**Ep. 0003, RUNNING FAT CHEF PODCAST X MORGON LATIMORE**

Leadership, Coaching & Accepting Balance as Bullsh\*t with Morgon Latimore

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**Latoya Shauntay Snell:**

So hey, my name is Latoya Shauntay Snell. I'm an ultra-runner, former culinarian, multi-sport athlete, baby powerlifter, writer, content creator, Mom, wife, friend, potty-mouth expert. Did I miss a role? Anyway, all these roles have something in common, storytelling. And as a storyteller, that's what I've planned to do. My way of course. Welcome to the Running Fat Chef Podcast.

**Latoya Shauntay Snell:**

The Running Fat Chef podcast is primarily powered by you. Yes, you. Consider buying us a cup of coffee, maybe some dope ingredients for my next creative meal. Or show a girl some love by visiting ko-fi.com. That's ko- fi.com/runningfatchef. Bonus part y'all. Are you a business owner, entrepreneur, or have a service that you like to promote? Well, honey, why not here? Sponsoring episode here on the Running Fat Chef Podcast. Check out the show notes for more details.

**Latoya Shauntay Snell:**

Hey, Morgan, welcome to the running fast chef podcast. I am super pumped to have you on my show. So, there's no way to actually jump into an interview about this fantastic creature over here, Morgan Latimore without a proper dope introduction. So, every time that I speak with Morgan, he leaves me reflecting on a string of statements for days, to weeks and I'm forever inspired. And we both kind of have this diarrhea mouth, really good diarrhea mouth. But we can talk for hours which I love. I feel like I've known you my entire life. So, with that stated, let me actually hype this up cause I get everybody like this hyped-up kind of introduction. You ain't gonna be no different. So, with that stated, let me tell you about today's guest. Morgan Latimore is a 20 plus year United States Marine with over 20 years of teaching and personal leadership development skills. He takes these traits and, honestly, it's just so exceptionally visible. Whether you're watching this through his Instagram feed, on Facebook, or you actually meet him face to face, you see these traits actually exhibited through his coaching skills, some things that I've actually benefited on, things that he's actually called me out on, like procrastination over the course of a year. He is also an Iron Man certified coach, empowerment coach, motivational speaker. He is a two-time author that speaks on his athleticism and the strength of being an amazing coach, which is super important in this day and age because there's coaching and then there's coaching styles, where people actually listen to you and they work with each other. And I think that he excels at this. He [unintelligible: 03:01] duty to need to give back in more ways than one. If you're listening to this episode, hearing these credentials might paint someone that has a no-nonsense demeanor, and maybe he might reel you in a little bit if he feels like you're procrastinating like I do. But if you ever watched his feed, if you see his LinkedIn, if you get to know him in person, you'll know that his smile will light up a room. And if you haven't seen any of his Friday routines inside of his car, then you are severely missing out. So, I am so humbled to introduce you to Morgan Latimore. So, thank you so much, Morgan for coming on the Running Fat Chef Podcast, this new venture of mine that I've been procrastinating on for three years.

**Morgan Latimore:**

Hey, at least you got it started, right. It's not about getting it done. It's not just talking about it. If everything happened when we said we wanted it, then what would life be? There would be no journey.

**Latoya Shauntay Snell:**

That's right. Got it started now. I feel like playing like the [inaudible: 04:05]

**Morgan Latimore:**

The key is right, when you speak the truth, the truth don't change, right.

**Latoya Shauntay Snell:**

Right. Man, so let's actually jump into these questions, man.

**Morgan Latimore:**

Okay. I'm ready. I'm ready to get deep and vulnerable for you guys.

**Latoya Shauntay Snell:**

Ah, see, I love that. I told you, that's my coach. Y'all don't even understand. So listen, when we first spoke, we've probably taught close to two hours. I can personally say that when we started talking within the first 5 to 10 minutes, I was like, yeah, that's gonna be my triathlon coach. I felt it. It's not. It's not a saying, it's a feeling. And I don't necessarily get that with everyone even though I can be a personable person or I give off the impression that I'm open. And I think you've kind of learned my layers over the last year or two that I have a little bit of walls that I to kind of put up. I'll give the demeanor that I've open, and in moments kind of stay away from me, you can't touch that. That's too scary. Oh, yeah, you've seen through my bullshit. So, after a few calls, and I don't know if you actually remember this conversation, but you asked me about my why.

