Molly Fletcher: Welcome to Game Changers with Molly Fletcher, where we take you behind the scenes with peak performers to learn what makes them tick, and discover how you can apply their lessons to your life. I'm your host, Molly Fletcher.

[00:00:30] Today's guest is Academy Award winning actor, who starred in movies like Dazed and Confused, A Time to Kill, Dallas Buyers Club, How to Lose a Guy in 10 Days, and The Wolf of Wall Street. Matthew McConaughey's incredible career has spanned 40 feature films, that have grossed over $1 billion.

Off screen Matthew is the founder of the keep livin foundation, a creative director for Wild Turkey, and the Minister of Culture for the University of [00:01:00] Texas and city of Austin. He's also a die hard sports fan, which I love, and part time owner of the new MLS franchise, Austin FC.

Now he's adding author to his credits with his new memoir, Greenlights, which is by the way, number one on The New York Times best-seller list. Filled with personal stories, unconventional wisdom, and lessons learned the hard way, it's a book you won't want to put down. Matthew calls it a love letter to life, [00:01:30] how cool? All right, all right, all right, let's dig in. Here's my conversation with Matthew McConaughey.

Matthew McConaughey, what a treat to have you on, thank you for taking a minute, let's have fun.

Matthew McConau...: Let's have some fun, Molly, thanks for having me.

Molly Fletcher: Lets have some fun. All right, so first congrats on the book, I mean, it's number one everywhere, which is just [00:02:00] awesome.

Matthew McConau...: Yeah, I just found that out, that was a hope, but not a guarantee, and I'm just happy that it's translating to people in the way that it is, and it's gotten a wonderful reception, which gives me a lot of honor and gratitude.

Molly Fletcher: Well, it's awesome, I told you before we hit record, I couldn't put it down, the stories, the humor, the message, I love it. And so for our listeners, Greenlight, it's a bit of a collage, right? You kind of call [00:02:30] it a playbook?

Matthew McConau...: Yes.

Molly Fletcher: And it's based on your journal, so tell us, do you remember when you started journaling, and what surprised you most, as you sort of went back and looked in that rear view mirror?

Matthew McConau...: Sure. So I started journaling at around 14. And I started journaling, initially for the same reason you probably most people journal. Gretchen broke up with me, why did she break up with me? Why do I have these pimples on my face? What's going on? Why do I feel awkward? Bla, bla, bla.

[00:03:00] I then continued to journal, and started to write creative stories and things. And then around my early 20s, I remember I was in college, I had a good job. I had successful relationships, I was making grades, I was very excited about life, and the way I was engaged in it.

And I remember taking a pause, and going, "Hey, you haven't written in your journal lately?" And I'm going to going, "I think it'd be a good idea for you to continue writing into journals, while you feel like you're doing really well, while you're really happy, and finding success, [00:03:30] and feel like you're really on your frequency, Matthew." And I'm glad I did, because my hunch was right.

I later got in other ruts, or lost my frequency, and got out of my [inaudible 00:03:41], and I was able to go back to my journal and go, "What was I doing back then, when the world felt like a green light? What were my habits, who was hanging out with? Where was I going? What was I eating, drinking? How much sleep was I getting? How was I greeting the day?

And going back to those times where I was dissecting success, rather than only dissecting [00:04:00] failure, I was able to recalibrate and get back on track in times [inaudible 00:04:05]. As far as reading and what did I learn? I felt like I was going to go back, and look at my 36 years of writing, and be quite embarrassed about some things.

I thought I was going to be ashamed about some things, I thought I was going to look at myself at times, and go, "You arrogant little P-R-I-C-K." All three of those were true [inaudible 00:04:23]. But a lot of the embarrassment, stuff I thought I'd be embarrassed that I laughed at.

A lot of the stuff that I thought I'd be ashamed of, I had already forgiven [00:04:30] myself, or forgave myself for it. And a lot of times, I was an arrogant P-R-I-C-K, I saw on my diaries that very soon after those times of feeling like I knew at all, I stumbled because of that, and learned something very soon afterwards. So I was able to laugh, and go, "At least you had the courage to feel like you knew it all at that time."

And if you got you put yourself in the game, sometimes those arrogant moments at least get us in the game [inaudible 00:04:57] we wouldn't have maybe had the courage to [00:05:00] get into, if we didn't feel that way. And then The third thing, the fourth thing is that, I noticed by my surprise, I was interested in the same subject matter about life, and who are we in it, And how can I be my better self, more true? I was interested in the same thing at 14, as I'm at 50.

Molly Fletcher: That's powerful.

Matthew McConau...: I was surprised.

Molly Fletcher: That's powerful, because who you are at 14 is a little bit more raw, right? I mean, at some level.

Matthew McConau...: Sure. But I mean, my thoughts, and my interest, and my questions, and my answers are much more evolved [00:05:30] now.

Molly Fletcher: Sure, sure.

Matthew McConau...: But I'm still dealing with, still questioning the same things. Who are we? What's the best way to be the most of myself? What works for me, what doesn't? I mean, I've eliminated a lot of things in my life that don't give me true greenlights, but it doesn't raise any fewer questions going forward. I have more questions now that I had then.

Molly Fletcher: Mm-hmm (affirmative). Probably from perspective at some level maybe, right?

Matthew McConau...: Yes. That's what I mean by more evolved questions, I have a lot more perspective, a lot more experience, [00:06:00] I know better ways to skin certain cats, so to speak. But yeah, perspective doesn't ever for me anyway, and I think it's true for all of us, we don't evolve to a place where we go, "Ta-da! Oh, that's it, I landed, that's what I've been looking for."

There's no good night. So you read something, you reach a goal, you get what you want, you only land there briefly before brand new ambitions, or brand new questions come out of that.

Molly Fletcher: I've learned a lot about [00:06:30] you, as I've prepared for our time together, and of course, over the years, you strike me Matthew, as someone who is always curious about growth, and you talked about that a minute ago, always looking for ways to improve, always looking for ways to get better, was Greenlights a way for you to almost look back, so you could look forward?

Matthew McConau...: Yeah, and I'm not comfortable looking back. In my life, I like to do it, go for what's next. I mean, I've not even seen all of my movies. [00:07:00] I like making them more than I like watching them. I'm like, "No, I did it, let's go." If I'm flipping through the channels, and a movie of mine's on, I very rarely stop to have a look at it.

I don't go back, and watch my interviews, I don't watch my late night shows. No, I did that, I was there. I liked it in the first person, I don't want to look back at it, what's next? Sometimes it's even uncomfortable to do so. But going back on this, it's why I didn't really feel nostalgic, and I write about that in the book.

[00:07:30] I didn't feel more clear about where I'm heading in my future now, because I really investigated my past. And if I have an understanding of how I got here, my lineage, and have a better understanding of that, and an idea of where I want to go, I'm much more equipped to be present, in the present here and now situation. I even more so than just when I... I write in the book, I wrote things down, so I could forget not remember.

Molly Fletcher: I love that one, yeah.

Matthew McConau...: Well, I [00:08:00] found out that I actually remembered more than I forgot, even sometimes subconsciously, things that I was like, "I never even remember thinking about that goal, but I attained it." Well, obviously I remembered it subconsciously, even though I never looked at it again, or thought of it as something I was consciously chasing.

