper you've written

1828

00:44:59,245 --> 00:44:59,265

[Sarah]: h

1829

00:44:59,410 --> 00:45:04,212

[brian]: it on google dock or whatever i  
believe when it's in our heads it doesn't

1830

00:45:04,253 --> 00:45:04,754

[brian]: have the power

1831

00:45:04,749 --> 00:45:05,090

[Sarah]: m yeah

1832

00:45:04,894 --> 00:45:07,843

[brian]: to attract kind of the ideas

1833

00:45:07,474 --> 00:45:07,714

[Sarah]: okay



1834

00:45:07,903 --> 00:45:12,173

[brian]: that are in the world of the moment because it's stuck in our head and

1835

00:45:12,373 --> 00:45:16,761

[brian]: only has the ghosts of our head to mess around goes a future past

1836

00:45:16,830 --> 00:45:16,850

[Sarah]: m

1837

00:45:16,861 --> 00:45:19,105

[brian]: and whatever to bounce around and when it's been made

1838

00:45:18,990 --> 00:45:20,250

[Sarah]: yeah

1839

00:45:19,225 --> 00:45:23,292

[brian]: manifest like on the plan it outside of our spirit and head it suddenly can

1840

00:45:23,352 --> 00:45:25,776

[brian]: attract some other idea so the sooner you get this thing on paper in any

1841

00:45:25,836 --> 00:45:26,437

[brian]: way i know you've

1842

00:45:26,370 --> 00:45:27,150

[Sarah]: yeah

1843

00:45:26,457 --> 00:45:28,520

[brian]: got some of it on paper the sooner it will start to like

1844

00:45:28,440 --> 00:45:29,070

[Sarah]: yeah

1845

00:45:28,721 --> 00:45:29,101

[brian]: even if no

1846

00:45:29,130 --> 00:45:29,390

[Sarah]: uh

1847

00:45:29,181 --> 00:45:31,786

[brian]: one's seeing it like the next time you open that notebook oh i have these

1848

00:45:31,806 --> 00:45:34,091

[brian]: other ideas because i just belie and like the sound may sound a little woo

1849

00:45:34,211 --> 00:45:35,815

[brian]: but i believe it attracts in a different way

1850

00:45:36,269 --> 00:45:36,369

[Sarah]: yeah

1851  
00:45:36,337 --> 00:45:37,219  
[brian]: because you're relating

1852  
00:45:37,130 --> 00:45:37,511  
[Sarah]: totally

1853  
00:45:37,299 --> 00:45:37,941  
[brian]: to it differently

1854  
00:45:37,791 --> 00:45:38,032  
[Sarah]: get it

1855  
00:45:38,001 --> 00:45:38,121  
[brian]: than

1856  
00:45:38,132 --> 00:45:38,232  
[Sarah]: out

1857  
00:45:38,182 --> 00:45:38,362  
[brian]: just

1858  
00:45:38,292 --> 00:45:38,492  
[Sarah]: of you

1859  
00:45:38,462 --> 00:45:38,683  
[brian]: it's in

1860

00:45:38,652 --> 00:45:38,713

[Sarah]: so

1861

00:45:38,723 --> 00:45:38,803

[brian]: my

1862

00:45:38,733 --> 00:45:38,953

[Sarah]: you can

1863

00:45:38,883 --> 00:45:39,004

[brian]: head

1864

00:45:39,013 --> 00:45:39,133

[Sarah]: see

1865

00:45:39,044 --> 00:45:39,224

[brian]: it's in

1866

00:45:39,213 --> 00:45:39,273

[Sarah]: it

1867

00:45:39,264 --> 00:45:40,046

[brian]: my head it's in my head

1868

00:45:40,535 --> 00:45:41,556

[Sarah]: what about this what about this

1869

00:45:41,569 --> 00:45:44,772

[brian]: i yes yes yeah yeah

1870

00:45:45,010 --> 00:45:45,431

[Sarah]: yes

1871

00:45:45,513 --> 00:45:45,673

[brian]: yeah

1872

00:45:45,611 --> 00:45:46,032

[Sarah]: please

1873

00:45:45,934 --> 00:45:46,134

[brian]: so then

1874

00:45:46,112 --> 00:45:46,132

[Sarah]: i

1875

00:45:46,174 --> 00:45:46,254

[brian]: can

1876

00:45:46,192 --> 00:45:46,313

[Sarah]: would

1877

00:45:46,294 --> 00:45:46,334

[brian]: i

1878

00:45:46,373 --> 00:45:46,513

[Sarah]: love

1879

00:45:46,374 --> 00:45:46,595

[brian]: give you a

1880

00:45:46,593 --> 00:45:46,653

[Sarah]: it

1881

00:45:46,635 --> 00:45:50,221

[brian]: show to watch that i think is  
super could inspire you or okay so if

1882

00:45:50,241 --> 00:45:50,642

[brian]: you all haven't

1883

00:45:50,622 --> 00:45:50,762

[Sarah]: no

1884

00:45:50,662 --> 00:45:54,678

[brian]: watched the show yeh it's called as  
we see it have you seen it by

1885

00:45:54,738 --> 00:45:55,780

[brian]: the guy who did friday night lights

1886

00:45:55,777 --> 00:45:55,978

[Sarah]: okay

1887

00:45:55,960 --> 00:45:56,300

[brian]: it's on

1888

00:45:57,590 --> 00:45:57,851

[Sarah]: okay

1889

00:45:58,144 --> 00:46:00,127

[brian]: amazon one season so

1890

00:46:00,120 --> 00:46:00,380

[Sarah]: oh

1891

00:46:00,207 --> 00:46:04,394

[brian]: far it's about i'll give you a  
ittle brief synopsis it's about three autistic adults

