

**MASTERS by Winn Claybaugh, December 2021**  
**Tim Storey**  
**"The Miracle Mentality"**



**Tim Storey** is an acclaimed author, speaker, and life coach, known for inspiring and motivating people of all walks of life. Interviewed by **Winn Claybaugh**, Tim discusses his new book, *The Miracle Mentality*. In this raw and transparent conversation, Tim and Winn share their very personal stories and struggles, including the madness of the pandemic, and they discuss how a "miracle mindset" can alter the trajectory of any life interruption. As Tim says, "The antidote to the mundane, messy, and madness is the magical."

Winn: Hey everybody, Winn Claybaugh here and, oh my gosh, I'm a little bit emotional for a couple of reasons. First of all, because I love this man that I'm sitting with and second of all, the fact that we're sitting with each other, the fact that we are face to face. We're not doing this via Zoom. We actually get to be with each other. We've done what we need to do. We've taken the steps and the precautions, as well as we put ourselves out there, which don't you think that that's important? There's just so many people living with so much fear nowadays and they're afraid to put themselves out there again, whereas they used to be comfortable. That was their daily routine and people have retreated. I'm already into this and I haven't even said who I'm sitting here with, so— because I know that the information, the drive that you're going to provide for our listeners, is going to be huge. It's going to be impactful. I'm sitting here with the amazing man, Tim Storey. You know, when you and I met, you—and I think I've repeated this over and over again—you and I met and you said to me, "You and I are going to be good friends."

Tim: Yes.

Winn: And you were exactly right and I count on you so much for many, many reasons. Your birthday was yesterday. Happy Birthday.

Tim: Thank you very much.

Winn: And that was my gratitude on your birthday. That was my message, like, Tim, yeah, you play this role for many people, for millions of people all over the planet but this is the role that you play in my world, which was just—

Tim: Which means so much. But I think that truly you reap what you sow; some people call it karma. And so, Winn, I see us as people that are similar, that we love people, we love the underdog. We love to pick people up. And we've

traveled around America together, we do projects together, and still one of my favorite photos that you said is one of your favorite photos, is the one of us sitting on the airport floor. [laughs]

Winn: Right. [laughs] In sweats.

Tim: Yes.

Winn: Waiting for our next flight.

Tim: Just dialoging—

Winn: Uh huh.

Tim: —about life. So, we are real family and I love you like a family member and it's a privilege to be side by side with you on certain projects we are doing and we'll even talk about some humanitarian things that we're doing together.

Winn: Yeah, thank you for doing this. And Tim is not a stranger to MASTERS. This is your third interview that we've done together over the past several years and I closely watched you during the pandemic. I closely watched you because I have a feeling that your world turned upside down as well and—

Tim: It did, yes.

Winn: —you had to figure out, *Okay, how am I going to navigate through this? How am I going to navigate through this for my elderly mother? How am I going to navigate through this personally, professionally.* So, it wasn't like you were spared everything that has gone on, as well as the added pressure of people that were watching you: *How's Tim going to handle this?*

Tim: Yeah, I think, no doubt about it. So, I think that many times in life we're just going and we have this momentum, this nice feeling, and then something that I call "life interruptions" hits you. A life interruption is a disturbance, it's an interference, it's like a knock on the door that you are not expecting. A life interruption. And a lot of you that are listening, you got life interruptions during the pandemic. And it could be something as bad as you got COVID or maybe you even know someone who died of COVID-related symptoms or died from that. So, you know, life interruptions come in a variety of ways. But as we are saying, Winn, a life interruption interrupts you. And so, for my profession, which is life-coaching people and speaking and writing books, I was about to release a book that I worked on for a long time and then all of a sudden 34 different things that were scheduled got canceled, and that is a lot. And that was pretty scary.

Winn: Right. I have to tell our listeners a bit more of who you are. First of all, you travel the world. And how I was introduced to you was like, "Oh this is the guy, when a celebrity is in trouble, this is the guy who comes in to help them clean up their life." Not to spin their bad press but you're in trouble. You're in trouble and how

are you going to reinvent yourself? How are you going to learn and grow from this experience? This might be a rock bottom for you, and for some of the celebrities that you have worked with it was a rock bottom and then you see who they are today. But, Tim, I loved watching you on Oprah's *Super Soul Sunday* that was seen by millions of people. You travel the globe. What was it I was reading here—that you have visited 75 countries, spoken to millions of people, but you also meet privately, one on one with individuals: powerhouses who then have huge followings and influence. You're the one that people come to. And at the same time, you're leading a Congregation Church in Southern California. Are you providing a message every Sunday to that audience?

Tim: Yes and the reason for that, that's the giveback. You know, I feel that, for me, that all of us have assignments that life gives us. Life gives us assignments. For Mother Teresa, she was a nun, she heard the cries of orphans and she decided to answer the cry. For Nelson Mandela, he saw things that should not have been done in his country of South Africa and, even after being incarcerated over 25 years, he decided to answer the cry. And just like you have done in helping so many students—because all the schools that I get to speak at, which I've now been to 38, so all the schools that I get to speak at and when I talk about our friendship, you know, you see the excitement and the energy that comes up because Winn Claybaugh has mentored so many people. I feel like I have an assignment and that is to help people get out of bad situations and dilemmas. And when life interruptions happen, that you do not have to sit in your setbacks, settle in your setback, or cement yourself in the setback. And so I've given about 30 years of my life to understand these concepts and it's a privilege to say that it's helped a lot of people.

Winn: Well, with the pandemic I heard somebody say it was almost like God sent the entire planet to their room. Everybody go to your room.

Tim: Yeah.

Winn: Take a time out. So, I'm just curious. So, again you're the guy who talks to Oprah.

Tim: Yes.

Winn: You're the guy who talks to these major, major influencers, if I can use that word.

Tim: Mm hm.

Winn: What kind of a setback was this for you? So, you had a career setback. Things were canceling on you. There goes your paycheck for who knows how long.

Tim: Yes.

Winn: But in other terms, as well. In terms of you're a physical guy: you like to be with each other. Okay, that was put on hold, that was canceled for a minute. And I

don't mind telling people that I'm one of the happiest people that I know but I still work at it, like hard, every single day. Not for a day can I feel like I can let my guard down and that happiness will come naturally that day.

Tim: I agree.

Winn: I never feel that way. But truthfully, I feel like if I was 90 percent happy, I think maybe it dropped down to 75 percent because it's been a struggle. So, what was it like for you?

