



## **164: Start With the Punchline in Mind with Michael Jr.**

I'm Emily P. Freeman and welcome to The Next Right Thing. You're listening to Episode 164.

This is a podcast about making decisions, but also about making a life. If you struggle with decision fatigue, chronic hesitation, or if you just need a few minutes away from the constant stream of information and the sometimes delightful, but also somewhat distracting, hum of entertainment, you're in the right place for a thoughtful story, a little prayer and a simple next right step.

Now, that's the typical format for these short episodes. But today, we have a special guest joining us to talk about how to get unstuck by living life with the punchline in mind. But, before we get started a word from this episode's sponsor Talkspace.

It's hard to believe it's been almost a year since the pandemic changed nearly everything in our lives, including our mental health. Some of us are still juggling childcare with working full-time in our homes. Some of us are finding ourselves arguing with our partners more than usual.

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*The Next Right Thing with Emily P. Freeman*

As I mentioned at the top of the episode, today's format is a bit different than usual. I'm talking with author and comedian, Michael Jr., who has spent a significant portion of his career making laughter commonplace in uncommon places, such as homeless shelters and prisons.

I first discovered Michael Jr.'s work years ago on YouTube and admired the way he uses humor to make meaningful connections about life. One reason I wanted to have Michael Jr. join us on *The Next Right Thing* is he talks a lot about the importance of finding your purpose and knowing your why, things I agree are deeply important. But if I'm being honest, potential cause for some angst and questioning for many people. How can you know if you're on the right track? What if you don't have a big dream or a sense of a clear purpose? What then?

In his new book, *Funny How Life Works*, which will release on March 2nd and is available now for pre-order. Well, in that book, Michael Jr. proposes that life is more similar to comedy than we know. Rather than assuming that our days are random and obstacles are just unfortunate, Michael Jr. encourages readers to strategically embrace each life event as part of a setup leading to their punchline. And guess what? It doesn't have to be as complicated as we sometimes make it out to be. Michael Jr., it's so great to have you on *The Next Right Thing* today.

Michael Jr.:

Yo, thanks so much for having me. I so appreciate it. It's going to be a blast. I'm excited. Let's do the thing.

Emily P. Freeman:

Let's do the thing. Well listen, I'm going to jump right in. Many listeners of this podcast, they either struggle with decision fatigue, or they've always been slow to make decisions because they're afraid of making the wrong one. And, I call those people chronically hesitant.

I'm curious, because I have a hunch about you, but I could be wrong, so you can set the record straight. As a comedian, as someone who has spent a ton of time on stage, to me, I would think that you're someone who can make really quick decisions. Is that true or untrue?

Michael Jr.:

Well, let me say this. I can make a bunch of decisions really, really fast. So, I have to decide which one of those ones I'm going to do. And yeah, you're right. Decisions come to me pretty, pretty fast. And sometimes they're the right ones, so yeah.

Emily P. Freeman:

Yes. See, that's the thing. Sometimes they're the right ones. Because I feel like there's people in the world who are slow to decide and they persevere and they think about it and they wait too long, and then there's other ones who make it fast and then they do all the thinking about it after the fact.

Michael Jr.:

Yeah. I'm going to go back to persevere. What is that? That is amazing. Because I have a friend who when he was young, his parents perseverated, but they got back together. I'm not really sure. Okay. You can't just be throwing words at me like, "Okay, great." I'm assuming that probably means it's like

procrastinate, but a little more luscious.

Emily P. Freeman:  
But a little more fancy.

Michael Jr.:  
A little fancy.

Emily P. Freeman:  
It's like fancy procrastination is perseverance.

Michael Jr.:  
Because if you're going to procrastinate you might as well do the best possible procrastination you can.

Emily P. Freeman:  
The highest level of it. Right, I agree.

Michael Jr.:  
Why would you procrastinate when you could persevere? Or whatever the word is.

Emily P. Freeman:  
I just feel like that is the most important thing that's going to be said today. I really do.

Michael Jr.:  
Boom. Funny how life works.

Emily P. Freeman:  
Well. Someone gave me really great advice once and they told me that there might be a lot of reasons not to do something or to do something, but don't let fear be one of them. And you say something similar in that you talk about how you never want to make a decision out of fear because fear never makes a great decision at all. Can you say more about that?