Molly Fletcher: As somebody that's always moving to the next thing, did the book help you celebrate at some level your successes, and sort of appreciate those?

Matthew McConau...: That's a good question. [00:08:30] And then there's just finding out I'm number one New York Times best-seller, it didn't make me feel like, "Oh, let's go light the candles and party all night." And going back through it, a look of dissecting some of those successes, and seeing where I pulled off some humdingers, you know?

Molly Fletcher: Sure.

Matthew McConau...: It made me realize that, you know what, as much as I tell myself daily, "Matthew, you got to take more risks, you got to risk failing more." I look back, and I go, "You've taken [00:09:00] quite a few risks." I didn't realize I've taken so many risks in my life, many failed out, many succeeded. But I didn't realize that, "Oh, you've actually been a pretty solid risk taker."

Not to the point where I'm complacent now going, "Oh, no more risk." No, now I want to take even more, and [inaudible 00:09:19]. But yeah, I probably noticed that I took more risk, and pulled more things off than I actually remembered I did.

Molly Fletcher: Do you think Matthew you're comfortable with risk, because you've seen [00:09:30] yourself in the past take risk and recover, and that you come out a better person by stepping into those moments, and coming out better.

Matthew McConau...: I have learned this, that through the book I have many times when I go on a walk about, to go check in with myself, or I had a year long, where I almost went insane in Australia. I have learned now if I get in a rut, or now I run into a proverbial red light, or I fail at something. I have the reassurance that, "Oh, this is not a defining moment."

I pulled away a lot [00:10:00] of stuff off just by being resilient, and out enduring others who were competing to get the same thing. I know a lot of my risk and rewards from taking the risk, have come from just basically out hustling, and staying in the game longer.

You just go in, "I don't know the answer." Just show up again. "I don't know the answer." Knock on the door. They said no, yesterday, well hell maybe they're in a better mood [inaudible 00:10:24] to say no again. And all of a sudden, they're like, " [00:10:30] Hey-"

Molly Fletcher: Yeah, "You're back, man?"

Matthew McConau...: [crosstalk 00:10:32]. So persistence has gotten me a lot. I've also tried to learn through age, and still do is that sometimes it's not always about persistence, sometimes we're banging our head against the wall trying to get the wrong thing. And we're out [inaudible 00:10:46] the definition of insanity, doing the same thing, trying to get a different outcome.

So I've learned that, hey, sometimes let's back off, let's go a little more Eastern with it, let me re approach this situation from a different angle. Let me have a new perspective in how I'm looking at it. Or and sometimes [00:11:00] that comes from me, sometimes that comes from someone else going, "Hey, have you thought of it this way?" And I've learned this, I love to be in the know about what I don't know.

Molly Fletcher: So you're curious?

Matthew McConau...: Yes.

Molly Fletcher: Yeah, you're always curious.

Matthew McConau...: Yes indeed.

Molly Fletcher: Yeah. One of the themes that shines throughout the book that I just love, is this idea of don't half ass it. When you say that, "Don't half ass it." You talk about preparation and process a lot. And I obviously saw this a ton with athletes, tell me, can you give me insight [00:11:30] of how you prepare as an actor?

Matthew McConau...: Yeah. So all my work is in pre-production, it's very like an much athlete. When an athlete shows up on the proverbial field and it's game time, it's not time to be thinking, it's time to be playing, and your instincts take over, get a feel for the moment.

You know what to do, but if enough of what to do, and you're so secure in your position, you can audibly call different plays in your own mind for what the other team's doing, in any given situation, and to be in context [00:12:00] of the time on the clock, it's context of what quarter it is, what hole it is on the golf course, what round it is, what period it is?

It's having [inaudible 00:12:09] context without having to actually compartmentalize them into different places at once. Know in the moment, being able to do what you do well, but also play against someone who's trying to give you quite a resistance, and trying to stop you from doing what-

Molly Fletcher: Sure.

Matthew McConau...: So for me, I start off, usually I like a couple of months at least advance. [00:12:30] I sit back and take in the script, I tried to let what's on the page inform for me, before I let my imagination go anywhere. Let me really see who my man is, my character is in this story, what do I need? Who am I? What are my obstacles to overcome? [inaudible 00:12:50] becomes more fun after a couple of weeks.

I will in that way of re approaching, I'll read the script 4:00 A.M when I wake up. I'll [00:13:00] read the script after church in the church pew, I'll read the script at 2:00 A.M on a Saturday night after I've been partying. I'll read the script after a good run when my endorphins are high. And I'll try and read it when I'm really sleepy. And I pick each time I'm picking up different things from the playbook that is the script.

I'm seeing it from from angles, and I'm starting to note things, then I'll start to write and rewrite my character. I'll go long, [00:13:30] what my character says, and what those writings are, it's not like I'm going to say a whole lot more of the scene, but it's just giving backstory. And, hey [inaudible 00:13:40] myself, if the director never yells cut, be prepared to just keep going forever.

[inaudible 00:13:47] in my place I want to get to is, can I know it well enough, where you could put a blindfold on me. Take me anywhere, take me to Mars, I don't care, dealer's choice. And [00:14:00] when you let me out at this new place, be rolling camera, take the blindfold off me, and I should be able to be my man.

Not thinking about all the thought, and the sweat, and the hard work is in that early preparation period. So I can go to game time, or on the set, and I want to be so prepared that I want to have four versions of the truth for my man in every single scene.

Molly Fletcher: Tell me about that?

Matthew McConau...: So to director if I've got an idea of how scenes can go, what my man would do, what my character [00:14:30] would do, if the director wants it to go another way, instead of me going like, "That's not what I want to do." Instead of getting defensive, I'll take what they say and parlay it into one of my four versions of the truth that's the most close, and I'll know instinctually, oh, if I give him this version, that's kind of going to give him what he wants, but still true for me.

Because my only [inaudible 00:14:49] is lie on my man, I can't tell a lie [inaudible 00:14:51] character. So I'll come in loaded for four different versions, that also allows the other actor to do whatever they want. I'm like you can improv, I don't [00:15:00] care if you come flying into the scene in a parachute, let's roll, let's do that, I'll play the circumstances.

So that's part of the wonderful sort of butterflies of not knowing, I like not knowing. I come extremely secure with my playbook, I've studied the playbook, I know what I want to do, so I'm very solid, in my two point stance here. But I've learned to do this. Now, so I don't get stuck in what I want to do, now that I trust that I know it all, [00:15:30] come in to every scene on one leg off balance.

Molly Fletcher: Yeah.

Matthew McConau...: And now find your balance in the scene. Because the verb, the action, what we see life come off camera, it's not somebody absolutely being so secure that they know exactly what it is. That's a noun, [inaudible 00:15:50], and it's beautiful to see proper noun like that, but it's not alive.

Because he's not alive, you want to see someone becoming in a scene, overcoming something in the same, failing [00:16:00] or trying to find balance, and being able to, or trying to find their balance and not being able to. Same thing for for players, and I'm going to keep using this the football metaphor, because it's easy.