Tim: So, I would say that the biggest difficulties of this pandemic—you hit it perfectly. I am a people person. I like to be around people. I really vibe off people's energy. I need this energy of life, the flow of life. So, when all of a sudden you're six feet away, you're now having to have a mask, you're now on these things called Zoom calls *[laughs]*. I didn't know that much about the computer before that. I knew just enough.

Winn: *[Laughs]* How many did you and I get disconnected in the middle of, like—

Tim: Exactly.

Winn: You know, "There's 10,000 people watching you, Winn." Click.

Tim: Exactly.

Winn: I'm like, "Wait, wait, I'm still here." I was gone, gone.

Tim: Winn, just so you know, once I was a 100,000 people *[laughs]*.

Winn: Oh gosh!

Tim: We had 100,000 watch, I was interviewing Winn, and all of a sudden he was missing *[laughs]*.

Winn: There went my Internet, at home, trying to make the most of it. Panic in the background. "What happened?"

Tim: So, the human connection, that was one. The other thing is that I was hearing so many problems. Where it used to be that I would hear a lot of problems every day but it really was like 10 X'd. I was hearing like so many problems of good people losing their businesses, or people in the restaurant business who were having to shut things down, or people who were having marital problems, or people who were having addiction problems and mental health. We even did a mental health summit on Clubhouse that—you've been very involved in that space. So, I think, number one, I couldn't connect with people. Number two, I was hearing more problems than ever. Number three, I got hit financially in a huge way. So, when you make a lot of money to go speak, even if you have a lot of money in the bank, that is still a lot of money you keep losing and it starts to

wear on you because you're thinking, *When does this end?* Does that make sense?

Winn: Mm hm.

Tim: So, I didn't know the expiration date of me losing so much money.

Winn: Right.

Time: And so that type of uncertainty brought in something new to me, Winn. It brought in a sense of fear that I was not used to. Like, *Holy shmoly!* Like, *Even they canceled or they canceled or the big one in London, England, of 7,000 people, they canceled?* Oh yeah, I mean, as you know, worldwide pandemic. So over 30 events canceled, as I said.

Winn: How does that show up for you? Does that mean you have sleepless nights? Does that mean that you—I don't know what Tim would do.

Tim: Great way of saying it.

Winn: You start binging on food? I don't know. How does that show up in your world?

Tim: Great way of saying it. I would say internalizing it, which was not healthy for me. Internalizing it, which I probably should have talked about it; probably called you, called a few other people that I consider really close friends and dialogued about it but I think I internalized it. And I think that by internalizing it, I was secretly having some depression that I was not used to. So, there was a new side of me that was emerging that was foreign. It was like a foreign agent for Tim Storey because I remember a few times I'd wake up in the morning and instead of, like, doing what I like to do, which I love Motown music. So a lot of times I wake up and I'll play Smokey Robinson or I'll play Stevie Wonder or I play the Supremes. I was waking up going, "Oh crap, I just don't feel good. How am I going to get myself to feel better because I have one hour before I have a Zoom call and I'm supposed to look like Tim Storey?" Difficult.

Winn: Right.

Tim: Difficult.

Winn: So, did it show up where you were short with people? You said the word *depression*. You—

Tim: I don't think many people realized it. I would say super-close friends were saying, "You don't seem like you're as funny as normal." [*laughs*]

Winn: [*Laughs*]

Tim: Okay? And I'm saying, "We're in a pandemic!"

Winn: *[Laughs]* Right.

Tim: You know, probably Kevin Hart's probably not being so funny right now, either.

Winn: Right.

Tim: Yeah so, but the closer friends would be like, "You seem like you're in a somber mood," and I saw it in that. So, I've never been a person who drinks too much or overeats or sex addiction but I do think that I did internalize things and that created problems within myself. And here's an interesting thing that me and you have never talked about: sleep. That was messing up my sleep because with all the things in my mind, Winn, I was probably sleeping maybe four hours a day, that's it. Yeah, I couldn't get into a deep place of sleep.

Winn: Wow! That would absolutely have an impact.

Tim: Yep, because we —

Winn: The amount of energy you put out?

Tim: Yeah, the energy—

Winn: You've gotta have that sleep.

Tim: You have to have it. Because I was still doing some conferences that weren't in person. But here's what's funny. So, it's like, "We were going to give you this amount but now we're going to give you one-eighth of the amount."

Winn: Right, right, right.

Tim: "Let's do it on Zoom." *[laughs]*

Winn: Really. Yeah.

Tim: So, still I was doing big conferences of two, three thousand people. I did one conference that had 80,000 people on some form of a Zoom call. And so I had to be up for that. So, that is a weird thing. Same thing for you, is that we are like a brand and people expect us to show up looking like that brand.

Winn: Not only expect us but required, desperately needed.

Tim: Mm hm.

Winn: And that's a lot of pressure.

Tim: Yeah.

Winn: Like, "Winn, my life has fallen apart in every way and you're my hope."

Tim: You know, there was only two times I was life-coaching somebody and it was a husband and wife, in one case. They do very well. They're from Atlanta. And the lady said, "Are you okay?" and I said, "Yeah!" She goes, "Are you sure?" and I go, "Yeah, why?" She goes, "You don't look like yourself." I go, "Well, that's honest of you." So, then I called Joseph, who you know, one of the guys who works with me. He's like the vice president of what I do, and I go, "Joseph, this is what this lady said but she wasn't saying it in a bad spirit. She's right." And he goes, "Tim, seriously, you know I don't like to like get in your business but you need to find a way to rest." So, what I did is, probably within two days, I immediately went to a hotel in Laguna Beach and hid there for like three days and just slept. You know, a lot of people can't do that.

Winn: Right.

Tim: So, but I did and it was amazing how good I started feeling after the second day—

Winn: Right.

Tim: —of just shutting down. Yeah.

Winn: Right. Isn't it funny that people will say, "No, there's something more. Sleep, that's an easy answer." Yeah, you just need more sleep. Like they're thinking that there's some secret that you're withholding.

Tim: Yeah.

Winn: "No, it wasn't sleep, Tim, that got you back on track, it was something else. Tell us what the something else was." And you're like, no it can—

Tim: No, it was sleep.

Winn: —be that simple.

Tim: One hundred percent, because again, guys like me and you, we're constantly reading books, we're listening and watching podcasts, we're studying documentaries because we talk about these things, but if you don't sleep, everything is going to go wrong.