1892

00:46:04,474 --> 00:46:05,035

[brian]: who are living

1893

00:46:04,792 --> 00:46:05,032

[Sarah]: okay

1894

00:46:05,936 --> 00:46:08,821

[brian]: with a caretaker and they're living in  
an apartment

1895

00:46:08,550 --> 00:46:08,790

[Sarah]: yeah

1896

00:46:09,482 --> 00:46:11,726

[brian]: and you'll recognize one of the actors  
says has been on a million cows the

1897

00:46:11,866 --> 00:46:15,392

[brian]: actors who are playing the autistic adults truly have the spectrum so it's really kind

1898

00:46:15,432 --> 00:46:18,257

[brian]: of amazing and that's in the show is full of heart

1899

00:46:18,939 --> 00:46:18,959

[Sarah]: a

1900

00:46:19,139 --> 00:46:19,920

[brian]: and it is a

1901

00:46:19,920 --> 00:46:20,140

[Sarah]: oh

1902

00:46:20,060 --> 00:46:22,985

[brian]: dark comedy in the way that you're describing it kind of has those i conic

1903

00:46:23,185 --> 00:46:26,030

[brian]: image moments so the reason why this show popped in my mind as you said

1904

00:46:26,150 --> 00:46:26,651

[brian]: i have this really

1905

00:46:26,655 --> 00:46:26,815



[Sarah]: right

1906

00:46:26,711 --> 00:46:29,997

[brian]: clear image of this really epitomizing what the show is about and i think this

1907

00:46:30,037 --> 00:46:33,585

[brian]: show does it good above images telling their story not just words

1908

00:46:33,369 --> 00:46:33,390

[Sarah]: m

1909

00:46:33,645 --> 00:46:34,266

[brian]: telling their story

1910

00:46:34,220 --> 00:46:34,340

[Sarah]: oh

1911

00:46:35,348 --> 00:46:37,171

[brian]: so i think that could be a good like way for you to oh let

1912

00:46:37,211 --> 00:46:40,537

[brian]: me open my way to open your mind also everybody great recommendation or show my

1913

00:46:40,597 --> 00:46:40,857

[brian]: boy friend

1914

00:46:40,770 --> 00:46:41,030

[Sarah]: oh

1915

00:46:40,897 --> 00:46:44,263

[brian]: and i were like we would like  
only watch one episode on becace we never

1916

00:46:44,303 --> 00:46:46,346

[brian]: wanted at t end like because you're  
crying

1917

00:46:46,186 --> 00:46:46,447

[Sarah]: yes

1918

00:46:46,386 --> 00:46:47,648

[brian]: every episode you're cry i reprzone

1919

00:46:47,480 --> 00:46:47,720

[Sarah]: yes

1920

00:46:47,668 --> 00:46:48,069

[brian]: you're laughing

1921

00:46:48,120 --> 00:46:48,341

[Sarah]: yes

1922

00:46:48,309 --> 00:46:53,214

[brian]: like laughing every episode like it's the  
kind of show you yea so sarah just

1923

00:46:53,208 --> 00:46:53,268

[Sarah]: h

1924

00:46:53,234 --> 00:46:54,495

[brian]: to kind of bring our ccountability

1925

00:46:54,129 --> 00:46:54,150

[Sarah]: m

1926

00:46:54,636 --> 00:46:55,897

[brian]: to bring this all to home here

1927

00:46:56,700 --> 00:46:56,940

[Sarah]: yah

1928

00:46:56,938 --> 00:47:01,205

[brian]: a couple of things that i heard  
one is a couple accountability pieces one is

1929

00:47:01,889 --> 00:47:01,909

[Sarah]: h

1930

00:47:02,187 --> 00:47:04,130

[brian]: you're going to write the prof of  
concept

1931

00:47:03,870 --> 00:47:03,890

[Sarah]: m

1932

00:47:04,530 --> 00:47:05,512

[brian]: you're going to move your

1933

00:47:05,725 --> 00:47:05,765

[Sarah]: hm

1934

00:47:05,813 --> 00:47:06,934

[brian]: script from two to five

1935

00:47:06,870 --> 00:47:07,151

[Sarah]: oh

1936

00:47:06,995 --> 00:47:10,040

[brian]: over the next ten weeks by april  
first go get it done i want to

1937

00:47:10,080 --> 00:47:12,664

[brian]: be very mindful of the one hour  
week is what you're gonna work towards by

