



- Dr. Irena: So hello, we're back with our next speaker, Rob Actis, who has an amazing story to tell you, but let me first introduce him quickly. Rob decided, at four years old, that he wanted to speak to the world, so he's really huge on communication, and now 50 years later, not only has he accomplished being a radio personality and successful commercial voice actor, but he is also leading a movement that gets people motivated to take action in their lives. Rob's experiences and triumphs are a testament to that. Today, Rob relishes in facing fears head on, overcoming them and inspiring others to do the same. Rob has a best-selling book out there, "The Law of Action", which shows the incredible results you can get when you take the time to intentionally decide, plan, and act in your life. It starts out with an emotional roller coaster story about the time he almost lost his daughter in an unusual medical emergency before the chapter ends. Rob also shares about his own medical situation that almost took his life because he didn't take action soon enough. Rob is passionate about sharing the love with the world. His intention is to help people see that they're not only worthy of greatness, but also capable of breaking down any tasks into manageable steps. Now, Rob, this sounds absolutely incredible. I mean, starting a four years old, how did you make that happen? How did you find that out at four years old? "Yes, I want to say to the world..."
- Rob Actis: yes, it's kind of interesting. So if you remember, there was a TV show called "Laugh-in" and Gary Owens was on Laugh-in when I was about four years old. And it's funny cause I remember this so vividly. Um, Gary Owens said: "Live from downtown Burbank, it's Laugh-in"! Well, I was a very...a pretentious young boy, and I was a little ahead of my time.
- Rob Actis: And I turned to the family: I want to talk on TV. Now I really didn't understand what that was, but I did declare it. And because of that, I just kind of lived a life of action towards that. So I went with my flow, which was really easy. I really love to talk. Even back at four years old, I was talking. So, um, it started when I was probably seven, eight or nine, back when they had audio cassettes and turntables; I would go and play radio when I was five, six, seven. I would listen to the radio all the time and I go: I want to talk on the radio. I want to talk on the radio! I mean I knew what I wanted to do and it's quite amazing that I actually did what I wanted to do by taking the action steps.
- Rob Actis: So I declared that I wanted to talk on TV. I now do talk on TV. Um, you may have heard me, I do some commercials by names of Walmart, Subway, Bayer aspirin, Carmax, Icy Hot, Black Box Wines. So little small companies...haha
- Dr. Irena: No, huge! Really. And I know this is not easy to land those roles, right?
- Rob Actis: Yeah. I was in radio for many years in San Diego; was very blessed to be at B-100 FM and I got to do what I wanted to do. I talked on TV and I talked on the radio and now I get to do a little bit more intimate talking in that I'm an audio book narrator and I love that! I have close to 30 audio books out on Audible, and soon mine will be actually out; it will be out on Audible. Um, people may know me from the Miracle Morning by Hal Elrod.



I'm the narrator for the miracle morning and all the miracle morning audio books in a series as well.

Dr. Irena: That is so amazing. And do you know what I'm thinking? We just have heard from another speaker, about the future visioning, which you have apparently done starting at four years old, probably even earlier, who knows, and absolutely focused your life on the future you wanted to have and took action like this. Was there any way that your parents or somebody really encouraged that or did they poo-poo it like, you know, most children get told when they have grandiose plans: that's never going to happen, doesn't work, and what stuff like this. How did that work for you?

Rob Actis: I wasn't really supported by my family unfortunately. Um, I was a very energetic young child, uh, with ADD and I drove them crazy. I can only imagine what it was like back then. Family members, cousins and aunts and reminded me how I was, but I was performing many years ago. Even when I was like six or seven doing magic tricks and just always in front of people. That's something I really like. I love to talk, I love to communicate. I love to really connect with people on a human basis. And uh, I dunno how I learned that I, maybe I was adopted, I don't know. Or from another planet as my family says, maybe from another dimension. Who knows?