Michael Jr.:  
It doesn't. So fear is great if it's in the moment. You're about to walk across the street. There's a truck coming and you're scared so you jump back. Your reactions just pull you backwards. That's a good fear. But if before you even get to the corner, if you're thinking, when you cross the street you might get hit by a truck. That's not a good fear. Meaning that fear is lasting way too long. So you actually have to push through the fear.

And what I like to say is if there's something that you feel like you're called to do, and it's going to help some other people in some way, like literally help them or help you to be in a position to help other people, chances are you're supposed to do the thing. And if fear jumps up, look at it as confirmation that you're moving in the right direction.

So if there isn't any fear, then you're probably not moving in the right direction. But fear has this way of trying to... It's almost like a heckler at a comedy show. You're in the midst of doing what you're called to

do, on your stage, for your people. And then someone jumps up to try to take you off your game.

Well, if I'm doing really good, a heckler pops up, I can handle it. But the fact that the heckler is there means I'm probably doing a pretty good job. And now I'm doing an even better job because you were there, because you helped me... You helped confirm that I'm moving in the right direction. Fear is the same way. When fear shows up, you got to punch it in the face so you can press on towards the mark, win a prize. It's right there for you.

Emily P. Freeman:

What a great way to think about fear. I've often thought of fear as a bully, but I like fear as a heckler. I like that one.

Michael Jr.:

Yeah. It's a confirmation that you're moving in the right direction. It literally is.

Emily P. Freeman:

Can you tell us about a pivotal decision that you've made in your life? I'm sure you've made many, but is there one that stands out to you?

Michael Jr.:

Yeah. Oh, yeah. So I was outside of a club. I talk about this in *Funny How Life Works*. I'm outside of a club in Los Angeles and right before I got on stage, getting ready to do comedy set at the Comedy & Magic Club, right before I got on stage I had a change in mindset. I felt like instead of going on stage to get laughs from people, which I was all about getting laughs, I felt like I was supposed to go up there and give them an opportunity to laugh.

And that may not sound like much, but that's a big shift. Because normally when I get on stage, I was moving a lot faster. Like, "Okay, let me get to the first joke." My goal was always to get people to laugh within the first seven seconds of me being on stage. And that's me getting laughs. As soon as I made a shift to giving laughs, I felt much more relaxed. But at the same time, I was kind of concerned because I'm like, "What if they don't laugh immediately?"

But I went up on stage. I kind of dropped my shoulders. I didn't really get a laugh. I didn't get a laugh for probably 30 seconds because I didn't even present a joke for 30 or so seconds. Because I was no longer trying to get anything. So in these moments it was scary. But at the same time, very relaxing. Because when you have a gift, your job is just to present the gift to other people. I realize this now, because of that moment that didn't make sense while I was doing it.

I get on stage. I have a really, really great show. And then I leave the club and this all kind of snowballed. I leave the club that same night, I'm signing autographs. I'm hanging out with the people like normally, we taking pictures. And I look across the street and I saw a homeless guy. I had never seen a homeless guy outside this comedy club ever before.

But before I was asking, how can I get laughs from people? But when I start asking, how can I give people an opportunity to laugh? I start seeing different things, like the homeless guy. And I asked myself, "What about him? How could I give him an opportunity to laugh?"

And it was crazy because four days later this lady was in my autograph line and she said to me, “Hey, you ever think about doing comedy on Skid Row? I volunteer at a shelter down there.”

And I was like, “What?” Two days later, I’m on Skid Row getting ready to do a comedy show for homeless people. And I’m scared for... We talking about fear jumping up. I’m like, “What if they don’t laugh? What if this doesn’t happen?” But I went back to that shift that I made initially that was so scary and stopped asking the question, “How can I get laughs?” To, “How can I give them an opportunity to laugh?”

But I get up there and at first nobody’s laughing. No one’s laughing at all. And I’m going through my routine. And this is proven stuff. I’ve been on The Tonight Show, I know how to bring funny. And they’re not laughing. And then I realized I was still trying to get laughs.

And I made one little move where I started doing the math on the room. I started looking around and I’m started making those quick decisions that you’re talking about. And I noticed that more and more people were coming to this homeless shelter. And they’re starting to laugh just a little bit, but more and more people are coming in and attention is kind of building. It’s about 3:45. And then I asked them all a question off of instinct.