You don't want your players out there thinking about what they're supposed to do, the thinking was in all the reps and practice, you want what they've learned to have gone into their bodies, loins, ankles, feet, instinctually, so they can perform at the peak level of the athlete that they are, in that [inaudible 00:16:29], [00:16:30] they have to overcome.

Molly Fletcher: Muscle memory.

Matthew McConau...: Yeah. And you see it all the time, [inaudible 00:16:35] DC, defense coordinator, and they had a really wild, complicated plan. Well, that year that defense is going to be half a step slow, because they're trying to go, "Wait, [inaudible 00:16:43]." Soon as you did that, you already have the guys by you, and I've seen teams that I'm a fan, I've seen them thinking too much on the field, because they were going to like, [inaudible 00:16:57]-

Molly Fletcher: Right.

Matthew McConau...: Different plays [inaudible 00:16:59]. I also [00:17:00] think this, and I'd love this conversation with you about this, about sports in general right now. It's already definitely secured itself in professional sports, but in college sports, the 18 to 22 year old male and female, social media, so many of them are playing the game in the third person.

Meaning you return the kickoff, you're past the 50, to the 45, to the 40, you're the fastest guy on the field, you're going [00:17:30] to make tests, and you're already looking at the proverbial jumbotron i your mind, going, "I can't wait to watch this objectively, either right now live on the jumbotron, or after it's done, I want to see how I was doing."

And when a player in anybody, an athlete or what I do as an actor, if we get outside of this objective, get outside of ourselves while we're in the game, and start looking at ourselves from, "Hey, what am I going to look like in the future?" Or, "What's the result of this going to be?" Or, "How many comments?" [00:18:00] Or, "How much my IG feed-

Molly Fletcher: Yeah.

Matthew McConau...: We're at the moment, and that's when you lay on let it?

Molly Fletcher: Yeah.

Matthew McConau...: [inaudible 00:18:07], you get caught from behind.

Molly Fletcher: Yeah, totally.

Matthew McConau...: ... Play the game. And if we could get the athletes to be the subject, and know that they are to be present as the subject in any given situation, for three and a half hours every Saturday, that cocoon, I think they could play better and be better teams.

Molly Fletcher: Well, and I think too, if they stay focused, [00:18:30] it's not about you, right? It's about your team, it's about your guys, it's about those 11 other guys, those 12 other guys, it's about whatever it is, those 24 other guys, that's what it's about. And I think if they keep that at the center and stay humble in those moments, then they finish the play the way they should, based on the preparation that they had?

Matthew McConau...: Yeah, I mean, look but media feeds us this.

Molly Fletcher: Totally.

Matthew McConau...: That player running that kickoff back at the 35 yard line, is already considering in today's [00:19:00] athletes mine, " Yo, I might be on SportsCenter tonight. If I just run in across the goal, line, and score, it's worth the same amount, but I might just be on the Longhorn network. But if I start to start, or do something on the team, and go in and have some style points to it, I might [inaudible 00:19:20] best plays."

And we reward that, even if they get the 15 yard penalty on the field, the world rewards that. And IG [00:19:30] feeds going up, Twitter accounts going up. "Oh, you got style. Check this out." And you were rewarded, and it's a real reward, because it's actually a horrible reward now, you can get paid for that-

Molly Fletcher: Yeah.

Matthew McConau...: That gave you the 15 yard penalty for unsportsmanlike conduct, because you weren't thinking about the team, so it's a very hard art to balance.

Molly Fletcher: What would you tell a young kid, a young 18, 20 year old kid, that is feeling that way, what would you tell them, or a young actor, right?

Matthew McConau...: Well [00:20:00] young actors it's this, it's like, I always say, "Don't play attitude." I mean, we're not playing attitude here. Trust me, I've got blessed early on with it, I'm trying to maintain a long view. And what I mean by that is, look, I'm 50, I know, my life's impermanent, I know one day I'm going to die, well, when you're there [inaudible 00:20:20]-

Molly Fletcher: Right.

Matthew McConau...: What do you mean, I will always feel this good, and have this-

Molly Fletcher: And they think they're going to play forever too, by the way, right? [00:20:30] It's like, dude, it will end.

Matthew McConau...: And I'm going to have all the victory.

Molly Fletcher: Totally.

Matthew McConau...: I think if the player or even an actor, if you say, "Look, trust me the attitude, or the momentary applause." It's like this, it's like the person at the party that you're huddled around, and tells the great joke on somebody else at the party behind their back. You laugh, he won the moment, or she won the moment, great gossip, "Oh my god, that was such a great joke." But [00:21:00] when you walk away, you lose respect for them.

Molly Fletcher: Mm-hmm (affirmative), 100%.

Matthew McConau...: Because [inaudible 00:21:04] talking about me that way [inaudible 00:21:08], you know what I mean?

Molly Fletcher: Totally.

Matthew McConau...: But you lose the respect, now the long view, the long story is understanding that it's every action we taking right now is building the compound assets of our future, of how we are seen and how we are viewed, how we are respected, [00:21:30] how would not respected, how we're trusted, how we're not trusted, and also what we think of ourselves. It's hard to instill the confidence in the young people sometimes, but look, you got to think the longer view here, who are to take [inaudible 00:21:43] who you are, and how you do it.

And if the goal is to play this game, you said it earlier, we talked about the subjects right there for three and a half hours, what is the best for you and your team? If that can be paramount, well, then you're going to get on SportsCenter, because you win the national championship [00:22:00] as a team.

Molly Fletcher: Sure, yeah,

Matthew McConau...: Now you're all making it, and you can get that play, and do it in a classy way, and you'll still get the long version, you're not going to get the fad, don't be a fad. Don't be a hobby, be a career, don't rent yourself, own yourself.

Molly Fletcher: I used to always say to first round guys that would come up, and sit down, and they projected first round guy, I mean, coming out of high school, stud, best kid in the town, whatever, and they're so pumped, they're going to sign for seven, eight digit number, whatever it [00:22:30] is. And I you say, "Dude, look, we're going to celebrate when you're in the all star game."

Matthew McConau...: Right.

Molly Fletcher: Right. Not right now, we haven't done anything yet.

Matthew McConau...: Right.

Molly Fletcher: You haven't done anything yet. I mean, this is an awesome platform, and an amazing opportunity, but let's celebrate at the all star game.

Matthew McConau...: Yeah. And to always let the reach exceed the grasp, always be thinking about that long money. Not just in careers, in our bank accounts, but what are our choices, and who are the human beings that we are.

I say think long money [inaudible 00:23:02] [00:23:00] Greenlight is about, is going what are the choices and actions we can take today, that we're going to look forward to looking back tomorrow, that our life is going to have compound assets moving forward in our relationships, and those pay off but it takes some patience with self, and it takes failing for the right reason. And it's again, I'd rather be a good man than a nice guy.

Molly Fletcher: Yeah. How have you with your success, knowing what to say yes to, and what to say no to?

Matthew McConau...: [00:23:30] Well, let me tell you a little time in my life, where I became really successful and got famous over one weekend, it was A Time to Kill, the Friday before... So the film opens, whatever, 6 P.M Friday night. Well, that Friday afternoon, I'm walking the Third Street promenade in Santa Monica, 400 people on the promenade, 396 mind their own business, four of them staring at me, few girls thought I was cute, and one of the dudes liked my shoes.