Dr. Irena: well, we have like this little joke with... We have five children. The youngest one looks different than the siblings, but I can vouch for them being full siblings. But of course they made fun of her from the "Cheaper by the dozen" movie: you got FedEx; so maybe you got FedEx then.

Rob Actis: Yeah, I'm the baby of the family out of five and I'm not like anybody else in my family, at all. So, but I relish in my ADD and I relish in who I am and I relished in all the challenges I've had in my life to get to where I am today because I get to make a significant impact on people's lives by helping them live a life of inspired action. So that's what turns me on.

Dr. Irena: Yeah. And it sounds like you found this calling already at a very young age and then nothing could deter you. I think this is what's so very admirable about you. You know, as a young child actually going against your family, if they didn't support you, to say: this is what I want, this is what I'm doing. And being the rebel, even though they thought you're crazy and maybe from another planet. I think this is amazing. Not many people can do that.

Rob Actis: Yeah, to tell you how a crazy am; I was actually working for a copier company called Minolta and I was selling copiers and I was, I think, 20 years old and I was making back then like \$5,000 a month. This is back in the...

Dr. Irena: Oh wow!

Rob Actis: ...back in the early eighties. It was an incredible amount of money. I became a top sales rep in selling copiers and I left that job and they couldn't believe it. And I went and



made 4 dollars and 25 cents a month and uh, worked at the radio station. That's how much that made.

Dr. Irena: wait, 4 dollars and 25 cents? Did I understand that correctly?

Rob Actis: yeah, \$4.25.

Dr. Irena: And did you do that just out of love then?

Rob Actis: Cause I wanted to be on radio, that's what I wanted. So my very dear friend Tony told me that, you know, if you wanna get a job at a radio station, they're not going to knock on your door. Which I actually thought they were. You have to actually go work at a radio station.

So I went and got a job as a receptionist and worked my way up and became a radio personality in San Diego. So it was... I think I was just too dumb to know that I couldn't do it. I think that's what it was. I went just like, okay, this is what you do now. I always took action steps and it's kind of a good thing that I wrote this book, *The Law of Action*, because that's something that I've always done.

Dr. Irena: Right. But that doesn't come natural to most people because most people are actually driven by fear; that's just how our, the way our brains are constructed. Did you do something actively to overcome this? Or you were just born this way?

Rob Actis: I think I was born this way. Um, I think I'm unique in doing stuff. Most people don't do stuff because of the consequences, the fear of consequences. I'm not afraid of consequences. I'm not afraid of bad things happening. Um, I'm not motivated by that. I'm motivated by pleasure. I'm motivated by the good that I can feel. So if I know that there's something positive at the other end I'll do hell and high water to get it done. That's the way that I work and I reward myself that way. So if I get a certain amount of work done, then I'm going to go, you know, have a nice steak or I'm going to go to the pool or I'm going to go hang out with a bunch of cool friends and we're going to watch a movie or whatever. But I'm motivated to go towards pleasure as opposed to going away from pain.

Dr. Irena: Yeah. That for me sounds like the perfect way of the law of attraction in action. You're sharing the Law of Action with the world. Is that about the same type of thing or similar things?

Rob Actis: I'm sorry, what was that?

Dr. Irena: When you say you have the Law of Action? It's almost like "the law of attraction in action", shortened.

Rob Actis: So what happened was, um, I had some near death experiences. My daughter was 14 years old and she had a blood clot in her brain. She had brain surgery and she suffered from four strokes. And, uh, that was like a life or death moment to know that at any moment your life can change. She had never been sick a day in her life. She was perfect



and our whole life was perfect...and in all one get moment: Our whole life changed. She had about a 3% chance of survival. Um, that was devastating.

We firmly believe that the fact that we took such massive action in the hospital with her care and our advocacy is what got her to where she is today. And she's now 20 years old. She's married; she has a deficit of maybe 1-2%. And they didn't even expect her to walk. She had to learn how to walk and talk and use the entire right side of her body again.