Winn: Right.

Tim: And that was happening to me. I didn't have the energy to be Tim Storey. So, I went on that little thing in Laguna. So, I started doing something, Winn, where once a month for three days, okay, for a long period of time, I'd find a place to go all by myself.

Winn: Wow.

Tim: All by myself. I'd sleep, I'd read, I'd exercise, I'd eat right.

Winn: Right.

Tim: It was clearing my mind. It was healing me. I gotta use that word, it was healing me.

Winn: Wow.

Tim: Yeah.

Winn: So, you have this book, which I want to get into: *The Miracle Mentality*. Before we get into that, so, the book was ready to be released and then the pandemic. Did you go back and change part of the book, rewrite part of the book before you released it?

Tim: That's a great way of thinking and most hosts would not know to say something like that. The answer is yes, because I had written most of it pre-pandemic. Like, what is a pandemic? So, I had to shift the way I thought with my own miracle mentality. So I made the book, not just about, like, manifesting miracles. I thought, *I gotta start looking for miracles [laughs] that might even be here already*. So, Winn, it kind of went from manifesting to recognizing [laughs].

Winn: Wow.

Tim: Isn't that so good?

Winn: You create them.

Tim: Yes.

Winn: So, which I want to talk about that. How did your message change? And I know you're not just a scripted someone who delivers a message—

Tim: Right.

Winn: —and then you have zero credibility when you walk off the stage.

Tim: Yeah.

Winn: Who you are on stage is who you are off stage and so a typical line that a motivational speaker would use, including me, would be, "Everything happens for a reason." Everything happens for a reason. How did your message have to change, because you're dealing with people who are on top of the world? You're dealing with people who are getting by in life and it's one day to the next but they were making it and then all of a sudden, all of this changed.

Tim: Yes!!

Winn: So, how did your message have to change along those lines of everything happens for a reason?

Tim: Yeah, so I had to really follow my own teaching.

Winn: Don't you hate that, when you have to follow your own stuff?

Tim: Yes! *[Laughs]*

Winn: *[Laughs]* Or when somebody else uses—like my daughter, when she uses my own stuff on me.

Tim: Thank you!

Winn: It's like, "Dang it!" I know. "Okay, sorry."

Tim: So, I say this thing: that in life, we become many times human doings instead of human beings and we need to stop, look, and listen. So, in this case I had to stop, I had to look within, and then I had to listen to what my heart was saying. And I want to go beyond this "everything happens for a reason." I believe that life is not just black and white but it's very gray. And I feel that a person in my background—I have a doctorate in world religion. I mean, that's my background. So I'm a humanitarian, I'm a speaker. You know, it's so easy to say these little clichés, but listen, life is not just black, it's not just white, it's very gray and the gray area is why did that good person die? Why did these people lose their whole business that they worked at for 30 years? So, I had to really start to pay attention to the gray and see: can we still be okay in the midst of the gray? And my answer is somehow, some way, yes.

Winn: Wow.

Tim: Yeah. Somehow, some way, yes.

Winn: But getting there, I mean that didn't just happen overnight for you. You had your—

Tim: No, it was a battle. It was a battle.

Winn: A battle?

Tim: It was a battle. So, a battle is a conquest. It's a challenge—because you know I love synonyms. So, when you get into this battle, it can many times become painful. There's a lot of things you lose in a battle, and I feel that what happens in life is that you go from what I call the battleground, and then—a lot of you that are listening—you stop going to what I call the holy ground. The holy ground for you is your relationship with your family. That's part of your holy ground, okay?

Winn: Mm hm.

Tim: Your holy ground, for Winn Claybaugh, part of it is exercise. Part of it is your friendships. You have amazing friendships. And for those that do not know this about Winn, he's like one of the greatest texters in the history of texting [*laughs*]. And you've always texted a lot, as far as like you say your words and they come out. But's he's constantly encouraging all of us as friends, so, the thing is, is that if Winn Claybaugh just stayed on the battleground, which is business and all the things you are doing, putting out fires, and did not have your holy ground—

Winn: Mmm.

Tim: —which is a place of safety, silence, significance, you're in trouble. So, what I had to do is I started to realize, *Tim Storey, you are too much in the battleground. You need to come back into the holy ground.* And in that place of holy ground, which was a place of being still and being quiet, man, I've grown up. I feel like in the last two and a half years I have really grown up, emotionally, maturity of how I look at life, even being more sympathetic, empathetic. And you know, I was like that pretty much before but I think that there's a deeper level.

Winn: Thank goodness.

Tim: Yeah.

Winn: You know? Because otherwise we're going backwards if it doesn't become more profound. I'm always inspired by people who have gone through something physically.

Tim: Mm hm.

Winn: So, our good friend, Cedric King, who lost both of his legs. Or Alvin Law who was born without arms, or Kathy Buckley who is deaf. I remember doing an event where I had like five of my good friends all speaking on the stage and one was in a wheelchair and one—and they're looking at me like, what? And it was profound for me because, in my thinking, I don't think I would do well. I don't know how I could get through that, had I lost my legs. I don't know that I could be a better human being as Cedric talks about. He's a better person, he's a better dad, he's a better husband having gone through that. You know—

Tim: Exactly.

Winn: The Push Girls, who we know: four women in wheelchairs and I've asked every single one of them, "If you could go back and change the day where this accident happened to you, where your legs were blown off, or you were in that car accident, would you go back and change that day?" And they always say no.

Tim: Yeah.

Winn: And I'm thinking and I want to believe them and I do believe them but in the back of my head it's like, would that be my answer?

Tim: But you know, let's just go there for a second because we're so good with each other, we can go right back on track. But it is interesting that, Winn Claybaugh, you love to be around diversity in every way and it is interesting that a lot of the people that you flow with and that speak at our conferences and that are people that the world would see as handicapped in one way or another, but yet you and I don't treat people as someone's handicapped. We treat them as people, that we're all going through something. But let's go to, also, a Winn Claybaugh talk where you are so good at teaching about this idea of did it leave you bitter or did it leave you better? Did it leave you bitter or did it leave you better? You talk about putting it to the test: this is what just happened and is happening during the pandemic. So, I'm telling you, as Tim Storey the brand, life coach to the stars, I did get better but it was not easy. It was painful at times but I did get better.