Weekend, Time to Kill opens up very well, that Monday, two days later, [00:24:00] I go down the same street, promenade, 400 people on the promenade, now inverted 396 people staring at me, four people not, and one of them was blind, all right? So [inaudible 00:24:10] the world inverted. At the same token, that Friday before there was 100 scripts, I was like, "I'll do anything to do any of these." And there were, "No you can't." And one, yes.

Cut to the Monday after, those 100 scripts, 99 yes's, whichever one you want to do, one no, all of a sudden I'm like, wait a minute, two days ago, I would have done [00:24:30] anything-

Molly Fletcher: Right.

Matthew McConau...: All these? Whoa, there's only 24 hours in a day, I can't do all of them, but you're telling me I can, how do I get some [inaudible 00:24:41]? I write about this in the book, when you don't know sometimes who we are, what we want to do, that's okay, don't chase after that, actually, make it a little easier on yourself.

Start eliminating who you're not, let's pick up the no's, because the no's what I'm [00:25:00] saying I'm not, and I don't want to do can be much easier sometimes, especially in the beginning before we get to yes, I know what it is I want to do, and how I want to do it.

So eliminate the no's, whether it's who we are in life, or the projects we want to do, the things that we go, "You know what, that doesn't really feed me, that's not going to be a long term thing that I engage in that will feed, in turn help me be more of me, and help me have success.

Eliminate what you're not and what you don't want to do, and by sheer mathematics, you will end up [00:25:30] with more things that are true to you, that you should say yes to, in front of you, because you got rid of a lot of [inaudible 00:25:37]. And that can be people in our lives, that could be places we go, that can be how we greet people, what our work habits are, all kinds of things.

Molly Fletcher: Mm-hmm (affirmative), where we put our energy.

Matthew McConau...: Yeah.

Molly Fletcher: So overnight, this happens, right? But I love how you've talked about rom-coms, and how you were like, "Wait a minute, I'm done with rom-coms." And then these opportunities keep hitting, and they come, and they're coming [00:26:00] back. 10 million, 12 million, 15 million, and you're going dude, [inaudible 00:26:03], maybe I need to think about this. And then you still said no.

Matthew McConau...: I'll tell you this, it is a great story. Because it was at a time where I'd made very successful romantic comedies, I was the go to rom-com guy, and I loved doing them. They were fun, I was enjoying, they paid me well, etc. But they got to where I would get the rom-com tonight, and I felt like I could do it tomorrow morning. And that was fine too, but I was wanting something that was going to [00:26:30] make me sweat in my boots a little bit more, I wanted [inaudible 00:26:32], more resistance, more challenge.

So I said, well, the movies I want to do this dramatic fair, no one's offered me that at all, they're not letting me do any of those. So I said, "If I can't do what I want to do, I'm going to stop doing what I've been doing." So I said no to the rom-coms. Called agent, called my business manager, made sure I'd invested my money fine, [inaudible 00:26:53] a tear on my wife shoulder, what the hell am I doing? I got to do it, I think there's a light at the end of this tunnel.

I [00:27:00] don't know when that'll come, which is a big scary thing, because I said now I'm not going to work, I'm not going to do the one thing I'm getting offered in Hollywood to do. How long am I going to go without that work? Well, for the first six months, nothing came in but romantic comedies. Nope, nope, nope. I'd read them and just say, no. This one came in at $5 million, I said, no.

They came back with the same script, $8 million offer, I went? Nope. They came back with the same script with a $12 million offer, I went, no, thank you, they came back with a $14. [00:27:30] 5 million, I said, let me read that script again.

Molly Fletcher: Bring that back.

Matthew McConau...: It was better than that script, was it five million dollars?

Molly Fletcher: I bet it was, man, I bet.

Matthew McConau...: It was more dramatic, it had better angles, it was the exact same words, but at 14 five, a script read better, it was a better script. Anyway, I swallowed my gut, and I said, "No." Now that sent a glaring signal I believe [00:28:00] to Hollywood, "McConaughey is not bluffing us about no rom-coms." "Okay, he's turning down 14 five, he means it."

So then what happened the next 14 months? Nothing comes in. I call my agent every week, "What do we got?" "Nothing buddy, I'm telling you, nobody's mentioned your name. Not one phone call comes in for you, nothing." I labored over possible career changes at that time, because I had made up my mind, I was not going to go back [00:28:30] and do more rom-coms at that time.

And then all of a sudden after 20 months of nothing, after being down in Texas and not in Hollywood, after not being seen shirtless on the beach, after not being in your theater, or your living room in a rom-com, after being kind of forgotten, "Where the hell's McConaughey?" [inaudible 00:28:49] novel good idea for Lincoln Lawyer, Killer Joe, Mudd, True Detective, Magic Mike, all those things, and even [00:29:00] Dallas Buyers Club.

So it was a time of unbranding, it was not a time of rebranding, it was actually a major process of elimination move, I eliminated this, "I'm not doing what I don't want to do, and I can't do what I do want to do." So it was a sort of a limbo period. I had taken a one way ticket to who knows if I'm going to go back to work?

But being gone, out of sight and out of mind, how you had expected and only gotten to know me before, I then became the new good idea, [00:29:30] and interesting casting choices, an interesting casting choice for those kinds of roles I wanted to do, that nobody would have done with me 20 months earlier.

Molly Fletcher: That was a hard space to sit in.

Matthew McConau...: Yes.

Molly Fletcher: Tell me about that space that you sat in, did you doubt yourself, did you struggle with-

Matthew McConau...: Oh yes.

Molly Fletcher: Yeah, okay.

Matthew McConau...: I had many doubts, but my mind was made up, I knew in making the choice that the choice was true for me and my soul. That did not mean it's going to be any easier, that just means that as much as I bent my back, I knew I was never going to break [00:30:00] it, but damn, it was hard. I mean, trust me, my family, my brothers were like, "What the hell is wrong with you? [inaudible 00:30:06] paralysis of analysis right now?"

Especially where we come from, very [inaudible 00:30:10] you get a job. There were times where the day's got long, look over there, a bottle might have a little drink a little earlier today. No, hang on, hang on, hang on. Here's what I had going for me, that helped me, sort of keep [00:30:30] my eye on the ball here. Camila and I had just had our first newborn son, Levi.

So I got a newborn, I talk about this in the book, a man's never more masculine than after his first born, and I don't mean macho, I mean, clarity of mind and spirit at the same time. I was falling in love with a woman who's now my wife, who I want to spend the rest of my life with.

So as much as I need work, and still do for my own self significance, which I do, and I [00:31:00] think, many of us need that. My mind would wander, I could look at Levi, I could look at my relationship with Camila and go, "If you spend time on that, you can't go wrong. You cannot spend too much time on that."

Molly Fletcher: Right, Amen.

Matthew McConau...: And so that's where I put a lot of my energy. Also, certain family crisis came along, and interrupted my life at that time, that needed me to be all hands on deck to help get through it. And as I'm sure you know, family crisis, a newborn, [00:31:30] the death of a loved one, those are three things that will sober anybody up. And I don't mean [inaudible 00:31:36], I just mean in perspective of life.

