

[Transcript] My First Million / Why I Got Sober (for entrepreneurs)

All right.

Quick break to tell you about another podcast that we're interested in right now, HubSpot just launched a Shark Tank rewatch podcast called Another Bite.

Every week, the hosts relive the latest and greatest pitches from Shark Tank, from Squatty Potty to the Mench on a Bench to Ring Doorbell, and they break down why these pitches were winners or losers, and each company's go-to-market strategy, branding, pricing, valuation, everything.

Basically all the things you want to know about how to survive the tank and scale your company on your own.

If you want to give it a listen, you can find Another Bite on whatever podcast app you listen to, like Apple or Spotify or whatever you're using right now.

All right.

Back to the show.

All right.

Today is a special episode, so this is going to be a video on YouTube, but also on the podcast.

So if you're listening to this, you're probably on my YouTube or you are on the My First Million podcast.

If you're on my YouTube, then you probably don't know me, but basically my name's Sam Parr, I'm most popular because I started this company called The Hustle, and I recently just sold it to HubSpot.

It was a really big deal for me and my family, and it was a pretty good exit.

It was a popular media company that I sold, so millions of people read us each day and know who we are, and I guess you can kind of say I'm a successful entrepreneur.

I mean, a lot of people would say that there's people that are way more successful, obviously, but that's what I'm known for.

But I'm also the host of a podcast that my company owned, and it's one of the top ten business podcasts, and we talk about cool ideas, and we brainstorm different ideas, and we have a lot of famous guests on, and it's really cool podcast, it's called My First Million.

We just brainstorm, I mean, it's to simplify it, but today I'm talking about something kind of strange, something kind of different.

So I've been sober for about seven or eight, I think seven years this July, and I stopped drinking when I was 23 or 24, I'm about 30 now, 30 now, 31, and it's kind of weird to talk about this on a business podcast or on a business channel, but a lot of people who are focused on business or who are focused on high achievers or achieving, they have a lot of the same things that I have, which is I love to go all in on stuff, I get obsessed about things, I can get addicted to things very easily, and those attributes are also what can be part of being an alcoholic and having substance addictions, and I had that, and I overcame it, and I wanted to talk about that.

And interestingly, what made me addicted to alcohol is actually what has made me a pretty successful entrepreneur and fairly successful at a lot of different things I do in life.

So I've got some notes here, so you might see me look at my notes every once in a while, but I've got a large Twitter following and I tweeted out to them that I was going to

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do this, and I got hundreds of messages, so with people asking questions, so I'm going to try and go through all of the questions that people answered, but I want to do today is I want to explain to you how I got addicted and what that was like, but then also how I fixed it, and then six or seven things that I learned and how my life changed and what I noticed about being sober after having an alcohol problem.

So let's just start.