**Morgan Latimore:**

Oh no, I remember? Hey, I remember. I got a photographic memory. I remember everything. I remember the first time I met you, the first conversation we had. I can tell you the location I was at. Because you have to man. There's one thing about the Marine Corps taught me is that you have to know your people, right? You can't lead people, you can't follow people that you don't know. It's very important. So, how can I tell you this is how the car works if I never looked in the engine, and opened the hood if I never got in and took it for a drive? That's the whole point of a test drive is like, I've never experienced it before so let me get closer with it. [Unintelligible: 05:59]. Let me get closer to you so I can find out where I can help you and where my skills can be most valuable for you. You know, I mean.

**Latoya Shauntay Snell:**

Definitely agree, man. I can honestly say you are the first person that pretty much called me out on the... I don't know what generic answer I gave you on my reason why at all. And you kind of called me out, it was the most polite way of telling me bullshit. Dig deeper.

**Morgan Latimore:**

It's all bullshit. Stop bullshit.

**Latoya Shauntay Snell:**

Yeah, it was kind. Because I remember actually, at some point in conversation, I was like, I liked him about five minutes ago. He's kind of pushing. He's pushing a little bit too much. But I was like, alright, I'm still gonna entertain this conversation. I'm gonna get past my ego. And by the end of the conversation, I said something along the lines of emancipating myself to uplift others. And [crosstalk: 06:53].

**Morgan Latimore:**

So, you do remember?

**Latoya Shauntay Snell:**

Listen, I cannot not remember it. Because I remember it changed up the way that I actually answered interviews. It changed up the way that I looked at Fitness. Because for a while, I just kept saying no, I don't think I know my why, did not felt like I knew my why. I was like, okay, you know well other people say things like I run because it makes me feel lighter.

**Morgan Latimore:**

That's the key right there. Right there. We hear what other people's answers are so much that it becomes what we automatically repeat. But most people not introspective enough to actually really answer the question what your why he is, right. And so, they can tell you their how or their what, but they don't tell you why they're doing it because they don't really know. They just have this inner energy tell them that we need to move this direction. But when you really get down to understanding who you are, like who you are as an individual. And it [unintelligible: 07:55] back to, as you learn your childhood. And this goes for me too. And you can look at it like this is research where it comes back to most of our behaviors as adults are stemmed from our childhood or adolescence, the things that we've experienced. The traumas, the good times, the bad times. And over time, we forget those things. We forget those things as adults because we get so complacent within our growth. And so, what I do is I help people kind of like, go back, let's go talk about the stuff that you don't want to tell nobody else. And I always say this, and I don't say it to be like braggy or anything like that. But I've been gifted to be able to see through that veil that people put up. I can tell by your body language or demeanor. And I know what a scripted answer looks like and what it sounds like. And so, if you're not being vulnerable, you're really not hurting me. And I know we kind of out of digress a little bit how we were... I was I'm a very aggressive speaker, and I'm a marine by trade anyway. So, I can tell when someone is trying to like I had heard of you. They had told me about you. Yes, she's unique, and she's outspoken. I say, okay. But that doesn't intimidate me. And that's probably why we get along. Because regardless of who you are, regardless of who I am, we still gonna be ourselves. And that's why we get along. I don't have to agree with [unintelligible: 09:22] you do but that doesn't mean I need to judge you.

**Latoya Shauntay Snell:**

That was something that I've been looking for the last 7 or 8 years because I feel like the more that I've been open in the space and people have learned my story the more and I started getting yes people. And it actually works my nerves. It irritates my spirit to be around people for so long where they're like yeah, everything you do is great. And I'm like you know this is bullshit. You know this wrong? And I have nobody that's there to firmly but kindly enough say hey, listen, you're fucking up. And this is what I think that... you know with a level of almost like the way that family will... sometime the family members. Because you know some family, they like, ooh girl, you messing up. This is why you messing up. You don't want somebody to rag on you, but you want someone to call you in. And that's what you did for me. So, I think my first question is more along the lines of when did you actually realize that you can actually do that with people in general? Not even so much with clients.