Winn: To transition into this book, what is a miracle mentality? And then I'm going to ask you, because you said that you had to go on a search—

Tim: Yes. So, I think the word *miracle* many times is taken wrong because I think a lot of times people see it as like a religious kind of thing. The word *miracle* is interesting. It means extra ordinary. If we just stop there, who doesn't want to live an extra ordinary life? And so I talk a lot about, even when I speak to our students, that there's three levels of living: almost, which means not quite; most, which means somebody put a ceiling there for you; or utmost, which means life without a ceiling. So, to have a miracle mentality, to have an utmost life, means I need to think extra.

Winn: Right.

Tim: And I need to do extra. This is right up your alley because me and you are not just about thinking, we're about doing. So, the miracle mentality is about aligning and releasing the extra that's in you. Look what I said. Aligning. Alignment is you were extra when you were little. All of us were, okay? Your daughter is extra. She was dressing extra [*laughs*] years ago.

Winn: Right.

Tim: Right? Her sense of humor, her love for people, her compassion, is extra. So, what happens to many people is that they become 30, 40, 50, 60, 70, 80, 90, they start having that extra whittled away from them. So, the miracle mentality is to align yourself again with that extra side and that is then to cooperate and start doing that side of you again. And the reason the book is selling so well and doing so well is because all of us can identify with that. It's so easy to lose your extra.

Winn: Right. I think I was listening in—I listen in a lot. I don't know if you always know that I'm hanging out in some of your—

Tim: [*Laughs*]

Winn: —audiences and some of your rooms. I think—was it some guy in Clubhouse that bought like 20,000 copies of your book, right there on the spot, to be able to—

Tim: He bought 20,000. In one night of Clubhouse, we sold over 21,000 books, is what happened.

Winn: Wow.

Tim: In one night.

Winn: Right, because I think people are—one of my mentors used to say that having a nervous breakdown is very underestimated. The power of a nervous breakdown: that could be a spiritual awakening for somebody.

Tim: Yes.

Winn: And I think that's maybe collectively what has happened for a lot of people. It's this can be, if we choose for it to be. Like you said, you're on the hunt for it.

Tim: Yeah, no doubt about it.

Winn: A spiritual awakening based on, *This is hard. I'm struggling. I'm on a battleground. This is life changing.*

Tim: Okay, so let's go through this thing. Watch. So, in *The Miracle Mentality*, the book, I say that people many times live in these categories. You're going to have fun with this. Number one is the mundane. The mundane is the ordinary, the status quo; we're just going through the mundane. Now we all have to do mundane. We have to take out the trash, we may have to go to the store when we don't feel like it, we may have to go to CVS when we don't feel like it, we may have to go get gas when we don't feel like it. That's mundane. But a lot of people we know, their whole life is kind of mundane.

Winn: Right.

Tim: The second category is the messy. The messy is the undone and disheveled. That is not what Winn Claybaugh likes so, *[laughs]* just so you guys know. I have been with you in schools where you're picking up stuff off the floors.

Winn: Right, right.

Tim: Right?

Winn: Yes.

Tim: So, you have the mundane, you have the messy. But what we've faced in this pandemic is a third phase that life can get into and that's the madness.

Winn: Wow!

Tim: The madness is the chaos. So, you have the mundane. Hey, you thought your life was bad because you were mundane and you just, you know, you went through Netflix, the whole damn thing, now you have to [*laughs*] do it a second time.

Winn: [*Laughs*] I binge watched everything, right.

Tim: You got the mundane, then you got the messy, but Winn, a lot of people that I know went into the madness, right? And when you're in the messy and the madness, you're not thinking about the miracle mentality. You can't even find it.

Winn: Right.

Tim: So, we have to go find it again, search for it again, trigger it in ourselves again.

Winn: Are you saying that, for people listening to this, because I know you are all about taking actions.

Tim: Yes.

Winn: You're not just talking in—

Tim: No, no—

Winn: —theory here.

Tim: I'm about taking action.

Winn: So, are you saying that people have got to get out of this madness that they find themselves, whether they put themselves there or something or somebody else put them there, that they're not going to be able to discover the miracle mentality—

Tim: They will not—

Winn: —as long as they are living in it that madness?

Tim: They will not discover it because it is your mess and your madness have overshadowed the miraculous that it's somewhere lost in a pile of madness. For instance, it's like somebody who doesn't leave their keys in the same place.

Winn: [*Laughs*]

Tim: So, in my house, because I'm at a certain age that I have figured this out, that I don't want to be looking for my car keys at the last minute. So, I have a certain bowl that's a very nice one, kind of a designer one, to be honest, and in that bowl I have my keys. So, last minute I'm not saying, "Are they in the bathroom? Are

they in the refrigerator?” No, they’re in the bowl. So, a lot of people have been looking for their extra. Where’s my dreams? Where are the big things that life said that I would have? Okay, they’re there, but they’re covered in a bunch of madness. It’s good right?

Winn: Yeah.

Tim: So, I think that a lot of people’s miracle has been covered in this mess and in the madness. So, I have to unclutter their space so I can get them to see the miracles that are already here. It’s not the miracles that are coming; the miracles that are already here.

Winn: When you say *uncluttered*, do you feel like that can be a physical metaphor as well? Like if you physically unclutter your desk or physically unclutter—

Tim: Yes! Yes!

Winn: —your closet or your junk drawer in your kitchen, that that can just be a physical metaphor that’s a step towards—

Tim: One hundred percent. So, I’m going to give you steps because me and you are steps guys. So, number one, to unclutter your life and make room for miracles, number one you have to become awake. Okay? You have to become awake. You have to become conscious again. Secondly, you have to take inventory. I don’t think, Winn, most people take proper inventory of their life. They’re like, “I’m doing great. The guy across the street, he drinks more than I do.” So, I think that, number one—

Winn: Oh my gosh. I remember that when people are like, “I watch *Jerry Springer*.” I’m like, “Stop watching that!” “No, I watch it so that I can see how good *my* life is.”

Tim: [*Laughs*]

Winn: Like that’s the stupidest ruler I’ve ever — that’s how you gauge on whether or not you’re doing okay? “I’m not as bad as they are?”

Tim: Exactly.

Winn: Okay, sorry.

Tim: So, it’s good, though. So, number one we have to become awake. Secondly we have to take inventory, but real inventory, like what’s my mindset like, okay? How’s my body? Am I sleeping? How am I with my spouse? How am I with my significant other? How am I with my own mother? How am I with my family, my siblings? So, number one, awake. Secondly, take inventory. You’re going to love number three. Number three: you gotta partner with the right people.