Molly Fletcher: Sure.

Matthew McConau...: Of like, "Oh, this thing I'm holding out for, this movie is not working, that's a distant number two right now, I got bigger fish to fry here." So that helped me find purpose in that time.

Molly Fletcher: Yeah. I've had the opportunity to sit down with more than 100 leaders from [00:32:00] all different backgrounds on this podcast, from CEOs, to entrepreneurs, to athletes, coaches, authors, you name it, so grateful. These conversations have challenged me, they've challenged me to think differently about leadership.

So I came up with seven mindset shifts that we can all make to reimagine our role as leaders, and to take it a step further, here's the thing. I also created a playbook of seven exercises to accompany each mindset [00:32:30] shift, download it for free at mollyfletcher.com/mindsetshifts Again, that's mollyfletcher.com/mindset shifts.

There's a part of the book, and I think in the book where you talk about losing your dad, and where you basically say, the less impressed and [00:33:00] more involve we become, the better we get. Talk to me about that?

Matthew McConau...: Yeah. So it's a lesson that came to me the middle of the night soon after my father passed away. And this was a one of the Greenlight assets that came out of the red light death of my father. My dad instilled a lot of great values in me, but while he was alive, I'm 22 years old, I'm not really committed to him, [00:33:30] partially because subconsciously I understand, he's got my back, if the shit really hits the fan, if I fall down, he'll catch me. All of a sudden, he's gone physically.

And I'm like, "Oh, safety net, no more, you better buck up here and start looking the world in the eye, and start activating and better man up on this situation yourself because you don't have that." And that's when less pressed, more involved came to me. What it was, was I noticed there were things, mortal things [00:34:00] on Earth, people, fame success, that I had a great reverence for, almost that I would feel anxiety about, "Wow, if I could only..." They lowered down to eye level, and I quit looking up at them.

Also, at the same time, the things that I noticed in my life, I was patronizing, condescending, sloughing off, looking down upon, "Oh, no, you're not worthy." Those things rose up to eye level, and I remember going, "The world is flat, I see further, I see wider, I see more clear, my head is high, [00:34:30] my heart is high, we are walking through this now with more courage and clarity, let's go on."

And that's when I started taking more risk around that time as well. So that's what the lesson press more involved is. If we're having a conversation right now, and I have such reverence for you, and not having reverence for more things, does not mean not having respect for them, but if I have so much reverence for you, and I'm like, [inaudible 00:34:56], I can't be involved in this conversation.

If [00:35:00] you had such reverence for me, you wouldn't be able to be involved in this conversation, you wouldn't be present, you'd be anticipating, maybe nervous, you're thinking about the next thing, you're impressed with the situation, and not involved in it. So I noticed it in relationships as well.

You see, one person in a relationship puts the other person on a pedestal, that person can't live up to that. And the reflection in that person's eyes, puts the other person on the pedestal. So obviously, you got a relationship with one, and you're expected me [00:35:30] to be Superman, and I'm expecting you to be Wonder Woman, neither one of us can live up to it.

Molly Fletcher: Right.

Matthew McConau...: So it's an impression, we're so impressed, and it's not fair actually, it's actually detrimental. Because where's all the humanity go? Where's the understanding go? Where's the compassion go? Where's the sense of humor go? Where's the forgiveness go? That's where we're involved in a relationship.

But boy, and I've done it, and I've had it done to me, where it's a way to do a great relationship that could work, because [inaudible 00:35:57] on such a pedestal. And then it's not fair [00:36:00] to them, because they can't live up to it. And it's not fair to us, because we're not involved with them, because we're so impressed.

Molly Fletcher: Boy that is really powerful, that is really cool. I mean, there are so many lines in your book, and I can encourage people who haven't picked it up yet to pick it up, I mean, it's truly a book you can't put down. The way you pull in the graphics, and the images, and the quotes, and the journaling, and your hand writing, you nailed it.

Matthew McConau...: Thank you. Because I wrote the book basically, 90% of the book is written [00:36:30] in my 52 days of solitary confinement, but the last year and a half of editing that, and then creating with the art direction of what's the readers interaction with the book, and that was the hope that, I don't know for you, but for me, if I get an extended amount of nothing but narrative pages that look exactly the same, I can go with it if it's written really well.

But I'm looking for something to throw me off my groove, I'm looking for a picture, or a note, or [00:37:00] a font, or something in bold print to help me give me a staple, or sort of a signifier of where I am in the story, or how the writer perceived that situation, which I do a lot in the book.

I'll put the narrative through either, hopefully give the reader another way to look back at what they just read, or give them a nursing energy to send them into where they're about to go. Really fun mixing those around, and placing those, hopefully in the coolest places.

Molly Fletcher: It's cool. [00:37:30] Do you journal now, and how do you approach it, do you just open it up and go and write?

Matthew McConau...: Now I do it on the phone, I got through notes. 70% of me writing on my phone is writing to myself, putting down the notes. Something that someone will say, a way I saw the world, something I'll even mount a prop, or perception that I'll go, "Oh, that could have more meaning and more places." I love finding an idea, or a one liner that I go, that could scale out across many different situations.

And [00:38:00] I want to take that and test that out in life, see what the world does, the revert back if I take that and try to apply it in my life, see what I get back, see what my response is. So I'm loaded with notes, and they are throughout the day, and then through the middle of the night.

And then if I can get the headline down, I'll write them down, I have to do this at dinner all the time, remind people, I'm not writing someone else that's not here at the table, trust me, I'll show you in a second. So I'll write it down, and then I'll go, "Hey Molly, did [00:38:30] you write that? If so, did you sign it? Can you read it at the table?" "I did just say that, yeah." Okay, write it down. So it's a continuing sort of thing and it's in my hip pocket really, that I'm writing stuff down.

Molly Fletcher: But what's so cool is you're always curious, and I think if you spend time with people, the people that I have found that are leaders, that are influencers, they're always curious, they're always trying to just, whether they're at the grocery store, whether they're talking to... I mean, it doesn't matter who... [00:39:00] To your point, it's at eye level, right? It's this curiosity.

Matthew McConau...: Yeah.

Molly Fletcher: Because it helps us grow, and then we can contribute more.

Matthew McConau...: And it's more fun.

Molly Fletcher: Totally.

Matthew McConau...: I mean-

Molly Fletcher: For sure.

Matthew McConau...: You've got kids, it's like, I'm bored. I'm like, great, go work yourself out of boredom. It's a good thing I promise. And then there's times where I get bored, or not curious, or complacent, choosing when I'm tired. And I'm going, you know what, you need some sleep, you need to press reset here. And I'm pretty good [00:39:30] at running on fumes too, I can-

Molly Fletcher: You're a gamer?

Matthew McConau...: But still, I have to remind myself, be kind, let's go to bed early night really catch up, because you're getting a little short circuited, your comments maybe have a little too much bite, maybe you ought to just be quiet in this meeting, because they blink and says, "Let's not open our mouth and prove we're a fool, let's keep our mouth shut and [inaudible 00:39:56]."