**Rob Actis:** And that was massive action, and she took massive action. So that kind of was interesting how that happened.  
And during that time I learned that in order to take care of other people, you have to take care of yourself. So what I did was I got into the best physical shape I could because while she was in the hospital, I gained a lot of weight. I got to be like 238, 240 pounds because all I did was eat in the hospital. It's all they do is give you food. And I didn't know what else to do. I'm standing there watching my daughter, trying to make sure that she doesn't die in front of me and I just kept eating. And I gained a lot of weight and I looked terrible and I didn't like it and didn't feel good. So I started doing MMA and boxing and uh, Muay Thai, and it's great.

**Dr. Irena:** You did too? That's so funny, because that's what I did...

**Rob Actis:** It's wonderful. I got in the best shape of my life. However, what I didn't pay attention to, and people do this in business and relationships, is to little clues that something's wrong.  
And if you don't pay attention to the symptoms, whether it's in your business or your relationship, what can happen is your relationship could die, your business could die. Or in my case, I almost died. So while I was focusing all my attention on my daughter and my working out, I wasn't paying attention to the symptom that I had this massive painful charley horse in my leg.  
Now even to let you know, the universe has like really reminded me. My daughter has a disease called Leiden factor five. Not a disease, but she has this thing called Leiden factor five, which is a blood clotting disorder. I gave it to her. I knew I gave it to her.

**Rob Actis:** I mean it was a blood clotting disorder, and Aiden told me, my daughter, she said, Dad, do you have a blood clot? And I'm like, no, I don't have a blood clot. I'm young. I don't have a blood clot. I'm doing boxing and stuff.  
Well, I wasn't paying attention to the symptoms, which we tend to do in relationships. And I found out, well not very quickly, but in a matter of months, that not paying attention to symptoms almost took my life. I did have a blood clot. I ended up in the emergency room and the doctor looked at me and said, I don't even know how you're alive. You have, not a small blood clot, but you have a solid mass from the top of your hip down to your ankle. Wow. And that was really bad.

**Dr. Irena:** Yeah. No kidding, that was bad. I mean, no surprise... You said you gave it to her. So were you genetically tested?

**Rob Actis:** Oh, genetically tested? Yes.



- Dr. Irena: I see. So was that already when you knew that you and your daughter had the disease, the genetic factors at that point, you already knew that this was something that came from you?
- Rob Actis: Yeah. We didn't know until after she had the brain surgery and her strokes. But I should have paid attention to what was in front of me. Right? That my daughter's telling me, dad, you have a blood clot. But people tend to not see the symptoms. And the universe is like: your daughter's telling you have a blood clot. And in my case, you know, in a relationship, the relationship can fail. If you don't pay attention to a symptom in a business, your company can die and then been triaged. And in my case, I almost died. So for about three and a half months, I tried to not die, um, because there was blood moving around and if one clot would have dislodged, it would've gone to my heart and lungs and I was gonna have a stroke. So during that time, I had a lot of time to think, and I was lying in bed and I really came up with: if I survive this, I need to make a shift in my life.
- Rob Actis: I mean, there's a reason that I'm here; the fact that I'm living. And I worked with Hal Elrod and a lot of other really incredible inspirational people. And I said, I need to write a book. I need to get this message out, of taking action. Because I listened in my head and saw this movie playing of where I was taking action in my life, and where I didn't. And the universe just laid it all out before me. Um, it was amazing and I'm like, this could really make a difference in people's lives. And that's where I have now shifted my focus from being a full time voice actor to now I'm on stages and now I'm working with clients on a very strategic advisor level and I'm really trying to get people to understand that at any moment your life can change and you need to live your life like you want to be alive. That's your relationships, that's your business and that's your health because at any moment it can be gone.
- Dr. Irena: They can be gone or you can be gone, which makes it obviously horrible for them. So was that a deciding point in your life when you said, "okay, I am not doing the voice acting or voice-over acting anymore, but now I'm going to go out and actually talk to people? I love to talk to people. They need to know this; they need to know how quickly something can change."
- Rob Actis: Well actually what happened was I wanted my daughter to tell *her* story. She was, you know, a teenager, eighteen at the time, uh, I think she was 17 then. And she's like, well, you know what, *you* go write a bestselling book, *you* go out and speak on stages and *you* go out and change the world and then you do it first and then I'll do it. So as a dad, I'm like, okay, well, let me go do it. And so that's what I did and it was actually to inspire *her* to do it. So that's actually how it all came to fruition.
- Dr. Irena: So this is the book that you call The Law of Action, right?
- Rob Actis: Yes. Yes.