Winn: Oh, my gosh.

Tim: This is where most people, Winn, mess up.

Winn: Right.

Tim: Listen, you cannot go to somebody that has a bigger mess than you and has moved into the madness, right? And you're trying to get them to help fix your life. So, you become awake, take inventory, partner with the right people. You tell us, Winn, why is partnering with the right people so important?

Winn: Because there are so many naysayers out there. See, that alone—

Tim: Yeah.

Winn: Just get rid of those nay-sayers.

Tim: Yes.

Winn: Like, my favorite line—and when I say this, and I didn't originate it, but when I say it to an audience, they're like, "Oh!" and they write it down: *People who have abandoned their dreams will try to steal yours.*

Tim: Wow!

Winn: I say that and people are like, "That's it, that's it!"

Tim: Mm hm.

Winn: They're not living their dreams and I'm allowing them to have chatter. They have a voice in my head. They have a voice in my heart. And so I think just getting rid of that is the first step.

Tim: That's powerful.

Winn: Because once they're gone, people think that—and I like sharing this as well and I learned this from great mentors—that your circle is supposed to get smaller and smaller. I know mine has.

Tim: Yes.

Winn: The older I get, and having a daughter and privacy, my circle is very, very small. But if it's medium size but filled with some of the wrong people, then I don't have the energy, I don't have the bandwidth, to listen to the right people. So.

Tim: I like this. So, let's take it there. So, I said you have to become awake, take inventory, partner with the right people. So, let me break down partnering with the right people. I think there's three levels of intimacy. And this is going to be quick but you're going to get it. Number one is the acquaintance, like, "Oh my gosh you're from Utah? I'm from Utah, let's hang out!"

Winn: Right.

Tim: Okay, that's the acquaintance, right? The second is the more intimate people in our lives. It's family members, it's colleagues, people who are in a closer space. You have the acquaintance, then you have the more intimate. Then the third—here's the key: I call it the green room. I've never had anybody say this before: the green room. So, let's pretend Winn Claybaugh, Tim Storey, and Oprah Winfrey are doing a conference, okay? So, they would take us into this area of the conference hall and they'd say, "Okay, we've got three green rooms. There's Oprah Winfrey's." It's gonna say *Oprah Winfrey*. "There's Winn Claybaugh's." It's going to say *Winn Claybaugh*. "There's Tim Storey's." It's going to say *Tim Storey*. Now, if they're good hosts, they would have called our people, emailed our people beforehand, "What does Winn want in his green room?"

Winn: Right.

Tim: Am I making sense so far? Right?

Winn: Yes, you are.

Tim: Okay, now. So he can put what he wants in that green room, within reason. He would like this or that or that and then they'll say, "You can bring who you would like in your green room."

Winn: Right.

Tim: So, the green room is the invited guests. Now, you are a fool if you put the wrong people in your green room before you're about to go speak to 5,000 people.

Winn: Because they screw up your energy.

Tim: They mess it all up.

Winn: Yeah.

Tim: Yes.

Winn: I've seen that. Like a good friend of mine, who's a very wealthy, successful man, I know him well enough to know that whoever talks in his ear before he goes on stage, that's what he will say on stage.

Tim: Amazing.

Winn: And sometimes it's like no, no, no that is not our message. So, I'm like guarding him. I'm like, "Don't," because everybody wants—

Tim: Oh yeah.

Winn: —his ear. And so, people try to sneak backstage so that they could talk to him and I'm like, "Get away from him because I—

Tim: Exactly.

Winn: —need him to go onto the stage with the right message." And another—oh my, this, the green room—

Tim: Green room.

Winn: —I'm going to steal that. You're not going to be able to use this. People will think you stole it from me.

Tim: I'm okay with that.

Winn: *[Laughs]*

Tim: Winn, we know this because, watch. So, the green room is the invited guests. So, the question to all of you listening right now: who is in your green room and what are they saying and how is that affecting you?

Winn: Mmm.

Tim: See, we used to put too many of the wrong people in our green room just because we felt sorry for everybody.

Winn: Right.

Tim: *[Laughs]*

Winn: Right, but you still you still have to deliver. You have to go out on that stage. And everybody has a stage that they have to go out on and perform and do their best and be their best, because people are counting on you.

Tim: Exactly.

Winn: You're a parent, people are counting on you.

Tim: Okay, you know, you are obviously close to Donny and Marie Osmond. One of the things that they have definitely learned throughout the years is be careful who's around you before you're going to hit that stage.

Winn: Right.

Tim: Smokey Robinson, I'm telling you, as great as a singer as he is, he's going to have maybe two, three people in that room before he goes up on stage for this very reason.

Winn: Even though he might have a huge family, even though he might have a lot of friends, a lot of fans.

Tim: I've watched it.

Winn: He's really—wow!

Tim: I've watched it as somebody who did not know any better, said, "Hey your cousin from so and so is here and wants to see you—" *[laughs]*

Winn: *[Laughs]*

Tim: "—before the show," and him say, "Uh, that can wait. I'll see her after."

Winn: Because I've gotta perform.

Tim: He's gotta perform. So, in life—

Winn: This is such a great analogy.

Tim: In life, we have to perform, okay? You have a child; you have to perform. You have all these companies; you have to perform. You have a relationship; you have to perform. I have a family; I have to perform. I cannot perform correctly if I have the wrong people in my inner circle, in my green room, in my invited guests section.

Winn: Wow! I don't know if you remember this, we were speaking at Caper so, it was like an audience of 3,000 people.

Tim: It's a lot of people.

Winn: We had a green room and somebody said, "Can I come into the green room?" and we said, "Yeah, okay."

Tim: Yeah.

Winn: He brought 20 people in with him. The end result was, all the food was gone, and when I came off the stage there was cigarette butts. None of us—

Tim: Wow!

Winn: None of us smoke.

Tim: No.

Winn: And not only do we not smoke but to bring that kind of—

Tim: Energy.

Winn: —energy into what was—

Tim: It's an energy.

Winn: —a space, it's not like, *Well, no, we have the best champagne in here, that's not why you're not allowed in here.* No, it's like we are focused: *Okay, what's my message, what's my message? I gotta get into the zone, get into that energy,* and then all of a sudden it was a big party back there.