Molly Fletcher: That's good. So, one [00:40:00] of things you talk about in the book, is about how travel, and about how humanity have been your greatest educators, you don't really think about growth. Tell me more about that, how so?

Matthew McConau...: The common denominator of happiness, as far as I can tell, [inaudible 00:40:16] around the world is having something to look forward to, a reason to wake up in the morning, something to work towards, something to build, be an architecture and construction on today that we already started working on yesterday, and we're going to build [00:40:30] tomorrow.

That gives myself a sense of self significance, whether that's a child, whether that's a career, whatever that interest may be, something to build, something to look forward to. And I'm guilty of this too, but I think our value system, what we deem excellent, what we give people respect for, what we pat people on the back, and say you won the prize for is a bit out of order these days.

Basically, what's [00:41:00] the top two as far as I could tell money and fame, you got those? You did it? Well, both of those have their mirage qualities. I've met people with... Billionaires who are very unhappy people.

Molly Fletcher: Yeah, I know, me too.

Matthew McConau...: I've met billionaires, somebody who's had a very happy people, but I've met some that are not, money was not the answer. I've met people that are famous, that are not happy people. And fame is a mirage in itself anyway, [inaudible 00:41:26], fame is sort of an affair.

Molly Fletcher: [00:41:30] That's an interesting way to put it, yeah.

Matthew McConau...: Yeah, it's in some ways, since 1996, and A Time to Kill, I'm famous and that check has been cashed, but my sense of what I'm relevant for is a variable. So I like to ask this question to all of us, we all want relevance, cool. But let's ask ourselves first, relevant for what? And that leans back into that, you want to [00:42:00] be relevant for something that on your deathbed, and afterwards, when your eulogy introduces you, it's going to be sustained, eternal relevance, or something that maybe you should have been embarrassed about, but even though society awarded you for?

Again, it's back to that long money, short money thing. Look, and I say this through the book, I don't make straight A's in all these things. I'm still learning, still curious, I'm making [00:42:30] C's in some of them, I've failed at many, I'm in process, dude like I think all of us are. But I have crossed a lot of truths I'm going, "I don't care if you pull them off or not Matthew, know this to be true."

So I think we just got to realign a little bit, I hopefully we realign our value system, answer that question, weekly of what is it that I value? Our answers will change. A single person whose values will change after they have children, [00:43:00] that's okay, they will change after the children are out of the house. But to ask ourselves, what is it I really value?

And then also, if we can, what are those green lights that are solar powered? Not the [inaudible 00:43:13] into little batteries that are going to go out real soon? What are the ones that are going to go on, when we're on our deathbed and after we're gone? Boom, we can plug into those, that's the honey.

Molly Fletcher: That's, yeah. What do you want your tombstone to say, what do you want people to say about you at your eulogy?

Matthew McConau...: [00:43:30] He revered fatherhood, that is one thing I still do, revere, I think its the greatest job in the world, and [inaudible 00:43:36] responsibility. And my children, all of our children are our solar powered green lights, that's the real shadow with it, that's not a shadow at all. That's when we become immortal after we've had children. Also, I would say that he was at home in the world, and if God likes to try, [00:44:00] then he likes McConaughey, because McConaughey tried.

Molly Fletcher: That's right, I love that. So one of the things... You said that fatherhood is the only thing, and you just talked about this, the only thing you always do you wanted. In fact, you look at your 10 goals in life, and I love how you talk about your 10 goals in life, journal entry from 1992 that you include at the end of the book, number one is actually become a father, and you just talked about it. How has fatherhood, and marriage, [00:44:30] how has it changed you?

Matthew McConau...: I'm still adventurous, curious, playful, but if we can get fortunate enough to have things in our life that are non-negotiable, most everything in our life's negotiable. You didn't have it, figured something else out, let's talk about it, it's a want, it's not a need. Fatherhood, that's non negotiable, my family's non-negotiable. [00:45:00] My wife Camila and I's relationship, that's non-negotiable.

Different than relationships I've had before, where, if we fell down before, before I met Camilla, maybe weren't going to get up, maybe that was a sign of, "Oh, this is not going to work, and it usually was." With her our relationship is like, "We're going to fall down, but this is the relationship where you can get back up, okay." Yeah, we're-

Molly Fletcher: Keep it cool.

Matthew McConau...: Going to fall down again, we'll get back up. [00:45:30] So to have things that are non-negotiable freed me up to be better at the ones that aren't negotiable. Like my career, or my art, at what I do, I've become a better actor, since I've had family. Because acting went into the number two position in my life.

Molly Fletcher: Tell me how that made you better, is it perspective-

Matthew McConau...: Well, it's a bit freeing. Now it only it's only more freeing though, if you've already got a good work ethic, meaning [00:46:00] for some people listening, you may go, "Wait, if it was Talksport." So let's go back to football. "If that's my number two priority on the field that day, well then it doesn't mean as much to me, and I'm not going to do it as well."

[inaudible 00:46:13], that's your number one priority at the time, and you're actually able, if your family, or your faith or whatever are paramount, you will actually be able to better focus on your priority there. Because those things, those non-negotiable things, they kind of have your back, they're going to be there, you've built those, they're not [00:46:30] going anywhere, win or lose.

So I'm going to actually play as more of a winner today, because I got that. It doesn't mean I'm going to get more lackadaisical, or not, study my game plan or play a better game, because it's number two, is actually there's power, it gives humility as well. There's actual empowerment in having things that are negotiable, we can be much better at.

I have been better at them since I've had family, since [00:47:00] I can come home from my work, and my kids pop my proverbial bubble of the world I'm in, and ask me [inaudible 00:47:06] questions, and I've got to be dad, and have some fun, instead out of [inaudible 00:47:11] that.

But I've learned to trust that, I've understood that, now the next day, when I go into work, I can focus more on my work, because my wife lets me know without saying it, we got your back, don't even look over your shoulder. You go give 100, go hit this one out of the park day by day, [00:47:30] and know, we got your back.

Now, if I'm not secure with that, I'm having trouble being completely focused on my task at my job, or on my proverbial playing field, am I going to have to get out here today, am I going to go handle a lot of more daddy duties? Am I going into the debit section of my relationship, because I'm [inaudible 00:47:49] so much?

But thankfully, I've got a relationship with my wife and family. It's like, "No, go, go, and don't turn around. Know we're here, we got your back." So I'm able to focus on my [00:48:00] proverbial playing field more so because I have that.

Molly Fletcher: Well, and I would imagine too Matthew, when you're in the moment with your family, you're pouring it in, you're giving them all you got, right? You're pouring into them so that you can... You've created that platform by which you can step into those other roles, and give those all you got, and they want you to, because you've poured into them when you can.

Matthew McConau...: Yes. And there's a bit of a coming off the day [inaudible 00:48:26] as the father and the husband as well, and that transition [00:48:30] I don't have it down, it's not like a walk in the door, I'm like, "Yup, okay, now-" I have to come off the [inaudible 00:48:35] little bit, and hang on before we were playing Bronco Bailey, [inaudible 00:48:40], let me take shower and shake the day off [inaudible 00:48:46].

