



Dr. Mollie

Author

Speaker

Mentor

www.DrMollie.com

Dr. Mollie

ABOUT MOLLIE MARTI, Ph.D., JD

IN THE NEWS

Dr. Mollie steps up after community tragedy to lead Community Resiliency Project:
<http://www.mvlsun.com/article.php?viewID=8366>

Iowa Public Radio (June 6, 2011):
<http://iowapublicradio.org/news/the-exchange/past-shows.html>

Dr. Mollie invited to join Seth Godin's Domino Project Street Team (latest project *No Idling*)
<http://www.thedominoproject.com/2011/05/no-idling.html>

Dr. Mollie designated by Zappos as a Very Happy Person (VHP)
<http://www.deliveringhappiness.com/jointhemovement/vhp/>

Marci Shimoff features Dr. Mollie as Love Luminary in *Love for No Reason*:
<http://books.simonandschuster.com/Love-For-No-Reason/Marci-Shimoff/9781439165027>

DR. MOLLIE'S BOOKS

Walking with Justice: Uncommon Lessons from One of Life's Greatest Mentors

The 12 Factors of Business Success: Discover, Develop and Leverage Your Strengths

Selling: Powerful New Strategies for Sales Success

Dr. Mollie

UP CLOSE WITH DR. MOLLIE (PART 1)

From interview by Rebecca Nelson

Where did you grow up?

On a farm in northeast Iowa. It wasn't a working farm, but we had a couple cows. My parents thought it built character in my brothers to get up early and milk them by hand.

How many Brothers and Sisters?

I am the 12th of 13 kids. I have 7 big brothers and 5 sisters.

What's your first memory of accomplishment?

One that stands out is when a substitute teacher in 4th grade offered one dollar to anyone who came to class the next day knowing what an abacus was and how to use it. I was the only one in my class who did the research. I taught my class how to use it for math and earned the dollar. I remember taking pride in this accomplishment.

Were you a good student in school?

I grew up in a home of good students. My mom was an English teacher and a sales manager for World Book Encyclopedia. She encouraged questions and often said, "I don't know. Look it up!" It was this love of learning my parents instilled in me, in part, which led me to graduate at the top of my class, both in undergraduate and in graduate school.

How often do you read?

Daily.

Are you a morning person or a night owl?

A night owl...who keeps working on the Early to Bed, Early to Rise wisdom.

Do you keep a journal?

Several.

How often do you exercise?

I move my body daily, some days more aerobically than others. I especially love walking our yellow labs through our apple orchards.

What's life like on the Apple Orchard?

Scenic, serene...delicious! This piece of my lifestyle was a gift from my husband. He is a farmer at heart and I don't think I would have earned my appreciation for nature without watching him revere it the way he does.

Dr. Mollie

UP CLOSE WITH DR. MOLLIE (PART 2)

From interview by Rebecca Nelson

Is there a special gift you love to give people?

I love to share life's pleasures so I often give little gifts like my favorite new book or tea. I enjoy giving thought to unique gifts and finding something that allows the recipient to pamper themselves or play. It gives me joy too. I love hearing, "Oh, I LOVE this! And I never would have bought it for myself."

Do you have any vises?

Coffee, endless cups of tea, dark chocolate, and red wine...I do a happy dance whenever I see research come out saying that these things may actually be good for us.

What do you look forward to more - A great dinner or a fabulous dessert?

Life's too short not to have both! (laughing)

What's the first thing you notice about someone?

The heart connection they make – or don't make – with others.

Do you have any hobbies?

Top of my list are travel and adventures with my family and friends. Inside you'll find me reading, writing, listening to music, or playing the piano. Not sure if this is a hobby, but a favorite de-stressor is to hop in my bug convertible and zoom!

Do you have a mentor?

I surround myself with people who inspire and teach me. My life's greatest mentor was a federal judge, Max Rosenn. I clerked for him as a young lawyer and as a newlywed. He had an enormous impact on both my husband's and my life. He's featured in my new book, *Walking with Justice*.

Have you ever thought, "There, I've done it. I've accomplished everything I wanted to"?