I said, “Excuse me, what time do they serve dinner?” And this lady up front, she said, “Well they serve dinner at four o’clock.” I was like, huh. I said, “I’m guessing that they probably can’t serve dinner until after I’m done, right?” She said, “Yeah, we have to listen to the speaker first.” And I said to the whole audience, I said, “Well, it seems like y’all better start laughing.” And the place explodes in laughter.

But what really happened in that moment is I noticed what was really going on as opposed to just going through my routine in life. A lot of people, probably some of your listeners, have a routine that they’re just going through. I suppose they’re taking their time to ask questions and find out what is really going on in the life of people around you and how can you deliver to them in that moment. Regardless to any fear that may jump up, they need you to deliver. So you’re there, so deliver your punchline. Give them what they really need.

Emily P. Freeman:

It’s really powerful to think about the impact that releasing outcomes can have in... Essentially everything you just shared is helping you learn how to see better, to see the people around you, the circumstances. And in your book, and listeners, just so you know, Michael Jr. has a book coming out. It’s called Funny How Life Works, where he shares stories just like this one.

But really they’re stories that kind of can apply to so many parts of life. And you just mentioned that living life with the punchline in mind. And I’m curious about, this can be maybe anything, setting goals, embracing experiences, but I’m curious how you would advise people to determine what their punchline actually is.

Michael Jr.:

Oh, this is my favorite thing. This is the reason I wrote the book. So just to explain it to you guys, so the way comedy works first is there’s a setup and there’s a punchline. A setup is when a comedian makes you think in one direction. He makes a whole audience think in one direction. The punchline occurs when he

changes that direction in a way you're not expecting. When you catch onto that change, you've received the punchline and the results are revelation, fulfillment, and joy, but it's expressed through laughter.

Well, life is very similar. In life there's a setup and there's a punchline. Your setup is about what you have received, but your punchline is about what you're called to deliver. So your setup, everybody knows what your setup is. Your setup is the fact that you're married, you got a car, you got this career, you got this understanding, this skill. Your setup is what you receive. But people don't always understand what their punchline is and they'll feel like there's a void. Like there's something missing.

And what people do more times than not to fill that void, they think that what they need is more setup. "If I could just get married, if I could just start this business. If I could just... If I could just... Like with me, if I could just get more laughs.

What you really need to know is what is truly your punchline. And please understand. Just like me as a child, I struggled with my reading. I had a lot of struggles. But even your setbacks in life are part of your setup so you can deliver the punchline you're called to deliver.

So what I tell people and what I want your listeners to understand with regards to understanding what your punchline is, what your purpose is, is you have to first look at your setup, but also look at your setbacks. Like what setbacks do you have in life? Because those setbacks are a really good indicator to what it is you can deliver to other people. In a pretty significant way.

So I explained this at an event that I did in Nashville once. I'm doing this comedy show, people are having a great time. And when I'm there on stage doing comedy or even doing a keynote at some corporation or something, what I'm really doing is I'm listening between the gaps. So while the people are laughing I'm actually asking this question in between the gaps of, "What can I give to this audience?"

And sometimes I'll ask that question and most of the time it'll be laughter. But sometimes it'll be something more, like I feel like I'm supposed to give more. Meaning literally I'm asking, "Okay, God, what do you have for these people?" While they're laughing.

So I'm in Nashville, I'm listening between the gaps. We're having a great time. It's 2000 people here, sold out show. And I feel like I'm supposed to bring this lady from the front row up on stage. "I don't know this lady and I work alone. Why would I bring her up on stage?" is what I'm thinking to myself. So I do another joke and then people are laughing and then I feel it again, bring her up on stage. I'm like, "No!"

Emily P. Freeman:  
Don't do it!

Michael Jr.:  
Yes. And I look over at her and she's not even looking directly at me. She's looking at the sign language lady. She's deaf. I don't know any sign language. Only sign language I know is a thumbs up and another one that I don't use anymore because that's not right.

So I don't know any sign language. But nevertheless, I went on ahead. I said to the sign language lady, I said, "Hey, can you ask her to come up on stage please?" And then the lady is a little afraid. So it's a white

lady. She's like 54 years old. She comes up on stage. I got to be super gentle with her because I can tell she's afraid.

So she walks up on stage and I say these words to her, and I've never said this to any... I've never brought anyone up on stage, said these words to them before that and haven't said it since.

