

TIWS Day 1 – The Inner Winner Show

Kill Your Inner Loser | 14 August, 2020 | by Andy

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Day 1 of 365: Sup guys – kicking off my first ever podcast!

It's a little rough around the edges, but as I mentioned in [Give Yourself Permission to Suck](#), it's more important to just get started, rather than stressing about making things "perfect". My first guest was my girlfriend Imogen – she did a pretty solid job.

Here's a photo of where we were sitting during recording:



I plan on doing some of these with guests, some just by myself, and some "call-in" shows with other friends of mine/clients of mine/random people who are also on their own self-improvement journeys.

If you have any questions you'd like me or my girlfriend Imogen to answer, drop a comment below and we'll cover them in a future podcast.

Same goes if you have a particular topic you'd like me to cover, or a particular question – ask away.

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