

SHOW NOTES

LeaderImpact Podcast – Episode #15 – How to Stay Hungry in Uncertain Times - Ryan Walter

Release Date: July 20, 2022

Episode Summary:

Ryan played and coached more than 1100 games over 17 seasons in the National Hockey League. His many achievements include being drafted #2 in the NHL draft, becoming the youngest NHL captain, and winning a Stanley Cup with the Montreal Canadiens. He is a BC Hockey Hall of Fame inductee and NHL Man of the Year.

Ryan has been the founding partner in two start-up companies, a TV hockey analyst, hockey expert and actor, board and electronic game creator, and the President of a Professional Hockey Team. Ryan has a Master's Degree in Leadership/Business, he is the recipient of the TEC Canada 2015 Speaker of the Year Award and He is the author of five books, including his newest book, *Hungry: Fueling Your Best Game*.

How to contact Ryan:

- Website - ryanwalter.com
- Email - ryan@ryanwalter.com

Show Notes:

3:25 – Ryan shares about his hockey career and post-hockey career.

6:15 - Ryan shares about his latest book and why he chose the title *Hungry*.

- 8:30 – What we do to lose our hunger.

“The words we say to ourselves have such an impact.” ~Ryan Walter

[Click to tweet](#)

11:10 – How to stay hungry.

- 11:40 – Go to the foundation of what makes us hungry. Personal values are an important ingredient of our foundation.
- 13:20 – Finding truth is another foundational piece.

“The Bible gives a foundation of truth that helps us to be hungry towards that truth.” ~Ryan Walter

[Click to tweet](#)

15:00 – Values assessment. Found at <https://crgleader.com/values-preference-indicator/>

16:50 – Vision is important for hunger.

- 17:35 – Future positive thinking – write out what you want or the vision you have in areas of your life.

“Get your eyes on the next step and how you can move through it!” ~Ryan Walter

[Click to tweet](#)

20:25 – The importance of mindset and how it affects our hunger.

- 21:55 – Past negative thinking is the opposite of future positive thinking that can lead us to dark places.
- 22:15 – Leaders need to be aware of their thinking to shift their mindset.
- 23:10 – Leaders need to be intentional about the inputs.

“Be intentional because it is easy to be distracted.”
~Ryan Walter

[Click to tweet](#)

24:50 – The language used in the book to help people understand the concepts.

- 25:30 – Discuss further the concept of deflection in the book. Do we direct credit to ourselves or do we deflect credit to others?

“The more we give away, the hungrier we stay.”

~Ryan Walter

[Click to tweet](#)

28:00 – Ryan discusses his spiritual journey.

- 29:30 – The team was on a rough plane ride and he had a discussion with a teammate, Jean Pronovost, who gave him a New Testament to read.

34:15 – Nudges God gave him throughout his life

- 34:40 – Looking at nature on fishing trips growing up helped direct him to God
- 35:25 – Questioning why there is a moral code helped point him to God

37:00 – Where God is during uncertain times

39:40 – Ryan’s involvement with LeaderImpact

42:05 – Ryan’s faith legacy – he enjoys speaking for LeaderImpact

- 42:50 – He and his wife have been doing some couples ministry
- 43:25 – Enjoys coaching and performance conversations based on the Bible

44:30 – What brings Ryan joy – worshipping God

- 45:10 – His family – kids and grandkids
- 45:55 – Sharing Christ