And I said to her, I said to the sign language lady, I said, "Can you ask her what is her biggest need?" That's what I said. So she signs over, she signs back, and she says, "Well, she doesn't have any needs. She's fine." And I said, "Nah. Could you ask her again?" So she signs over again and she comes back and she says, "Well, her and her husband haven't been on any sort of vacation in over 11 years, not even for a weekend. And they could really use some time away."

I said, "Okay, now normally what do we do? We pass a hat around, we collect a bunch of money, and we give it to them." But here's the thing. Money is not a punchline. It is the result of you using your setup. Your punchline is really way more specific than just money. So all I did was ask the next question. I said, "Why haven't you been on vacation?" And she signs over and she signs back and she says, "Well, they have a special needs child. And they can't afford a nurse who's qualified in a way that can take care of the child. And they'd feel comfortable and they could go on vacation."

I was like, "Okay." So I turned to my audience. I don't know specifically who's in this audience. This is in Nashville, I live in Dallas. And I say to the audience, I said, "Where is the special needs nurse who can deliver their punchline?"

And the whole place is silent or quiet. They're still tripping. We were cracking up laughing on a level nine, five minutes earlier. So I said it again. I said, "Where is the special needs nurse who can deliver their punchline?"

And you hear a voice from the top balcony. And this lady says, "Here I am." And she comes walking down and we introduce them and they live 30 minutes from each other. And the whole room is done. Like done. Like we're blown away.

But what really happened in that moment? Someone showed up with their setup, willing to deliver their punchline and someone else was there willing to receive it. And I did not give into fear, even though I was scared. I didn't know what was going to happen. I just pushed through. I didn't perisiate, or whatever that cool word was we learned earlier.

And I just pressed in and did it. And as a result of it, these people got to meet and she got to go on vaca... It was so awesome.

But here's the thing, in that room were other people probably. We didn't go this far, but there's someone who had a cabin, someone who had some access to airplane, or anything they would need to get back and forth to the place. Everything that was needed was in that room because everyone has a punchline to deliver. You just have to be willing to pause for a moment, and ask the question, "What can I deliver right now? And what do you have me to deliver today? And what can I deliver this week?" And deliver, because that's where true fulfillment really is.

Emily P. Freeman:

That sounds like a beautiful Next Right Thing posture, which is what we talk about all the time here. What can I deliver right now?

You mentioned your own experience with fear in the midst of that conversation with the deaf person and their interpreter. And I'm curious, when people hear that, "What is your punchline, or what is your purpose in this moment?" For some people that's a very anxiety inducing phrase. What would you say to someone who has struggled with that question for a long time?

Michael Jr.:

I would say that you may be over thinking it. I mentioned this in the book too, and there's a girl who asked me a question very similar. She said, "I know that I'm called to help single women." To help them get on their feet and have a better life because that was her life. And then she said, "But right now I work at a UPS store. So I can't help anybody." And I'm like, "Okay, really?"

So I helped her. I said, "Do you know in your city where the highest population of single moms are?" And she said, "Yeah, I could probably figure it out." I said, "Well, chances are, there may be a UPS location there. So you could simply just transfer to that location. And now you're putting stamps on boxes for single moms. So you're literally helping single moms. And any conversation that you have could be uplifting and encouraging. So it's not as complex... You don't have to make a building where single moms come in and now you're teaching them, giving them therapy, bringing all this up. You could start right now."

To make it even easier, if that's what she felt like was on her heart. The next time she sees a mom who's by herself, she could simply encourage her and be like, "Wow, you're really good with your sons." Simply saying those words in that moment, you're walking in that purpose.

And your purpose is to help other people. No matter what you're called to do, the bottom line is it's going to serve other people. So what can you do in that moment just to serve somebody else? Because I would say that step right there is taking you closer to what your purpose is.

Emily P. Freeman:

Well, I love that so much. And it reminds me of the very first time I heard about you, was when I saw video on YouTube. Surprise, surprise. It was, I think it's from 2017. It's called Know Your Why. And you interacted with a man in the audience.

Michael Jr.:

Yeah.

Emily P. Freeman:

You know the one I'm talking about?

Michael Jr.:

I do, yes.

Emily P. Freeman:

It was kind of an improv moment. And you asked him to sing. Can you tell us that story?

Michael Jr.:

Yeah. So I'm doing this event and I randomly asked this guy to have a... This was all improv. So I kind of teach three things about improv. I mentioned this as well in *Funny How Life Works*. It's a great book too. You guys want to get it. All the proceeds from the book too, I want to say, because there's so much stuff going on in the world. When you buy *Funny How Life Works*, the proceeds are going to a black family in America. It's my family and we live in America.

