



## Episode 2: Provocative Questions for High Performers

### What are you tolerating?

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Rich: Welcome to One Insight. My name is Rich Litvin. I grew up in London, and I now live in LA. And this is a podcast for extraordinary top performers. You see, I've coached some of the most successful and talented people on the planet. I see what most people cannot see. And I dare to say what most people wouldn't dare to say. What I know about success is that on the other side of it, it can actually be lonely. You can feel like more of an imposter, the more successful you become. And when you're the most interesting person in the room, you're actually in the wrong room. I coach around insight. Life looks one way, something happens, the world looks different, and your entire world changes. It can happen in an instant. This podcast is called 1 Insight because a single insight can change everything.

Hi, my name is Rich Litvin, and this is a series called Provocative Questions. Most coaches think their job is to answer the questions that their clients come with. But an extraordinary coach knows that's not their job. The game of an extraordinary coach is to challenge the questions. The job of an extraordinary coach is to help their clients live into better questions. In this series, I'm going to throw out some provocative questions for you.

What are you tolerating? What are you tolerating? Anytime I ask that question, there's a visceral response in the person I ask. There's this sigh of, "Oh," because you feel it. You know the moment you hear that question, there are people, or places, or habits, or even thoughts that you have that drain you of energy. What are you tolerating? For most of human history, it wasn't called coaching. It was called leadership. And it's what I love to do, to coach people, to lead people, and to mess with people's thinking. If you'd like more of this, or if you'd like to learn more about our community of extraordinary top performers, go to [richlitvin.com/1insight](http://richlitvin.com/1insight).