Tim: Okay, you hit it perfectly. So, when somebody comes into the green room that does not have a similar energy—I'll say mindset, mood set; mindset, mood set, okay? What happens is that their mindset, mood set gets on you whether you like it or not. You may think it doesn't but, trust me, it does. So, I have learned, Winn, to protect my green room.

Winn: Wow.

Tim: I protect it. I'm nice about it because Smokey Robinson is one of the nicest guys I've ever met in my life and I'll tell you, but he said it this way, "I will talk to my relative after the concert."

Winn: Right.

Tim: Yeah, there's a time and a place after. So, in the middle of a pandemic, you better watch who's in your green room.

Winn: Right. Wow, this is so —

Tim: It's good right? So, watch.

Winn: Just the analogy, just again for us, a simple concept that people can absolutely understand that.

Tim: Yeah, so watch. You become awake, take inventory, partner with the right people. Let's go to the fourth one. Then you need the right principles. You are a principled person, Winn, from your exercise regimen, the way the Paul Mitchell Schools are built out, the way you do your presentation, even the way you hosted the Gala. I've been around a lot of hosts; I see things. You know where you're heading next and when you don't, you don't let us know you don't know *[laughs]*.

Winn: Thanks. *[Laughs]*

Tim: Wasn't that great *[laughs]*?

Winn: That was good, that was good. You gave me some grace there. I appreciate that.

Tim: I watch it all but a lot of that is the principles, the principles. So, to all of you listening, what principles are you living by? Stop listening to all these silly people on social media that really don't have a clue. *[Laughs]*

Winn: Which is so scary. You know—

Tim: Yes.

Winn: I used to think that that list of things that would divide us. I used to think that was a long list. Then the pandemic, then social unrest—

Tim: Yes.

Winn: —then this and that. It seems like that list has tripled for some people—

Tim: Yes.

Winn: And I feel like I'm spending more time just trying to tear up that list. We were best friends, we were incredible partners for 20 years. We had this down. We've been through this. We dealt with that, we grew from it, why are you going back to that? Not only why are you going back to that, why are you now digging in deeper—

Tim: Oh, amazing!

Winn: —to create a division between us?

Tim: Yeah, and I think part of it is people not being true to their principles. And, you know, a lot of stuff that we learned, Winn, when we were younger, that we really didn't want to learn, that maybe your mother taught you or my mother taught me, is that those are the things that have helped us not just be survivors but thrivers. And because we go back to those principles about treating people correctly. You know, because I know you like to help out at your daughter's school. And you notice little things like, you know, being in a straight line. "Hi kids, be in a straight line," you know, or having respect for the other kids.

Winn: Mm hm.

Tim: Or like even things we learned in kindergarten, first grade, second grade, we could apply those things to our lives now.

Winn: Right.

Tim: Yeah,

Winn: And I think what's happened—I don't know if I want to go down this path, but what's happened is people have forgotten about the one. And we do for the one. I like to give the example of a veteran who struggles with PTSD, comes into a salon to get a haircut and the sounds of clippers or a blow dryer —

Tim: Wow!

Winn: —can be a trigger, can be hurtful and painful like physical pain, and so we will do for that one. What will we do? We'll take them into a private room. We'll adjust to make sure that that one person feels safe.

Tim: See, but I love that because it does go with what we're saying because that is a principle that your mother probably put in you, and other people, and my mother and other people put in me about how to treat people.

Winn: Right.

Tim: Okay? So, those are principles and I feel like in the midst of this mess of this pandemic, a lot of people have damn lost their marbles and they've lost their principles—

Winn: Right.

Tim: —on how to treat people.

Winn: Wow.

Tim: And, man, if someone would write a book called *Be Nice (Or Else!)* or something about being nice—

Winn: [Laughs]

Tim: —that would be great [laughs].

Winn: Okay, right principles. What's next?

Tim: Okay, so watch this. So, you become awake, take inventory, partner with the right people. You have to have the right principles, then the right plan. So, a lot of people that tried had the right plan without the right principles.

Winn: Mmm.

Tim: So, the principles come before the plan. So, whenever I life-coach people, I'll say like, "What's your plan?" and then I'll say, "Oh that's interesting. Well, where are your principles that help you to come up with this plan?" "Oh well, ooh, what do you mean by that?" So, principles then the plan. So, the plan, as you know, is a blueprint, a scheme. So, the beautiful thing about life is that we have today. So, today's decisions are tomorrow's realities. I'm going to say it again. Today's decisions are tomorrow's realities. If they do not like their life, people that are listening, we can make a new plan starting today.

Winn: Mmm.

Tim: What do you think about that?

Winn: I love it.

Tim: Yeah. Today's decisions are tomorrow's realities. I don't like my relationship. Today's decisions are tomorrow's realities. I feel chubby. Today's decisions are tomorrow's realities. I have mental health challenges. Today's decisions are tomorrow's realities.

Winn: You know what I love about you is you sell a lot of things but I can boil it down to one thing and what you do is you sell hope.

Tim: Thank you. Because I've seen people at the end of the rope, and I'll say this because he's open to it: Charlie Sheen. Charlie, he's not the cat with nine lives, I think he's down to like, uh, you know, he's done nine, he's on his second nine—

Winn: *[Laughs]*

Tim: —already, but Charlie's the nicest guy. I can go to Charlie's house and he'll be like, "Tim, are you hungry?" I'll go, "I'm okay." "No, you look hungry, let me cook you something." And he's not joking.

Winn: Right.

Tim: He cooked it.

Winn: Right.

Tim: Not like some chef or somebody that was in the house. Charlie, then, one time I was telling him a story about my mother, he goes, "Give me your phone number." He goes, "I want to call her and check up on her." I couldn't believe it.

Winn: Mmm.

Tim: Charlie started calling my mother a lot and he can speak Spanish and my mother can speak Spanish and so he would love to talk to my mother in Spanish. Charlie Sheen. People love to see the challenges of this guy, right? But the thing that I love about people like Charlie, or others, is when others thought they were done, done, done they were not.

Winn: Right.

Tim: Even if you have a little bit left in you, then I believe in you.

Winn: And I think that those can be the people who can easily plant that for other people and it can be—

Tim: Wow!

Winn: —as simple as, "Let me cook you a meal."

Tim: Yes!

Winn: “Wait, coming from you, you’ve been down and out and you’re gonna serve me?”