Never. I can't imagine such a thought. When does learning and growing end? When I'm dead.

You have had a life threatening illness. When you were going through this, did you ever feel like giving up?

There were moments of discouragement, but never a moment of defeat. It was a process of surrendering and opening myself up to the invitations and opportunities this experience was bringing to my life. And it brought many – there's still wrapping paper flying from this gift a few years later!

Dr. Mollie

UP CLOSE WITH DR. MOLLIE (PART 3)

From interview by Rebecca Nelson

When someone tells you that you've made a difference in their lives where do you tuck that feeling? Heart? Mind? Somewhere else?

What a great question. I've never thought of it this way. I definitely have a special place in my heart that processes this feedback because it goes to the very reason I was put on this earth. There's also a piece of my mind that thinks, "I *want* this for you so badly!" that I continue to work on letting go. The reality is that I can't do this work for others – only you can change your life.

What's something you can't live without?

I like to think that I could live without anything...that I haven't given away my power to an attachment or reliance to something (yes, even coffee, tea, dark chocolate, and red wine!) What rocks my world like nothing else? That's easy. My faith and family.

Do you teach your children about Best Life Design?

Yes, we talk a lot about our best individual and family design and how we can support each other to become the best version of ourselves. It helps that my husband and I are on the same page as socially conscious entrepreneurs -- all 3 of our kids already are applying these concepts to their own life plan.

Where do you go to relax in total peace?

Our vacation home on the banks of the Mississippi River. I also love spa days and full body massages...you can't beat that wet noodle feeling.

Do you have a charity that is close to your heart?

I am drawn to charities that help kids and families. A few I donate to are the American Red Cross (who did amazing work after the devastating Iowa floods), Habitat for Humanity, the Caring House Project Foundation, and Children of Promise. I foresee a Best Life Design Foundation that will educate, encourage and empower kids to connect to their unique design and shine – including underprivileged kids who hear this message the least and need it the most.

Dr. Mollie

A PERSONAL SNAPSHOT (PART 1)

*Based on an interview of Dr. Mollie by
Bob Burg, international bestselling co-author of The Go-Giver*

What's your favorite quote today?

I've been starting my day pondering Mary Oliver's question: "Tell me, what is it you plan to do with your one wild and precious life?" A longstanding favorite is Erma Bombeck's wisdom that I have on my desk: "When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, 'I used everything you gave me.'"

Bob: Dr. Mollie, I know that you not only have a very powerful, moving personal story, but I also know you're on a mission. Would you take the first part of this interview to share your story?

Dr. Mollie: Sure, I think that's a great starting point. A couple of years ago, I was where most people would consider to be at the top of my game. I was president and lead consultant of an elite-performance consulting company. I was happily married, with three great kids (I still am) and I really loved life. The whole transition from being a lawyer to becoming a psychologist followed a pretty traumatic life experience. I lost my mom to cancer and I lost her sister, kind of a second mom.

In a short period of time, I lost other family members to cancer, including my young niece. All of these losses really stopped me in my tracks. They brought home how short and precious life is, and caused me to ask, "What do I want to do with my life?"

During this time I re-connected to my core mission of helping people use their full potential and I left law to become a psychologist. I discovered performance psychology and I started to work with sports teams and world competitive athletes. My company was flourishing and in a sort of an auto-pilot way, I thought I was doing what I was here to do. Then everything came to a screeching halt.

A virus infected my heart, leading to a life-threatening illness and bed rest. Weeks led into months as the virus went into my neuro system and I lost my ability to walk and to talk. I lost my vision. As my world went grey, and I lost my ability to see what was right in front of me, I gained a bigger vision of helping others live their best life.

From my bed and through the healing process, Best Life Design was born. I realized that I hadn't been fully living my mission. I had an incredible career working with elite performers. The piece of that I enjoyed the most was what I called creating ripple effects in many lives.

