

LeaderImpact Podcast – Episode 33 - Andy Howard - Common Things People Contend with in Their Lives

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Episode Summary:

For over 20 years, Andy has served in ministry as a youth pastor and marriage ministry pastor. He has found that not much changes in each role, just that some come with more wrinkles and less hair.

Andy is an advocate for mental health awareness as he has known the heaviness of depression himself. He is passionate about fighting against the awful attack of mental health issues that are running rampant across the human race.

At his heaviest, Andy weighed 345 lbs and his wife Tiffany weighed 317 lbs. Together, they have lost over 350 lbs combined and have co-founded a health coaching business called “Taking Back My Life” where they have helped thousands of people get healthy as well. Through this journey, Andy has become passionate about fitness and working out.

Andy currently lives outside Dallas, Texas with his wife Tiffany and their three beautiful daughters Payton, Parker, and Presley.

Today we actually want to talk to Andy a little bit about his new book, *When Words Don't come easy* and dive deep into the conversations we have with ourselves.

How to Contact Andy:

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Books Mentioned:

- Andy's book - *When Words Don't Come Easy*

Show Notes:

0:00 - Show introduction

0:41 - Introducing Andy

2:50 - Andy shares more about himself

4:12 - The reason for writing the book and how he came up with the title

- 4:30 - knew for a decade that he was supposed to write the book. First started experiencing depression with his daughter's cerebral palsy diagnosis
- 5:09 - originally had a different title in mind
- 5:35 - the title came from a song he wrote for his wife on their wedding day

7:22 - A section in the book talks about common things people contend with in their marriage, changed it to talk about common things people contend with in their lives

- 8:10 - #1 - Expectations. Inspect what you expect. Came from a pastor he worked for. Ask questions so you know if you are meeting your expectations. Don't leave anything up to chance. What you are doing, does it line up with your goals?
- 11:01 - #2 - Pursue. When you are new in a relationship or married, you pursue your partner or spouse. Don't get into a place of complacency. Constantly pursue your partner or spouse. As a leader, you can always learn and grow. Don't think you have arrived. Easy to get comfortable when you experience success.

Always ask, what is next.

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- 14:15 - #3 - Communication. Easier to communicate than to read someone's mind. The greatest teams communicate well. How you communicate with yourself matters too. How are you talking with yourself?

“The better we communicate, the better we will be understood.”

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- 17:28 - #4 - Rejection. No one wants to feel rejected. Frame feedback in a positive way, and it will be received in a more positive way. Build trust and the feedback will be received better.

- 21:00 - #5 - Grace - Give yourself grace. The next time something doesn't go the way you expect, give yourself grace. Have grace for yourself. If you're not going to do it, no one else will.

“You are created for a purpose. There is something only you can do. You have a design or a purpose that only you can meet.”

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24:38 - More about Andy's spiritual life

- 24:56 - His mom and dad were pastors when he was growing up.
- 25:24 - When his daughter Payton was born, the chief neurologist told him that their daughter only had 10% brain function. Andy was overwhelmed with sadness.
- 26:48 - For the first 3 months he was praying Payton would be healed, but somewhere along the way his prayers became bitter. Felt God owed him something.
- 27:40 - Became depressed. But now God is using his experience to help others as they relate to his story.
- 29:17 - Prayed that God would use Payton's story to reach others, but thought it would happen through her healing, but God is using her story as Andy shares his experience

“The more you open up and ask for help the burden gets lighter.”

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- 32:20 - Listen to your heart and mind and ask if a person really is doing fine. Comes through building relationships.

33:00 - A time God used disruption to realign Andy's path

- 33:17 - Andy thought he would be a pastor forever, but through his weight loss journey and his business he is able to tell more people about God.
- 34:36 - As a health coach he has seen that people who let their guard down about their weight, are more open to sharing anything in their life. Comes back to trust.

37:23 - What Andy wants his faith legacy to be

- 37:41 - Hope. His goal is to leave people hope no matter where they are at.

39:25 - What brings Andy the greatest joy

- 39:38 - His wife and his kids
- 40:08 - Helping people. Being able to pray for people. Pouring into people's life.