Tim: Yeah, because, you know, they can look at Charlie and say, “We keep seeing you on TMZ and then you have this illness and then you got that and then you got in that trouble. But, yet you still have some kindness in you? That you’re in the middle of a setback and you’re asking, ‘Can I cook you a meal? Can I call your mother?’” True story. It’s powerful stuff.

Winn: Wow.

Tim: So, yeah, I do look for the hope. I do look for the hope and it’s never—

Winn: That’s the best commodity.

Tim: It’s never over until it’s completely over.

Winn: Somebody can be down and out in every way—

Tim: Yeah,

Winn: —but if there’s a tiny, tiny glimmer of hope, there’s a chance.

Tim: Yeah!! Do you know that I do funerals because of my background of doctorate in world religion, so, I will officiate some funerals. So, there was this one guy [*laughs*], he was a friend of a friend and he was wealthy from South Carolina and the only thing they could tell me that was profound about him is that he liked Dr. Pepper. So. [*laughs*]

Winn: That was all you had to go on to speak at his funeral?

Tim: Yes.

Winn: Okay.

Tim: He was 71 and did well in life, so I would say, like to his ex-wife, “Tell me something great about him.” “Well, he liked Dr. Pepper—”

Winn: Oh my gosh.

Tim: “But don’t worry, his brother’s showing up, he’s got some stories.” Asked the brother: “He loved Dr. Pepper.” Then another one of his best friends from school: “Now I know no one’s ever said this, he loved Dr. Pepper.”

Winn: [*Laughs*]

Tim: So, I turned it around for his funeral that he was extremely loyal [*laughs*].

Winn: Oh my gosh. That's it; he's loyal. That's great. And the whole audience probably went "Oh, he knew him so well."

Tim: *[Laughs]*

Winn: *[Laughs]* That's really, funny.

Tim: He was loyal to Dr. Pepper.

Winn: Right. That's funny.

Tim: So, okay, so you—

Winn: The right plan.

Tim: Yeah, you've gotta have the right plan and the plan is so important, Winn, because I feel like a lot of people—let me say it this way first. If you don't do something with life, life will do something with you. If you don't do something with life, life will do something with you. So, if we go back, early Winn Claybaugh, even in your teens, because we've had personal conversations, there was times you didn't know where you were headed. But when that plan started to emerge, and you started to get a revelation of, like, "Hey, I can pull this off," right?

Winn: Mm hm.

Tim: Now, when you get that right plan, everybody, there's a new energy gonna come to you, because that plan, that plan, brings hope and expectation.

Winn: Mmm.

Tim: It does. So, like if you tell your family, "Okay, on Saturday we're going to Disneyland and it's going to be a great day," okay? And maybe even like your daughter has friends that she's going to bring. The plan just brought hope and expectation.

Winn: Right and excitement.

Tim: And excitement.

Winn: And energy.

Tim: Isn't that beautiful?

Winn: Yeah.

Tim: Yeah, so guys like us, as much as we're doing, when we get together we're still talking about a plan and—

Winn: You and I had a 30-minute conversation before we started recording.

Tim: Yes.

Winn: Of, “What are you up to? What am I up to?”

Tim: Mm hm.

Winn: And it wasn’t, you know, “Hey, I’m ready to retire. Have you found a good home that we can get a two-for-one deal at?”

Tim: [*Laughs*]

Winn: That wasn’t it at all.

Tim: That’s so great. So, yeah, so you have the principles, the plan, and then the next step—there’s only two more—is persistence. Okay, here comes Winn Claybaugh again. I think you’re one of the best of, no matter what you’re going through, you don’t show it to all of us, Winn. You don’t. You are very persistent. You find a way. You somehow find a way. So, let me interview you for one minute. How did you learn to become that person? Is that more innate or is it learned or is it almost like a mixture of the two?

Winn: I think it’s a mixture of the two. Again, a lot of my life is grace. You know, again, this month—I’m going to get—

Tim: Oh yeah, get emotional. It’s just me and you.

Winn: This month is—

Tim: Yeah.

Winn: This month is 20 years clean off of drugs and I should have been—

Tim: Wow, wow, wow!

Winn: —dead 20 years ago. If I related to you the story of what happened, the last night of me doing drugs, I should have been dead. It was grace. Pure grace.

Tim: Wow! Yeah, I love this. God help us. Just amazing. Yeah, and the grace on your life—and grace fills in the gaps, everybody. So, when you feel like you can’t make it, grace fills in the gaps. And then this idea of then you’ve seen other areas of your life that needed to be dealt with and you being persistent in those areas and coming through.

Winn: But when I wasn’t persistent—

Tim: Yeah.

Winn: —grace took over.

Tim: Yes.

Winn: Like, *He needs help right now.*

Tim: Yes. Okay, that's super powerful. I love that you're saying that because I think there's some of you that are listening that are thinking, "You know what? Doggone it, Tim, I used to have the power to be persistent but I don't feel like I have it. And Winn just said something really good to a person who's supposed to be Oprah's spiritual leader. You just said something very powerful: even when you don't have the power to be persistent, grace comes and takes over. Wow, wow, wow!"

Winn: And you have to trust in that. You have to believe in that. Some people, they get that belief by going to a building of worship once—

Tim: Yeah.

Winn: —a week. Some people get that with great conversations. For me, it's just a chatter in my head; it's self-talk. I was actually at a meeting yesterday that I spoke at and, prior to me speaking, they were making the announcement to the team that there's a new software program that they're going to be installing and they were saying, "This is not going to be an easy transition. This is not going to be the flip of a switch where it's going to go from this program to another program without it being a struggle, without us maybe losing data, without us not knowing exactly." And then they said, "You guys, please just give us grace." Like they asked for it.

Tim: Wow!

Winn: Give us grace and that whole team was like, you know, as they were probably ready to go to battle, like you know, "Where's my phone number of my customer? It got lost in this—" No, they were, "Just please give us grace." So, they were like, okay, disarm yourself.

Tim: Yes.

Winn: Disarm and realize that not everybody has it together. Tim Storey admitted to us he didn't have it together at the beginning.

Tim: No.

Winn: Well, I'm not going to go, "Well, see he was a fraud all along. He doesn't—" No, it's like I needed to give Tim Storey grace and I need to give myself grace and I need to just trust that I don't have the answers, I don't have the momentum today. I can barely get out of bed but something bigger than myself can take over.