But yeah, because I'm secure in those. And look, I'll tell you this is a great story. I win best Actor for [inaudible 00:48:53], I win the Oscar. My kids asked me, "What did you get the trophy for?" And I remember, right [00:49:00] when they asked that question, a light went off, like, "Oh, this is a great teaching moment."

I said, "Do you remember a year and a half ago, you'd get up in the morning at seven pop pop was already gone to work. And he'd come home, and you said he looked like a giraffe because he was so skinny. And we'd sit there, have dinner, and pop pop would have a drink, put you to bed, then you'd stay up and study for a while, and wake up next morning. He was gone again. I go, you remember that?"

Yeah, I go, "Well, what pop pop I was doing when you didn't see him, he was doing some work that a year and a half later, his peers [00:49:30] gave him a trophy for, and said, "We deem your work the most excellent." And it made them click them into this idea, that I think is very important for all of us, delayed gratification.

For the first time they went, "Oh." They got a sense of time. "Oh, you can do something today and get a trophy for it tomorrow?" That's the long view again, of what kind of conversation, and it does allow you to focus more, and be present in what you're doing. Just understanding that, again, what we do, we're compounding [00:50:00] assets into our future.

And my kids, they got it, they were like, "Oh, so how I am, and what I do today adds up to rewards maybe tomorrow, or consequences the other way. If I don't handle my stuff today, it could be detrimental consequences later on." And it was great, I solarized capture time for the first time.

Molly Fletcher: That's cool, that was a teachable moment for sure. You know with your 10 goals, you wrote them in 1992, when you look back at those, are there any that you would change, [00:50:30] or they still hold? pretty true?

Matthew McConau...: They hold very true to me still. Now I will say this, I found that diary entry that I wrote in '92, and looked at it, and in some form or fashion, I've accomplished all 10 of those, some of them very specific, that I'm like.

So I was like, holy what? Because I was like, you pulled all these off, but consciously you never looked at that [00:51:00] note of 10 goals ever again after you wrote it. I never looked at that, I wrote in my diary and forgot about it. But I didn't forget about it, did I?

Molly Fletcher: Wow, no-

Matthew McConau...: Because I did it.

Molly Fletcher: Yeah.

Matthew McConau...: So subconsciously, they must have been good goals and true to me, because I pulled them off. But consciously, I never looked back at that, and said, "Hey, how are we doing on this? How have we achieved this? How are we doing on the way to achieving this?" I never looked back, [00:51:30] until I found them going through my diaries for writing the book.

Molly Fletcher: So how long was the gap between when you wrote them and when you look back?

Matthew McConau...: Well, I just found them eight months ago.

Molly Fletcher: Wow, that's unbelievable.

Matthew McConau...: So 2020, I wrote them in '92, 28 years later, I find this note to self, 10 goals that actually for the most part achieved. [inaudible 00:51:52], "Whoa, okay, thank you."

Molly Fletcher: Yeah. Thank you God. Yeah. So you strike [00:52:00] me as a guy that takes inventory? What have you learned about yourself in 2020?

Matthew McConau...: First of all that, when there's a crisis, it became very clear to me with all the things I got going on in my life, take care of the family. Get mom who's 88, get her here, don't take a chance, you have the means Matthew to seclude yourself, and be as healthy and keep the family safe as possible.

And weekly, [00:52:30] daily, we are trying to ride this wave of, "Well, when did we reengage it, to what extent?" And at the end of it, I end up going, "We really don't know, so just stay the course, you've worked hard to be able to keep your pantry full. Now I understand a lot of people don't even have that, you don't have to work today to pay your rent tomorrow night, be thankful for that, but stay the course, and make the most [00:53:00] safest choice you can for your family."

That's pretty easy and clear, even though I'm measuring it day to day, so far into that back at that same result. I've learned that now in America, and maybe the world, the private sector, the end of all the way down to the individual, has more power than ever. We have leadership that we have great distrust in, we don't know what to believe in literally, where to get what we believe.

Oh the truth, it's actual, [00:53:30] wow, that's a novel thought. Please give me some truth, can you just give me a consensus? Dr. Fauci, [inaudible 00:53:37], it's five bullet points.

Molly Fletcher: But it's the truth, [inaudible 00:53:48].

Matthew McConau...: I've learned that a lot of it, as much as it is about team, the collective, we really don't do anything unless it's personal. Meaning we can [00:54:00] intellectually say, yeah, we should do all this for the world, or even in wars, yeah, we should go off and battle that, but until it starts to, and we feel like it trespasses on us, or it's going to affect one of those non negotiable things that we have in our life, like family, [inaudible 00:54:13] we really only take action.

So I don't know how to make a systemic change to hopefully help people, and our civilization evolve. But I do believe that [inaudible 00:54:23] starts with making a personal change. I do honestly believe that each one of us, it takes us looking in the mirror going, how can I be a little bit [00:54:30] better today? And if enough of us do that, and we can align and agree on the values we can all agree on, which are bipartisan non denomination, that becomes a collective.

That can become a good epidemic, a value epidemic, where I'm taking more personal responsibility, and you are too, and I'm taking more personal accountability, and you are too, and we both realize, that that's how we get to true freedom, for ourselves and for others. [00:55:00] So, to me I've just noticed that, hey, times where I thought maybe trying to keep my pulse on where the world is, can I put out a message that could help somebody out?

Well, I thought some of the stuff I was saying maybe obvious, I've had plenty of people go, "Thank you, I'd never heard that before." I'm like, "What?" So [inaudible 00:55:20] we're all going to, when I talk about find our frequency, we don't have one radio tower that we can all tune into as [00:55:30] Americans or in the world, we don't have that until we go, "All right, we've got difference in opinions, but this one station, we can all tune into." Right? [inaudible 00:55:40].

So we've broken social contracts with each other, which then leads to breaking social contracts with ourselves, because it's like, well, if it's all about me, and this is the wild, wild west, hey, not everyone does their truest move, people become tyrants in that situation. But I think we're learning right now, and I'm learning how, [00:56:00] yes, the individual has more power than ever before, but at the same time, inversely, we are more reliant on each other than ever before.

And those two contradictory idea, if you really break it down, there is a place that I'm searching for where the most selfish act is the most selfless act, most selfless act is the most selfish act. The best decision for me, is the best decision for we, the best decision for we, happens to be the best decision [00:56:30] for me, that's the place that I'm chasing, that I think we can all get to.

Molly Fletcher: Well, and technology plays such a significant role in this. I mean, you know what I mean?

Matthew McConau...: Yeah.

Molly Fletcher: Because I think it's feeding this, and you talked about it earlier, I think we have a lack of failure tolerance in our world right now.

Matthew McConau...: Right.

Molly Fletcher: And sort of the desire to take risks and fail, that's how we grow.

Matthew McConau...: And it's understandable why we have-

Molly Fletcher: Oh, absolutely.

Matthew McConau...: [inaudible 00:56:55] right now.

Molly Fletcher: Totally.

Matthew McConau...: You said what? You failed? Watch this, boom, delete.

Molly Fletcher: Yeah, exactly.