**Morgan Latimore:**

Well, today I've decided to be no BS and about how I feel. I've seen the life. I have a skill that most men don't have. I'm very patient. I can see things within people. I've always been that guy who's never scared to talk to the girl. My dad taught me to be very confident. He taught me to be very respectful and to listen. And over the years, I've honed this skill. And so, after I got married, I'm like, I have this superpower, I think. And I want to use it for the right reasons. I want to use it to help people. Because when you dating and I always tell my daughters this. Dating is about finding what you like and what you don't like, paying attention to who they are, paying attention to what you want. And so, we don't do that a lot. But that's how I am. And so, you can go on the first date and you can look at a person and you can be like, yeah, me and him not equally yoked. We're not on the same wavelength. And if you're honest to yourself, you can even tell yourself sometimes like, yeah, I'm not ready for him. Or he's on a different playing field. And so, I've honed that skill over years. And then I like helping people. And so, I was like, okay, as I've dated, and I did my thing there it's like, what can I do to use this skill? And then the Marine Corp helped with developing their leadership and how do you be influential. It wasn't not a date, and I learned how to be patient and listen, and see what I like. And don't I be honest? That's literally where I've learned how to be honest. As a leader, I learned how to set the example. And so, when you put those two things together, you have a very powerful coach, I think. Because a lot of coaches are scared, to be honest with athletes. And I always tell people even when they call my podcast, it's like if you can't be open, and I can't talk to you about anything, this is not the place for you. Because how can I help you, and how can I actually get the authentic you if you're giving me somebody else? You know what I mean? And so, that's the key. It's like, once I realized it, and I read so much. And then I started to see. This is how I describe people. This is kind of like the layout to the people that are just listening. If you've ever seen the movie The Matrix, and you look at the Matrix, and you remember when Neo had just got pulled out the matrix and he was sitting there talking to the guy that actually betrayed them in the first movie. They were looking at a screen with all [unintelligible: 13:17], you'll see it every once a while with the green letters and numbers dropping down, streaming down. And that guy could see the lady in red, the steak, he could see things within the code because he was woke. He was woke, right. Neo had just woke up so he wasn't able to decipher what everybody else can see, the truth, right. I read that code within each individual, I can see the truth that you hide, I can see the lady in the red dress, the man eating the stake. And I can show you who you are and the person you've been trying to avoid. But I can also help you uncover the greatness within you.

**Latoya Shauntay Snell:**

That's powerful. Because I think that sometimes it's one of those things that the athletes that I speak to, or the people that's like athletes in training. And they're like, I don't know if I can actually identify as an athlete, and then it's something that's self-deprecating that typically follows behind that. They're not sure about what qualities they're looking for in a coach. They're not sure, particularly people who were part of marginalized communities. And I'm talking about people who happen to be maybe queer or feel like I need to belong to a group or I'm plus size so this person is instantly going to judge me for my size, my shape, my background. It's pretty hard for some people to actually choose a coach. And then if they get some type of criticism, they're not sure if it's constructive criticism. Is it based on this? Is it based on do you want me to lose weight or are you actually looking out for my better good? It's definitely not easy in this day and age to hire a coach. And not just hire a coach because I feel like you do much more than just coaching. I feel like you are almost like a therapist at times.

**Morgan Latimore:**

I am.

**Latoya Shauntay Snell:**

We've had back-and-forth text especially at the beginning of this pandemic. I told you where my mind was at like. At one point, I completely, I don't know if I ever follow the plan.

**Morgan Latimore:**

Oh, you did. But everybody was going through something. I tell people like, there was even a point where I remember calling my coach and was like, we need to get something to shoot for because I don't feel connected with a purpose. And I work out. But the key is I want something from it. You know what I mean? And people like, oh, you could just work out. Yeah, I'm gonna stay healthy. I'm gonna do something. I was riding and running. But I wanted something, I like working for goals. And it doesn't I mean, I need to race. It just needs like, what we did, we focused on my cycling. We focused on running or swimming or eating or whatever it was, we decided it is. But I'm gonna go back to what you were talking about being more than a coach. This just bring value to people listen to this. And this is what you're gonna get, ladies and gentlemen. So, I'm gonna do this with Latoya then I'm gonna explain what I'm doing. Latoya, there are a lot of valuable relationships that you have in your life, right? Your husband, your son, your family members, but there are three top traits that all people that you connect with must-have. Trait. Not senses just traits. Name those three traits, what are the most important things to you?

**Latoya Shauntay Snell:**

Oh, gosh, you mean like humor and stuff like that?