Tim: So, I like this. So, I think I can even add that to this talk because I give this talk on these points. So, we talked about the principles, the plan, the persistence. But I think persistence sometimes, as you just added, is fueled by grace. It's not fueled just by your gut, right?

Winn: It's not just fueled by going to the gym every day. That accounts for some of it but it's not all of it.

Tim: That's so powerful. I'm telling you, you just really said something to me because I feel like a lot of my persistence is fueled by grace and I feel some type of—and for my life I feel like a supernatural surge that hits me. That somehow I have the answer that somebody needs or I can get up one more time or I have the right attitude in the wrong time. I never said that in my life, but that was pretty good. I have the right attitude in the wrong time *[laughs]*. Alright, so persistence. And the last one is pathway. And what happens is that you, many times, when you're hit by life, you lose what I call your priority pathway. You get off the path. And when I life-coach people and I ask them about their childhood, Winn, usually there's like a thread that runs from the way they were as a child, that runs all the way till they're 80s or 90s years of age and maybe they have gone off that path so many times. But I see, many times, as I'm life-coaching them, you know, their laughter or their compassion or the way they're committed in certain ways and so one of the things about coming back into this miracle mentality is getting back on your pathway. And this is what I feel has happened to my life now that I'm over 60, which is amazing that me and you have hit this place. Winn, I'm just okay. I'm okay being undone. I'm okay not being perfect. I love the sides of me where I love humor. I love the sides where I love music. I love the sides where I'm a good listener, I'm a good friend. And you know, maybe I'm not the greatest at everything, but I'm okay with that. I'm on my Tim Storey pathway. I don't need to try to be Tony Robbins or Les Brown or some of the other big speakers. I'm okay being myself. So, it's that idea that some people have said, in the past: you've been born an original, don't die a copy. So, I don't want to be anything else but what I've been created to be.

Winn: Wow.

Tim: Yeah.

Winn: Oh my gosh. You know I planned out a little bit of what we were going to talk about but not much because I knew better.

Tim: Yeah.

Winn: You know, I knew, I knew that I just needed to connect with you and that it would just flow exactly the way it was supposed to.

Tim: Well, I think our talks are divine. I really do believe that. And divine is just something bigger than ourselves. And I think that we have these divine moments in the back of cars, dialoguing, going from one school to the next, in restaurants,

at events, and I love this divine act that we're about to do. You know, many years ago, Robert Downey, Jr. came to me and about four other friends and said, "I want to do something for people that have been incarcerated," and we started something then that has become something beautiful called ARC Prison Reform and then Scott Budnick got involved, who produced all the *Hangover* movies; beautiful guy, great friend. And Sam Lewis is now helping to head it. So, I approached them with you and what you're about and what Paul Mitchell's about and said, "Hey, would you consider doing something as a bridge for us to bring hope in the midst of a pandemic, into the prison system?" So, we're doing something, coming up just within the next couple of months, where Tim Storey, Winn Claybaugh, and even John Paul DeJoria; we're going to use his story and take it into hundreds of prisons around America to show that in the midst of not feeling hopeful, that there are ways to find hope. How excited are you about this project?

Winn: I'm thrilled. First of all, I see people who have had lots of challenges in life because oftentimes people who choose the arts, which hair dressing can be—I see kids at 20 years old who have already dealt with—

Tim: Yes.

Winn: —homelessness, addictions, self-harm, and so I am a kindred spirit to people who have been perhaps forgotten or people give up on them. And so when you came and said this is where we need to put some time and energy, I trust you.

Tim: Yeah, thank you.

Winn: I mean how many times do I say yes—

Tim: [Laughs]

Winn: —and all of a sudden it costs me this amount of money. Okay, sure. Okay. And I hope people listening to this have people like that in their lives, where if the person comes to you and says, "We're going to do this," you just know, I'm just going to say yes.

Tim: I mean, well, that's basically, for all you listening, that's what happened with Winn. I said, "Winn, would you be willing to do this many books, but they have to be paperback because they can't be hard cover," and you said, "Yes." And you put up your money for us to put these books in all these prisons. But if it just helps one person's son—and it's going in women's prisons as well—one person's daughter, come on Winn, it's worth it, right? One person's son, one person's daughter, one person's husband or wife. Wow, come on, it's worth it.

Winn: Thanks for that. Thanks for that. To wrap things up here, so, first of all *The Miracle Mentality*, congratulations on that. Give us ideas on how we can look for the little miracles.

Tim: Yes.

Winn: Again, the miracles that give us, okay, so maybe Tim does know what he's talking about, that as messy as my life is, the chaos and the madness that I live with on a daily basis, Tim has given me a glimmer of hope on how I can find those little miracles. And one will lead to another and that just grows and grows.

Tim: Yeah, so, we'll end with this is we broke it down into categories of the mundane—the mundane is part of life but you can master the mundane. You master the mundane. You don't have to let the mundane just overwhelm your life. So, if you have to do the trash, if you have to go take your stuff to the cleaners, master the mundane. Just say, "Okay, for the next two hours this is what I'm going to do. I'm going to do chores."

Winn: Right and there's a great coffee shop next to where I have to drop off my dry cleaning, so I'm going to make it fun.

Tim: You just did that perfectly. So, you can master the mundane. The mess, we clean up one room at a time. And this is going to be simple for you guys. So, if your life feels messy, clean it up one room at a time. So, if you had a five-bedroom home and you had a bunch of kids over and they messed up every room, how do you clean up those rooms? One room at a time. Tim Storey, how do I clean up the madness in my house? One room at a time. So, you know, be nice to yourself, forgive yourself. Forgive, forget; let's go forward. The miracle mentality can change your life. When the miracle mentality becomes your reality, your life shifts. It is Winn's reality, it is my reality, and because of that I think that we are better family members, better friends, and better people to keep changing lives.

Winn: The timing of this just perfect because people are seeing a little bit of light—

Tim: Yes.

Winn: And they're thinking, *How do I come out of this? Am I the same person? Do I go back to who I used to be or am I going to be stronger and better? I don't want to be part of the problem; I want to be part of the solution. I don't want to live in the fear, I want to live in the love side of all of this.* And I think the timing of your message is just—

Tim: And thank you for that. And thank you for being my friend. Me and you are real friends. You check up on me, we talk health, we're there for each other's mental health, physical health, family health, and thanks for being a real friend.

Winn: Thanks. I love you, Tim.

Tim: Love you, too.