Anyway, so in this video, and you guys can go on YouTube and see the video because apparently it's like... People like CEOs are using this to teach their companies and police departments are using this thing. It's really kind of cool.

So it was basically a guy. I'm talking to him and I'm explaining to him how it's important to understand your Why. Because a lot of people are just doing what they think they should do. They don't necessarily understand the Why behind it. And when you know your Why, the truth is, is your What's will have more impact because you're walking in or towards your purpose. So the key is truly to understand why.

So in this video, the guy beautifully illustrates, him unknowingly. He illustrates the difference between knowing your Why. So I asked him to sing a song, which was *Amazing Grace*, and he did a great job at it. But then when I explained to him the difference between what and why, and I said, "I want you to explain, I want you to sing it from your Why." His performance is just off the charts.

And it's a pretty amazing video that a lot of people have really utilized in a big way to help other people. But even in that moment, I'm able to walk in my purpose by somebody simply sharing that video. So I don't want people to think too big, with regards to purpose. Because you can do it in a moment.

Emily P. Freeman:

I'm so glad you said that because, and what you said earlier about, I think sometimes people... We're overthinking this. I mean, raise your hand if you overthink. Listen, when I talk to people who want to start a podcast even, they're like, "All right, now, tell me what microphone do I need? And tell me what..." And they want to buy the fancy equipment. It's like, actually you can do it with what you've got right now. It doesn't have to be fancy.

Michael Jr.:

Mm-hmm (affirmative).

Emily P. Freeman:

And I think we can find a lot of reasons to put off when we're thinking about the what, rather than the why.

Michael Jr.:

I get the same thing. Because I have a podcast as well, which is actually called the same as the book, *Funny How Life Works*. And at first it did feel, but I'm the type of person who just jumps in. I didn't know what I was doing. I just recorded it on my phone. And I was like, "Okay. Here we go"

Emily P. Freeman:  
Yeah, yeah. Right, right.

Michael Jr.:  
Or a tape player. If anybody remembers a tape player. I would just play it back.

Emily P. Freeman:  
Oh, well I have two questions left for you, Michael Jr. You ready?

Michael Jr.:  
I am.

Emily P. Freeman:  
Tell us now, in what ways has laughter changed your life?

Michael Jr.:  
Oh, I bought a house from it. Literally. I was homeless for a little while. I don't like to say I was homeless. I'd rather say that I lived in, I had a four-door apartment. But when I first started doing... Literally I lived in my car for real and I would section it off. Like the passenger seat was the den, backseat was the dinner table.

And I was in New York City, living in my car, not knowing what I was going to do. And doing comedy, like literally doing comedy from my car. And I think when people laugh, in fact I know this for a fact, when people laugh their hearts are open.

So even strategically with this book, I was like, "I don't want... I can't tell... It's not a biography. I'm just going to find the stories that are hilarious, that people can learn from as well." Because I understand when people laugh their heart is open. So if your heart is open, I want to make a deposit that's going to help you.

And the other note behind that is you have to be very careful about what you watch on TV and what's making you laugh. Because whatever you laugh at and you're watching that actually gets in your heart as well. And it will be revealed in your walk. So I'm very strategic about, first of all, what kind of comedy I present. And secondly, what kind of comedy I listen to as well. Because it does, as I said, open your heart and you retain up to 36% more of the information when you're laughing and going through this stuff. So I would say to people really be careful and strategic about what it is you're laughing at. And your kid's. "What are they laughing at?"

Because your brain is really designed for two things, to avoid pain and to find pleasure. It's designed for those two things right there. So if your brain laughs and then you're laughing at something that's not really uplifting. Well, when you're done laughing, your brain is going to look for that non-uplifting thing again, assuming that's where the pleasure came from. So you'll be attracted to that thing simply because you attach laughter to it.

I know we're getting kind of deep, but you got to be super careful. So that's why we wrote the book. That's why we have the podcast. Because it really truly is funny how life works. So you got to be super smart about that aspect of it.

Emily P. Freeman:

Yeah. The book is *Funny How Life Works*, the podcast too. Final question, Michael Jr., what is your next right thing?