**Morgan Latimore:**

Well, yeah.

**Latoya Shauntay Snell:**

Damn. You done put me to the test in my own damn podcast.

**Morgan Latimore:**

Well, that's the key. What are the top three things that bring value to relationship for you that you expect somebody to be able to give you?

**Latoya Shauntay Snell:**

Transparency. It's definitely a top one.

**Morgan Latimore:**

Okay.

**Latoya Shauntay Snell:**

Openness, because I think that there is a difference between transparency and the ability to be open. And definitely humor. Humor is what I've been conditioned over the years, even when it's rough. Even when it's hard, even when you're going through the unthinkable. We need to be able to laugh through this. Not everything, but we have to be able to laugh and find some type of good out there. And whatever we're walking through. So, those will be my three.

**Morgan Latimore:**

Those are your three. Do I possess those?

**Latoya Shauntay Snell:**

Yes.

**Morgan Latimore:**

Exactly. That's why we get along.

**Latoya Shauntay Snell:**

Yes, definitely.

**Morgan Latimore:**

So, this is the thing. Most people you hire people off their skill, their knowledge. But coaching is a valuable relationship. And how do you look at valuable relationships? You look at your top three traits. It's humor, it's transparency, and is openness. And if you value your own health, your own goals, and your dreams that should you spend that time with a person, a coach that values those three traits just as much as you do and actually can fill your cup. And so, you can find a coach just like that, that has me like I'm Iron Man coach, but I have those values. So, the key is to look for that person, is to ask that coaches like, first you go into it, the thing before you have a talk with the coach, write down your values, pick your top three, and just add a conversation, don't ask the coach about it, just add a conversation. And then in those top three, does that coach possess those things and don't give him the benefit of the doubt, I want you to be a hard grader because you ain't got to tell the coach that you're doing this. You need to be very hard grader. Because if you decided to be in a relationship with somebody you started to be loyal to a friend or be loyal to a family member, guess what, those traits are going to be very important to you. And you're going to expect him to give you those things. That's what people forget that your health, your mental and emotional, and physical health is just as valuable as a marriage. And so your athlete coach relationship is the exact same thing. And just like the people that have found that these people like their loved ones are best friends in their life. If you find a coach like that, then you find another friend. That friend brings something to the table. And we always talk about don't mess with nobody that can't fill your cup.

**Latoya Shauntay Snell:**

Hello.

**Morgan Latimore:**

And that's the key. And it's no different than me. I tell you as a coach if I'm listening to you too, if you don't have the humor, you can be open. I'm gonna be honest with you, if you can't be vulnerable, it ain't even messing with you because you ain't willing to do the work. And so, I know you're not gonna listen. My philosophy, I believe that coaching is more than the physical. It's emotional and mental. And so, if you can't communicate with and I'm a communicator, and I'm consistent. And that looks different for everybody. Like you say you weren't doing your work. Yeah, you were. But you're human. You have kids, you grind every day. I've watched you grind. I've known you for the last few years now, and I know you have consistency. But when life throws anything, a wrench in anybody's life, guess what even mine, I'm gonna take it a different way. So, really take your time to understand how valuable an athlete coach relationship is, it will help you find a coach that is right for you. And even me, like people, [unintelligible: 20:24]. I love to hire Morgan, but everybody ain't good for Morgan. And you might not be good for me, or I might not be good for you. What are your top three? You might say, just space. If you say space I ain't the guy. You need to do your own thing. You need independence. And I ain't your guy.

**Latoya Shauntay Snell:**

Speaking of space, let's actually go back to a month before the pandemic. And you flew down here we actually met for the first time. And no pressure, we just had cameras on us.

**Morgan Latimore:**

For two days straight, yeah.

**Latoya Shauntay Snell:**

Right. For two days straight. Two and a half days straight. I think we actually recorded until like, what moments before you had to go on the plane? So, you get here that morning and I was like super excited. I was like, Man, I'm looking forward to meeting this guy. I was damn sure I'm nervous. I'm always nervous when I meet people, even though I try not to show it. And we sat down, we talked and everything. And then you was like, all right, you know, we're gonna go to the pool. And I was like, oh shit, you know? In my head, I was like [crosstalk: 21:41]

**Morgan Latimore:**

The famous last words. Oh, shit.