1938

00:47:12,764 --> 00:47:14,687

[brian]: putting it on your calendar you're going  
to check in with me

1939

00:47:14,610 --> 00:47:14,811

[Sarah]: yeah

1940

00:47:14,828 --> 00:47:17,672

[brian]: weekly to say this is what i  
did or didn't do so i'm goin to

1941

00:47:17,692 --> 00:47:17,953

[brian]: hear from you

1942

00:47:17,971 --> 00:47:18,352

[Sarah]: um

1943

00:47:18,033 --> 00:47:19,355

[brian]: every wednesday can we pick a time

1944

00:47:19,095 --> 00:47:19,677

[Sarah]: four o'clock

1945

00:47:19,375 --> 00:47:20,177

[brian]: that you email me buy

1946

00:47:23,520 --> 00:47:23,765

[Sarah]: oh

1947

00:47:23,668 --> 00:47:26,853

[brian]: at four o'clock pacific time every wednesday  
i get an email from sarah that says

1948

00:47:27,494 --> 00:47:29,598

[brian]: i did my one hour on this  
day and this day and what i'd like

1949

00:47:29,638 --> 00:47:30,659  
[brian]: this to really get clear

1950  
00:47:30,600 --> 00:47:40,848  
[Sarah]: oh

1951  
00:47:30,700 --> 00:47:35,267  
[brian]: in the accountability this is where fierceness  
comes in accountability you report what you did

1952  
00:47:35,888 --> 00:47:39,594  
[brian]: and you give me the forecast for  
when you're doing the next hour i've already

1953  
00:47:39,634 --> 00:47:42,038  
[brian]: scheduled an hour on sunday from two  
to three when

1954  
00:47:41,969 --> 00:47:41,989  
[Sarah]: h

1955  
00:47:42,078 --> 00:47:42,579  
[brian]: i when

1956  
00:47:42,489 --> 00:47:42,510  
[Sarah]: h

1957  
00:47:42,599 --> 00:47:43,561  
[brian]: i'm gonna get the next one done

1958

00:47:43,560 --> 00:47:43,861

[Sarah]: yeah

1959

00:47:43,902 --> 00:47:46,646

[brian]: and then when you come back actually  
didn't happen on sunday it happened on tuesday

1960

00:47:46,666 --> 00:47:46,726

[brian]: and

1961

00:47:46,716 --> 00:47:46,857

[Sarah]: yeah

1962

00:47:46,766 --> 00:47:47,127

[brian]: wednesday

1963

00:47:47,310 --> 00:47:47,511

[Sarah]: yeah

1964

00:47:47,588 --> 00:47:50,252

[brian]: whatever your doesn't mean you had to  
do it then for it to be

1965

00:47:50,310 --> 00:47:50,450

[Sarah]: oh

1966

00:47:50,312 --> 00:47:53,638

[brian]: successful but successful as you did now  
i don't care when you did it but

1967

00:47:53,738 --> 00:47:56,703

[brian]: your success is also measured by you  
saving the time on your

1968

00:47:56,700 --> 00:47:56,941

[Sarah]: yes

1969

00:47:56,783 --> 00:47:57,224

[brian]: making the

1970

00:47:57,181 --> 00:47:57,562

[Sarah]: totally

1971

00:47:57,284 --> 00:48:00,971

[brian]: time on your calendar even if it  
has to move, does that make sense?

2280

00:56:05,573 --> 00:56:11,443

[brian]: all right so i kind of  
want to leave you here steeped in this

2281

00:56:11,623 --> 00:56:13,647

[brian]: and i have a tendency to tie  
to wrap things up in a bow and

2282

00:56:13,687 --> 00:56:15,750

[brian]: i want to say it's not actually  
good coaching when i do that so i



2283

00:56:15,790 --> 00:56:18,815

[brian]: want to leave the space for you  
to be with your thoughts today

2290

00:56:30,272 --> 00:56:34,519

[brian]: so for the rest of the day just be  
gentle with yourself allow new thoughts

2292

00:56:38,520 --> 00:56:38,760

[Sarah]: yeah

2293

00:56:38,525 --> 00:56:44,255

[brian]: to come in no need to take  
great huge action today and allow that this

2294

00:56:44,475 --> 00:56:48,405

[brian]: is stirring things up and my only  
request for you today is your willingness to

2295

00:56:50,959 --> 00:56:51,040

[brian]: be moved

2298

00:56:52,330 --> 00:56:52,550

[Sarah]: okay

2299

00:56:53,200 --> 00:57:00,819

[brian]: be stirred what happens today and i'll  
hear from you next wednesday right i love

2300

00:57:00,959 --> 00:57:03,942

[brian]: spending this time with you so thank  
you so much all right

2301

00:57:04,320 --> 00:57:04,402

[Sarah]: ye

2302

00:57:04,382 --> 00:57:05,423

[brian]: all right thank you so much

2303

00:57:05,318 --> 00:57:05,340

[Sarah]: m

2304

00:57:05,484 --> 00:57:06,344

[brian]: there all right