Michael Jr.:

So my next right thing is absolutely going to be the course that we've created that will come out about the same time as the book. And the course is called, you probably know it, *Funny How Life-*

Emily P. Freeman:

Let me guess. *Funny How Life Works*.

Michael Jr.:

Yeah.

Emily P. Freeman:

It's a course? Can you tell us a little bit more about that?

Michael Jr.:

Yeah. So in this course, *Funny How Life Works*, we actually use comedy to help people understand how life works. So super quick example is, in comedy there's three ways I create comedy. There's improv, there's a premise, and a punchline. Improv is when I'm making it up on the spot. And a premise is when I kind of have an idea, but we'll stick with improv for a second.

So in improv, you're just kind of making it up on the spot, and I'm really good at improv. It's probably my favorite part of the show. The problem with improv is it's not transferable. So in life, when it comes to understanding your purpose, some people are in improv mode. They're trying this, they tried this thing. It wasn't really fulfilling. They try the next thing. It's not super fulfilling. And the problem with improv, even if you find something that is fulfilling, if it kind of sticks for a moment, it's not really transferable. It doesn't last that long, so you're off to the next thing.

The other way I create comedy is through a premise. I have an idea for a joke. I'll think it's funny. I think it'll hit really hard. I'm not a hundred percent sure. So I got to work it out. I got to massage it. And then I present it to my audience. In life, with regards to people finding fulfillment and purpose, some people are in premise mode. You have an idea. You think this is it. Some people, some of your listeners, even went to college based off that premise.

And the problem with a premise is sometimes you put it on stage and it doesn't work. And then you got to keep working at it and it just doesn't hit home at all. And then it ends up as a plaque on the wall. And you don't use that degree at all. Because it was just a premise.

But the best way, and this is only a portion of what I talk about in the *Funny How Life Works* course, the best way to fully understand what your punchline is, what your purpose is, is to really start with the punchline in mind. When you start with the punchline... And every time I started a joke, every time I write a joke and it starts with the punchline, it is always the funniest. It's funny the very first time I put on a stage. It's not funny eventually, it is funny immediately. And now I can put more stuff around it and make it even better.

When you work on your purpose, starting with the punchline, and then write your scenario to get to that place. It is so much more impactful. I can't even tell you. And the cool part about this course is we teach all of these methods laced in funny.

So you watch a comedy video. Then I break down a comedy video. And then like I said, when you laugh, you'll learn. And then even after you're done with the course, you'll still be learning about your purpose because your brain is attracted to the pleasure of it. So I'm super pumped about that in a significant way. I hope that made sense. I kind of went through a super, that little portion, super, super fast, but I guess people could slow it down when they...

Emily P. Freeman:

Oh yeah. No, that's good. My favorite phrase was, laced in funny. I'm going to have to perseverate on that. Laced in funny.

Michael Jr.:

You used that word again, perseverate.

Emily P. Freeman:

I did.

Michael Jr.:

I'm going to use that...

Emily P. Freeman:

I brought it back around-

Michael Jr.:

I'm going to use that word.

Emily P. Freeman:

... Just like Seinfeld does

Michael Jr.:

But if people don't know what it is, they might think it's something creepy. Don't be perseverating around me, man. You perseverating all over the place.

Emily P. Freeman:

Just lace it in funny. And that's all you need to do. I love it.

Michael Jr.:

You are perseverating all over the place. Stop it.

Emily P. Freeman:

Oh, Michael Jr. It's been so fun. Thanks for being on The Next Right Thing.

Michael Jr.:

You are awesome. Really. Thank you so much for having me.

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Thanks for listening to Episode 164 of The Next Right Thing. I hope this simple practice of starting with the punchline in mind can be just one more rung on the trellis upon which your rhythm of life can continue to grow. Because while it's true, this is a podcast about making decisions, the bigger truth is that our daily decisions are actually making our lives.

If you want to learn more about Michael Jr.'s Funny How Life Works, his new book, podcast and wonderful course he mentioned, you could find all that and more at [michaeljr.com](http://michaeljr.com).

As always, you can find me on Instagram @emilypfreeman or online at [emilypfreeman.com](http://emilypfreeman.com), where we have transcripts of this and every episode for your convenience. As you consider your next right thing today, here's a final quote from Michael Jr. about keeping our Why in mind.

What is your Why? Or, are you too busy jumping from what to what, to even ask or answer that question? Thanks for listening. And I'll see you next time.