**Latoya Shauntay Snell:**

Oh shit. I was like, all right. I'm like, yeah, I'm good. I can actually see my nerves looking back at the finished product of that tape. I was smiling extra hard which means I was nervous as hell. And we get into the water, and you threw this monkey wrench at me. You're like take out the earplugs. And I'm like, [unintelligible: 22:02] I'm like, no, no, I rehearsed this part. I was like, alright, good. I'm not going to have a meltdown on camera of being in 4ft of water. That's okay. I'm comfortable with that area. I was not expecting you to take away the earplugs. What made you do that?

**Morgan Latimore:**

I believe there are tools and there are crutches. And the crutches at some point had to be taken away. You can't be on crutches your whole life. Tools are made to be used for whatever you're doing like, swim buoys, fins, paddles, those are tools, right? And there's the crutches that limit people because of the limitation for a little bit. You had a limitation. That's what that is. And so, the crutch was let me deal with the sensory issues with this. But just like the crutch over time, you would never learn how to walk again if you didn't take them away. And you don't just get back to walking just like here take him go run, No, You go to physical therapy and you slowly or presented with walking again until you begin running. And so, I knew that that part of the process that we would use a slow adaptation. And I wanted to see [unintelligible: 23:33] me getting to know you how serious is this issue? I wouldn't have told you then but now it wasn't a big deal as you think because [crosstalk: 23:42]

**Latoya Shauntay Snell:**

I think it was terrible.

**Morgan Latimore:**

Yeah, you always do but I ain't [inaudible: 23:47]. We all think that our problems are bigger than everybody else’s. That's just life. But I know people that would have just told me no I ain't taking them out.

**Latoya Shauntay Snell:**

No. My pride was like you ain't about to catch me slipping on camera. But the fear was definitely real. I was just like, oh my gosh. I think back to that moment and I really was just like, if somebody had a heart rate monitor on me for that moment, it probably shot up to like, 161, 180. I'm like, this man is tripping. I wish we weren't on camera. He's about to embarrass the hell out of me. It was my pride. It was really my pride. The part that got to me. You said to me in the last 10 minutes do you want your son to carry this fear? And for some reason that clicked for me, and I don't know why.

**Morgan Latimore:**

Because he's your person. That's why I said it. He's your person. I watched how interactive those two couple days that I was with you. We're not talking about a physical spitting image. But you can tell that, like I told you this when I saw y'all together, he is you. He is you. And I see you is. And I would say motherly because he's your son, but it's almost how you protect him like you protect yourself. And I remember I told you I know you're ready today because I knew that you were at a point in your life where you wanted to make moves. You wanted to change a habit, and get rid of a fear. And when you see someone like that, when you take that person, whoever their person is and everybody's son ain't that person. I'm just gonna be honest with you, it's just not, right. Could be a mother, it could be a father, it could be a grandmother. And you bring them to the point it's like, what you feel now you could give to them. It's like passing on cancer or something like that. Would you do that? No, no one would do that. So, it's to remind you this is your person and this is what you would do. Right now you have the power to change that narrative. What will you do?

**Latoya Shauntay Snell:**

I remember, first day, it couldn't have been no more than an hour in and you told me somewhere along the lines of if you want to know how you interact with the world, look at your son. And I have not been able to unsee it for the longest. When I see those goofy moments I'm like, oh, goddammit. I'm like, he really is me.

**Morgan Latimore:**

That's the humor though. Even when I was there, he was trying to make us laugh and tell jokes. And that was him. It's not like, hey, let me sit down and tell you a joke. Let me just be myself and slide some silly comments in there. And he'll say something and I'm like, it probably was funny to him. But he'll go ha-ha and everybody else will be like... [Laughing]

**Latoya Shauntay Snell:**

That's like child, I'm like if you do not sit down somewhere. But I couldn't unsee it. Because when I think about my own childhood, what got me through the hardest parts was humor. Humor was survival. Without it like they're days that I don't think I would have got through those moments.

**Morgan Latimore:**

But with a dad like yours? [Unintelligible: 27:16-27:18] get deep because I do. I remember everything

**Latoya Shauntay Snell:**

Right. If we gonna go there, we gonna go there.