Dr. Mollie

A PERSONAL SNAPSHOT (PART 2)

*Based on an interview of Dr. Mollie by
Bob Burg, international bestselling co-author of The Go-Giver*

However, I had gotten away from my core which I call a servant's heart. I know that has religious connotations, but it really is the best description that I have come up with, that I am here to serve others. I realized I had been slipping away from that into saying no to clients who couldn't afford me and writing a quick check to charities instead of directly connecting with and changing lives.

I realized I wasn't living a fully integrated life. After my illness, I rebuilt my life by returning to the foundational pieces, using all my performance psychology tools and amassing a huge arsenal of additional tools. Best Life Design is where I'll be sharing these resources.

Bob: Okay, let's talk about the power of the team. Tell us about that.

Dr. Mollie: A team is so important. When I was ill, I was going to a series of doctors. I had a cardiologist, a neurologist, an immunologist, the list went on and on as they were trying to figure out what was wrong with me. One day, I got up and walked right out of the doctor's office because the nurse came in with a needle to perform a test for the third time that was already done by a couple of other doctors. They weren't talking to each other. They weren't a team. They weren't communicating with my best interest in mind.

At that point, I walked away from traditional medicine. I said, "I'm going to go heal myself." I can just meditate and relax my way into health. When I lost my ability to walk and to talk, I knew I needed more help. The second time I went back to get help from doctors, I approached it differently. I researched and found a topnotch internist. I knew I needed a quarterback. I found a man who I trusted, who understood me holistically. He knew my symptoms. He knew what specialist I needed to see and he helped me prioritize the pieces. This is the doctor who diagnosed the virus. He impressed upon me the importance of working with the right team of doctors to get better.

I am a natural team player. I love to partner with people. So it was an easy decision for me to build Best Life Design with a team in mind and to select some of the world's best life designers to walk this journey with me. I see Best Life Design as a quarterback just as that internist was to me. That's the gift of Best Life Design. We're stepping up and saying, "You are a complex human being. You're amazingly complex, and you may need help putting all those pieces together, from financial to health, to business, to relationships, to spirituality."

Dr. Mollie

A PERSONAL SNAPSHOT (PART 3)

*Based on an interview of Dr. Mollie by
Bob Burg, international bestselling co-author of The Go-Giver*

That's part of my vision, to help people who are running as I once was – from this doctor to that doctor or from this guru to that guru. Best Life Design is a non-guru zone. I want to invite people to stop running and come home to a community that understands holistic life design and we will help coordinate resources for you. That's the power of a team.

Bob: You obviously see the support of a community being important. What are a couple of the tangible benefits somebody's going to get from being a part of the Best Life Design community?

Dr. Mollie: As you know Bob, I grew up in a family of 13 kids. I have seven brothers and five sisters. I had a slew of cousins, too, and grew up in a small town in Iowa with neighbors helping neighbors. If you drop into my house for a holiday you'll find 75 people from the older generation all the way down to someone holding a couple of babies. So I bring a strong personal background of community to Best Life Design that's supported by my research as a psychologist in all the different ways that we need people and community.

As I designed my community in the process of building Best Life Design, the feedback I received over and over from people expressing what they needed remained the same. They said,

“We want connection with like-minded people. We want to be held accountable. We want to hear stories of inspiration.” So that's the importance of community. It actually comes out in our mission statement. Part of our mission statement for Best Life Design says, “to foster a global community where people come together to support each other and create massive waves of positive impact.” So community is central to Best Life Design.

Bob: Let's talk about commitment here. You put together what I thought was something very clever that's going to help both charity and is going to help people make a commitment to a Best Life Design for a very, very small price. [Talking about the launch of BestLifeDesign.com that dedicated all membership fees to charity]

Dr. Mollie: When I work with sports teams, I hold a commitment ceremony where I have them go outside the room and come back in as they cross a red line to signify their personal commitment to their peak performance and to their team. When someone joins us at Best Life Design, we want them to say, “Okay, I am crossing the line. I'm committing to my best life.” My commitment is reflected back to them saying, “I'm committed to help you start making a bigger impact now. My team and I are here and we're committed to helping you design your best life.” We have a 10% tithe built in to everything Best Life Design does. We begin making a bigger impact – together – from our very first interaction at BestLifeDesign.com.