Matthew McConau...: [00:57:00] Not only do I laugh at your failure to make me feel better, which is short money, everybody remember that? That's short money. Not only do I laugh at your failure to give me an immediate gratification, like that guy telling the joke at the party, but I also illegitimize you, make you persona non grata, wipe you off the face of the earth, that's not a way forward.

I say this to [00:57:30] young youngsters all the time, and those of us that are also online with comments, remember, those comments that you put on there they're going to outlive you, they'll be around when you're gone.

Molly Fletcher: That's right.

Matthew McConau...: [inaudible 00:57:43] think about it, and understand that putting someone down, got you, now you're done, it's not forgiveness. And I think there's an actress who said this months ago, like who do these people think they are, God? She was like, "You are [00:58:00] not God." And I was like, that's a great way to put it, it's a great way to put it.

And so people there's a lot of fear to fail, and hopefully when we get to a place where we understand, now's a good time for some amnesty, obviously empathy, but some [inaudible 00:58:17], you know what, I tried, my intent was this, but I understand how it didn't translate that, my bad, I didn't think about how it would land.

It's like, look at the emails, look at texts now, [00:58:30] good thing we got the emoji to let know how [inaudible 00:58:34], or else, I'm in trouble. If I wouldn't put the emoji, now I'm in trouble. I was laughing [inaudible 00:58:41], I forgot you couldn't hear me laughing when I said as a joke, you know?

Molly Fletcher: Its scary, man. Oh, dude, I hear you. Hey, you probably have never heard this before, but I could stay on the phone here with you forever.

Matthew McConau...: This is fun.

Molly Fletcher: But we've got other things to do. So I'm going to hit you with rapid fire, all right?

Matthew McConau...: Okay, lets do it.

Molly Fletcher: So you just tell me what comes up. [00:59:00] Are you a morning person or a night owl?

Matthew McConau...: Night owl.

Molly Fletcher: But you get up at four you said earlier, so I'm trying to get my head around that.

Matthew McConau...: I still prefer sunsets over sunrise, I like [inaudible 00:59:10] after dark.

Molly Fletcher: All right. Introvert or extrovert?

Matthew McConau...: Oh, I used to be such an extrovert, and now with COVID and with the writing of a book, I've become much more of an introvert, so both.

Molly Fletcher: Okay. What's the most memorable sporting event you've ever gone [00:59:30] to?

Matthew McConau...: 2005 National Championship, UFC Texas beats USC Trojans-

Molly Fletcher: I'm shocked man.

Matthew McConau...: USC fans still come up to me saying, "Yeah, but he had grease on his legs." I say, "How would you know, you got to touch him, to slide off of him, nobody touched him."

Molly Fletcher: Oh, I like that. What's the biggest misconception about you?

Matthew McConau...: That I'm not as intentional as I am, that I wake up in the morning, and then go, "Hey, what's up? What's my lines? What I do now?"

Molly Fletcher: Wow, yeah. Well, anybody [01:00:00] that reads your book would realize that is no way.

Matthew McConau...: Yeah, no.

Molly Fletcher: Yeah. I mean that isn't true. Someone that you want to work with that you haven't had the opportunity to work with yet?

Matthew McConau...: Shia LaBeouf.

Molly Fletcher: Okay. A book that's had the greatest impact on your life?

Matthew McConau...: [inaudible 01:00:23], it's a book that found me at a time, and it's so simple, [01:00:30] but that would be the one.

Molly Fletcher: I love that book, that's a great book. That's amazing from you that that's the book, that have made the greatest impact. I mean, I found that interesting [inaudible 01:00:40]. Last time you cried?

Matthew McConau...: Yesterday.

Molly Fletcher: Wow, you cry a lot, don't you? You talk about that.

Matthew McConau...: I try to get one good cry in a week, usually in church.

Molly Fletcher: Yeah.

Matthew McConau...: The one yesterday was I was talking to a group of 750 college students in this Leadership Council, and they [01:01:00] had put this video together of my foundation. And as always, it just reminded me and then it hit me. Them, how much they love the program, but then also inverted [inaudible 01:01:14] I got it, how good my life is, that my pantry is full, that I don't have [inaudible 01:01:20] to pay my rent tomorrow, but there are people out there that are unemployed, looking for a job. So it hit me.

Molly Fletcher: One thing you wish you knew earlier [01:01:30] in your career?

Matthew McConau...: In my career, the one thing I wish I knew earlier, get the joke, it ain't personal, it's business.

Molly Fletcher: What is success to you?

Matthew McConau...: Success to me, to have created built a life that will live on after I'm gone.

Molly Fletcher: Mm-hmm (affirmative). Solar green lights?

Matthew McConau...: Solar power dreams.

Molly Fletcher: Solar power green lights. So one last question. Who's a game [01:02:00] changer, a game changer that inspires you, and why?

Matthew McConau...: There's a few in this category, I've recently become friends with Marc Benioff, he's the CEO of Salesforce. He's really tapped into an example, one was what like what big corporation is, is that, and it goes back remember that was saying like, where's what's best for me, best for we? It's companies and seeing how you can really be a successful, with [01:02:30] the number one priority being to help others out.

And that was always used to be in my mind of something like, "Oh, well, no, that falls over in the charity, or philanthropy place." No, you can be for profit, doing something, and giving a tool to people that can help them be more themselves to succeed is a for profit idea.

Molly Fletcher: Yeah.

Matthew McConau...: But to see him... I've recently become friends with, see how he goes about and where his mind thinks about that almost naturally, Don Mackey, CEO of Whole Foods is another [01:03:00] guy. His initial intent was to, how do we have a nonprofit idea that's good for a lot of people, good food, be a profitable business? And so let's do it not exclusionary, and those are some game changes, where, "Hey, maybe Austin can become the big corp headquarters of the world.

Molly Fletcher: Yeah, yeah. Hey, you are awesome, thank you for doing that, this is super fun. I really appreciate you taking the time. Go Longhorns, baby.

Matthew McConau...: [inaudible 01:03:31].

Molly Fletcher: [inaudible 01:03:30] [01:03:30] baby, you be good, thanks so much Matthew, be safe.

Matthew McConau...: All right, you too.

Molly Fletcher: What an absolutely cool and incredibly humble guy, a huge thanks to Matthew for coming on the show today. Here are three of my favorite takeaways from our conversation. Number one, I love this, don't have asset. When Matthew decided to forego law school for film [01:04:00] school, his dad gave him his blessing in three words, don't have asset. It's that work ethic and preparation that Matthew has never strayed from. Keep showing up, stay in the game.

Number two, be less impressed and more involved, I really love the way Matthew talks about this. In his words, he said, "The sooner we become less impressed with our life, our accomplishments, our career, our relationships, the prospects [01:04:30] in front of us, the sooner we become less impressed, and more involved with these things, the sooner we get better at them."

Number three, catch more green lights. And realize by the way that the yellows and the reds, they eventually turn green too. What are the choices and actions we can take today, so that we can look forward to looking backward tomorrow.

Thanks as always for listening [01:05:00] to Game Changers with Molly Fletcher. If you like the show, be sure to subscribe on Apple Podcasts, there you can listen to previous episodes, and leave us a review, which helps other people find out about the show. For more about me visit mollyfletcher.com Until next time, stay curious, and be bold.