**Morgan Latimore:**

But with a dad like yours, you got to throw some sugar in the shit some time. Or you just gonna always stink, right? And so, how do we deal with you know, like my daughter when she gets nervous she laughs. She'll laugh and cry at the same time, my 18 year old, right? Oh, man. So, everybody deals with it differently. That's what comedy it's like poor people's drug. No matter what you going through, if you can make somebody laugh, it can change their life in that moment. It's like therapy, man. And so, I have a sense of humor and that's the key, right? And so, I enjoy seeing people smile, I enjoy see people feel good. And that makes me feel good. Even if I'm down. If I can make somebody laugh or laugh, that could change my day. Because if just for a moment, I could be happy. That means I could be happy tomorrow. I can be happy the next day. Because it's possible.

**Latoya Shauntay Snell:**

The part that scares me though, like when we went through that conversation over the phone, and we started going down the rabbit hole of some of the things that I think I actually normalized about my dad. Sorry to my mom and my sister. Now I realize in hindsight, I kind of looked at it as oh, I have a better view of my dad versus my mom and my sister. They kind of normalized a lot of his abuse. For anyone that's listening to this and that don't have understanding of my dad. My dad was on drugs since the 80s. The crack, pandemic, epidemic, whatever you would like to call it. It was real. And it affected a lot of people. And I wasn't an exception. But sometimes you don't hear enough perspectives of people who are family members, loved ones who are actually watching someone, watching the person go through addiction. A lot of times in those periods, we kind of looked at it and scapegoated as, oh, this person is weak, they don't care about us. And really I realized how much my dad was drowning. What scares me is that I've had to break the cycle of not laughing through everything. Like the painful [crosstalk: 29:46]. That was the hardest thing. And that's something I'm still working through therapy. Where I'm not turning everything into a punch line. I'm not turning moments when I get some asshole online that says something to me where I just... I have to get to that place of vulnerability to say, hey, you know what this actually does hurt. I don't have to laugh at this. I don't have to make it a punchline. I don't have to turn it into something why am I masking this? Because I don't want to be in this moment. But I also watched my dad weaponized joy in a sense.

**Morgan Latimore:**

It’s the same thing, the crutch analogy, right. You can use laughter as a tool, you can use it as a crutch. And that person that goes in on you online, you can laugh it off, and it can be a tool to refocus. Or you can be laughing because you're letting that be your truth. You choose how you use it. The earplugs don't have to be a crutch. They can also be a tool. Because I've used earplugs, it's cold water, it keeps the cold water headaches from going on. There's a lot of reasons to use your blood like literally, right. No, they're not crutches. They're tools at that time. And so, it's just like everything in your life. When you use something allow it to be a tool in your life that benefits you and help you build something better for yourself. That's what tools do. Build your shelter, builds you forms, right. Seek not to have crutches. That's the key. Don't keep a crutch. Don't let a crutch keep holding you down. And then every time it goes wrong you depend on the crutch. Move through your pain, move through your life. Move there. People on here I was talking to somebody the other day and this lady was talking about running. And she goes everybody's not fast. And we just doing the best we can. It's not about that. Who you choose to be is who you choose to be. You don't have to allow anyone else, father, mother, friend, social media friend, to dictate how you live your life. If you want to be better, get fed up and do something better. If you want to let go of the pain and give it back to him, let him have it. And that's why I've said like when we talk like, stop giving him that control. You're trying to take it and that same pain you took to the water. You don't control nothing here homie. The water don't work that way. We said that in the video. The water don't care nothing about all that. And so the key is, sometimes you have to be vulnerable enough to say, I'm not in control. And be okay with that.

**Morgan Latimore:**

That's hard for everyone. Not you, it's hard for everyone. I want to control my career. I want it to happen a certain way. I want my kids to act a certain way, I want my wife to do a certain thing. But I only can control what I can control. And that's my own reactions. I can't control the future. And I can no longer control the past. All I can control is what he is. And that's reality. And that's based on every move I'm making every moment. Moving forward isn't about proving anybody wrong. Moving forward is telling you and teaching yourself how to do it right.

**Latoya Shauntay Snell:**

That's hard for me.

**Latoya Shauntay Snell:**

Man, didn't I tell y'all he's heavy?

