

Themes throughout episodes:

- Be fierce
- Be courageous
- Be you: To thine own self be true
- The stories of others will help you to reflect on what is right for you
- The stories of others will help give you direction on your path

Intro music**Opening**

Woody Allen once said 'Showing up is 80 percent of life.' Sometimes it's easier to hide home in bed. I've done both.

So, if 80 percent of life is getting out of bed and showing up, what do we do with the other 20% to live it to the fullest?

I'm your host, Bart Christoffersen, and that is what this show is all about. This is, The Other 20%.

Episode Overview

On today's episode we are going to be talking to _____ about _____.

Guest Interview**Guest background**

- PLACE HOLDER

Episode Theme

- **Growing up:**
 - I grew up in a very family oriented home and culture
 - Wanted to have my own family
 - Own a home
 - Have a back yard to run around in with kids
 - The way that I would achieve that was through education. Education was important
 - Always strived for good grades
 - Grades were tied to my ability to drive a family car
 - So as long as I did ok in school, I should be able to be a good provider right?
- **My story:**
 - Knew I wanted to be a dad. Always looked up to my dad. He was a great example of working hard for your family.
 - Knew I wanted to support my family

- Only guidance was to get a college degree. Good start...
- Knew I wanted to help people
 - As a kid, I KNEW the only way to help people was to be a doctor
 - So when I hated chemistry, I decided business was good, because that was how I was going to support my family.
 - And I'd just have to deal with not being able to help people for work.
- Started my family young, so my decision making process was short, and I just kind of threw myself into work.
 - Very duty focused (not that this was a bad thing at all)
 - It was my duty to
 - Go to college
 - Have a family
 - Have kids
 - Succeed in work
 - I just didn't think through the HOW of that very well. I just dove in to make it happen.
- **10 years later:**
 - Up to this point I had just taken job after job at company after company because it helped me better 'provide'.
 - There was no path.
 - More responsibility
 - More money
 - Hadn't really considered what my passions were. I figured that there was no such thing as passion in work... unless you were a doctor and could brave 4 years of cursed Chemistry
 - When I got to a place where I was comfortable and achieving my goal of taking care of my family and being the man I thought I would strive the rest of my life to become, I had to take some time to reflect... Because there was a lot of life to live.
 - If I lived my career the next ten years like I had the previous ten, my bright flame would burn out.
 - 12 moves in 10 years
 - 7 companies
 - 8 positions
 - Bought and sold three homes
 - I needed to find a place where I could do more. Where I could build a path. Where I could do more than just hustle.
 - I wanted to FIND PASSION in work...
 - MBTI, Strengths Finder... What are my strengths? What are my weaknesses?
 - Started aligning those with jobs I knew were out there
 - Decided that business school was my best option to get on a path that I wanted

This Podcast

- **Transition my story to this podcast:**
 - Telling people's stories around why they show up in life and what they do to take it to the next level and really capitalize on the other 20%.
 - The show will also highlight transformational times in life. There is no end to frustration when you are at a time when you know something has to change, but you don't know what or how.

- I want to be the person that I wish I had had.
 - As many life perspectives as possible to allow you to FEEL what is right for you.
 - Give understanding, hope and courage while being fun and engaging with thought provoking ideas, questions and situations
- **This podcast is about:**
 - Telling people's stories around why they show up in life and what they do to take it to the next level and really capitalize on the other 20%.
 - The show will also highlight transformational times in life. There is no end to frustration when you are at a time when you know something has to change, but you don't know what or how.
 - I want to be the person that I wish I had had.
 - As many life perspectives as possible to allow you to FEEL what is right for you.
 - Give understanding, hope and courage while being fun and engaging with thought provoking ideas, questions and situations
- **The goal:**
 - If just one listener gains insight into themselves and can now live a more fulfilling life, then this has all been worth it.
- **How we'll go about accomplishing that goal:**
 - Help people find themselves and help others by telling stories
 - Getting out of the rat race and bringing it home to the individual
 - I want this podcast to connect to people and help them feel like someone has been in their shoes
 - More on a tactical level
 - Tell you about grad school - Grad school just happens to be a very transformative time in a person's life, especially an MBA. So B School has become the catalyst or the incubator for how to bring these ideas to life.
 - Interview students, faculty, staff, business people to hear their take on
 - Schooling/education
 - What took them to where they're at

The Other 20% - questions for every episode

- Showing up isn't always easy, as Woody Allen alluded to. But, for you, after you have shown up, what have you found to be your 'Other 20%'?
- How do you make your 'Other 20%' part of your daily life?

Summary and Call to Action

Outro music