**Latoya Shauntay Snell:**

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**Latoya Shauntay Snell:**

So, now we really got to shift some gears. How do you apply all this stuff to your children, to your family? That balance is something that I struggled with when I think back to pre-pandemic. When I think about 2019 and this is when we started talking. I realized in hindsight I was really chasing something and running away from things in 2019. It was great to meet someone who actually matched my crazy, even more. Because it's not like you just stop that Iron Man. You do races that are just like... when people kind of look at me and like hold up, did you sign up for 12 marathons and you sign up for 40 races. Why would you do that? And you was like nope, here's more.

**Morgan Latimore:**

So much more.

**Latoya Shauntay Snell:**

So much more man. How do you find that balance? Because that's something that I did not... you don't.

**Morgan Latimore:**

I think balance is bullshit.

**Latoya Shauntay Snell:**

Bullshit. Okay, now. Let's explore that.

**Morgan Latimore:**

Okay. Let's talk about balance for a second. This is a good one. I was taught this concept but I kind of brought it to my own, right. Balance is only good for temporary. Think about it. Everybody says I need to find balance well, how long y'all gonna keep looking? That's what I'm gonna ask you first. How long are you gonna keep looking for a balance? Balance don't want to be found. Because every time I asked you about balance, you say you finding it. Because that's everything come out of everybody's not listening to [unintelligible: 35:44] now. I gotta find balance, I gotta find balance, balance is hiding really well. Leave him alone. But if you look at balance, if you look at anything, a rock being balanced, or a cup being balanced, or a scale being balanced, that's a temporary thing. Balance is only temporary. It's like motivation. It's a spark. For things to work continuously and have longevity you must find harmony between things. That's the key, where two things work in simultaneous patterns harmony together and towards a common goal, then happiness and continuous. If you try to find balance, and you're like, oh, I'm gonna give a little bit here. Just go I'm gonna give a little bit more here. It's going to cause turmoil only in your life and within your own personal universe, your soul. Because it's not natural. When we talked about the earth working together, we say they're working in harmony. And how long has the Earth been here? Millions and millions and years. So, if the earth has figured it out, why the hell we still seeking balance?

**Latoya Shauntay Snell:**

Balance is overrated.

**Morgan Latimore:**

It's overrated. You can balance something for a couple of days. You can balance your marriage and train it for a couple of days, or a couple months, or a couple of years. But if you don't find harmony to make the things work, you gonna lose one of them.

**Latoya Shauntay Snell:**

Damn, I thought 2019 was gonna be that year. I'm not gonna lie. I thought 2019 was gonna be that year, I was traveling and flying all over the place. I wasn't home for no more than 90 days. And I'm not gonna lie, I felt like I was failing as a parent. I felt like I was failing as a wife. But there was some part of me that felt like I needed to explore that for 2019. I needed to learn what it was to be on my own. Because for as long as I remember, I moved out when I was about 16, 17, and I moved to my husband's house. That's probably some area I'm probably not going to actually explore on this podcast only because it's a little bit too dark for me. I haven't got to that place. My therapist is on it. Don't worry about it, guys. I'm working on it. But I've been here for so long, that I really didn't know what it was to be on my own. I had the illusion. I thought I was on my own. I was like, oh, yeah, you know, well, we have our own place. We living upstairs. I didn't know shit about being alone until I started traveling to different places. There's different states, to countries on my own, and a part of me selfishly needed that. But when you come back home, you just feel like I'm not doing enough as a parent. I left him, I abandoned him. But my husband kept reminding me like you didn't abandon us. You're having a career, you're experiencing [crosstalk: 38:48].

**Morgan Latimore:**

Do your thing, yeah.

**Latoya Shauntay Snell:**

Do you ever get those guilty moments? [Crosstalk: 38:54]

**Morgan Latimore:**

All the time. My munchkin is my main squeeze, right. And so, leaving her like, I look forward to going to hug her. I haven't hugged her yet because I was on the podcast when she was sleeping when I came in here. All my girls I love them to death. And I look forward when I come home to see them. Even the teenager that don't want to talk to me.

**Latoya Shauntay Snell:**

I haven't reached that part yet. No, my son likes me most days of the week.

**Morgan Latimore:**

But I feel it's just love and it's just that nurturing that we understand that responsibility that we have. So, it wouldn't be any different than if you didn't answer email to something or calls you cared about. You would feel guilty about that because you know you could have did more right? And so, what we have to realize is, yes, we could have, would have, should have. But again, what is reality? The reality is the career that you're in, causes you to travel. And you have to always kind of come back to center. I'm not doing this for me, I'm doing it for us in a sense where I had to do what makes me happy. But it also is a way to bring value to my family. That's the key. And it has to be. That's why we have to do what we enjoy and not just do. And we talk about this all the time, not just doing what people want us to do. Because when we start living other people's truth, when you stop living yours, you literally stopped living, so you might as well not exist.

**Latoya Shauntay Snell:**

Hello. If that is not a truthful statement, I don't know what to call it. So, I think you might be the only guests on here that I think that can actually answer this question.

**Morgan Latimore:**

I like those questions.

**Latoya Shauntay Snell:**

It's a simple question. But it's been kind of tripping a lot of people up on this podcast I've been interviewing. Outside of your professional roles [unintelligible: 40:50-40:55], you're actually an athlete as a profession. An athlete 20 plus year veteran, well in service, active service. You have all these roles, who are you outside of these roles? How would you define yourself? Who is Morgan?

**Morgan Latimore:**

Scared. Scared that I'm not enough. So in a journey for me to find who I am and to uncover my own truth. I've learned how to show other people. That's why I do what I do. Outside of all that, I'm Morgan. I'm a human being, a man. I come with no special gifts or talents. The ability that I actually possess is the ability to be vulnerable when other people seek not to be. And that in itself was going to make me better. Because the reason you stopped growing is because you stopped looking within. I'm choosing not to. I'm scared enough to know how much I don't know. But I'm also smart enough to know how much I continue to learn. And being outside of all that when I take those titles off, and I look at it all the time, because who are you without those? I'm not the [unintelligible: 42:15] or the Marines, I'm not the coach. Morgan, the people's coach. I'm not the ultra-athlete. I'm not the black guy from the hood, who am I? I'm scared not to live my truth. I think that the moment I stop being who I was meant to be, then my life is gonna go to hell. And that scares the shit out of me. And so, I've dedicated my life to my purpose. And my truth is being able to tell people that I'm afraid. But that doesn't mean I have to live a fearful life. There's a difference, right? I'm gonna do the things that need to be done. I'm not gonna stay in the middle of street because I don't want to be hit. I'm not going to just stand and take a punch. I don't want to be hit. I'm gonna put myself into positions to be vulnerable. But I'm also gonna put myself in positions to be effective, to be strong to be resilient to build character within myself. And I can only pray and hope that vulnerability is given to my children and those that I come into contact with, and that they don't have to be scared because I'm in the room. I'm on this earth and I'll make sure that I do everything in my power to take that feeling from. So, yeah.

**Latoya Shauntay Snell:**

It's that legacy right there. And this is why we're friends. Beyond the title of coach or at times superhero or calling me out on my shit. This is the reason why you are my friend. And it's beyond a pleasure having you on this podcast and I think this is one I will probably remember for the rest of my life.

**Morgan Latimore:**

I hope so. I don't forget me either.

**Morgan Latimore:**

That's good man.

**Latoya Shauntay Snell:**

[Unintelligible: 44:18]

**Latoya Shauntay Snell:**

[Unintelligible: 44:20] had a meal at my house man, please you can't forget me.

**Morgan Latimore:**

I plan on having some more when we [unintelligible: 44:25] this COVID crap [unintelligible: 44:26] to New York. But I appreciate you having me on there. And I know people on here, for me the biggest thing in business that I'm trying to do now is letting people know I'm a coach. Hire me. I want to be there for you. I want to give you what I don't think other coaches are doing. And I'll call other coaches, I call them out all day. If you suck, you suck. If I ain't talking about you then don't listen. It's that simple. But if you feeling some type of way, when I say coaches suck then you might need to reevaluate who you are because guess what, you can't tell me I suck. I know I'm good.

**Latoya Shauntay Snell:**

I know that's right.

**Morgan Latimore:**

I know I'm good. The only time we start really worrying about things when we already know we inadequate in that area. That's the key, right. And so, I would love to work with any of your followers. I would love to see if we can build relationships like we have. And I think that the mental and emotional side is very important. And it is almost stronger than the physical. Because the body will go where you tell it to go if you have the will to push it, the resilience to overcome it. And the fortitude to knock that damn wall down. Get it.

**Latoya Shauntay Snell:**

Oh. Now I'm about to go into a different direction now. Thank you so much for coming on the podcast.

**Morgan Latimore:**

Always.

**Latoya Shauntay Snell:**

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