Dr. Irena: And this is the method you have been using all your life; initially even as a four year old without really knowing it. But then did you come to know that there was a method to the madness?

Rob Actis: Oh, I did, I did. When I had that time, I did a lot of introspective thinking and I got a lot of communication from the universe. Um, they laid it all out in front of me. I was lying there and I was like, I'm going to die. Like they told me flat out, you may die. And I'm like, "what can I do to stop it?"... "Well don't die!" That's the weirdest thing because you can't, like, you know, if you're sick, you get better. And it was very difficult. We just had to let the blood clot take its course and hopefully, uh, become what's called chronic, where it's not floating around like that.  
And I made the decision that it's time for me to have an even more significant impact in the world because I think I'm on borrowed time.

Dr. Irena: So you said your daughter was very sick and almost died, and then you almost died and you're saying, okay, you were communicating with the universe. How did that work? I mean, what was it that actually helped you navigate those really overwhelming, bone-chilling experiences?

Rob Actis: I just really knew that I had to take massive action and I thought back in my life; I didn't even think about my daughter. I just got into action mode. I've all, you know, my last name is spelled A-C-T-I-S; act is in my last name. So it's part of me at my core.  
I've been in the Internet marketing space, right before Aiden had her brain surgery and I went back and saw a lot of the videos of me speaking on stage and videos where I was talking to people and I said the word 'taking action' all the time. I didn't realize how much in my writing that I've said that. So that's been a part of me. Um, I even said it when I was on the radio, I didn't even realize that. I went back and listened to them and went, wow, this has been a part of me. Now it's time for me just to broadcast it to others because I want them to learn, um, and get a shortcut because it's a very simple thing.

Rob Actis: You decide to do something, you plan to do something, and then you take massive inspired action. And what happens is we all decide and we plan. We all have all of these things that we decide and plan to do and then we've failed to act and we think that it's procrastination or it's, I don't have enough information.  
And actually what it is, you can really zero in, and it's fear. It's really fear. Whether it's fear of success or fear of advocacy or fear of what people are going to think. It's really based on fear and if you could break through that fear, you can decide, plan and then burst into action and what happens is the universe creates and it (your action) creates momentum in the universe and if you decide, plan and act in small things in your life and then do it bigger and bigger and bigger, the universe says: Hey, you've been playing here (small), now you're playing here (massively). We're going to bring more people into your life and more opportunity and it's (crazy), I can't even recognize my life since I wrote the book. And I guess I wrote the book I needed to read because I decide, plan and act on a very consistent basis.  
I've also learned that the most successful people decide, plan, and act all the time. The faster you do that, the more success you have.



Dr. Irena: You're one of the rare ones. Like you mentioned, most people are driven by fear and you never were. So you, I don't know what this is, a genetic advantage or maybe another planet's influence, I don't know. But you're one of the very few who say, okay, I'm planning, I'm deciding. I'm planning, but I'm also acting because I'm powerful. Either there is fear or maybe not, but if there is, I'm courageous enough to do it because I know this will give me much more reward than anything else.

But sometimes, when you are telling this to people...don't they sometimes come up to you and say: but Rob, this is much easier said than done. What can I really do? What is like a first step? What can I do if I'm planning or I'm deciding and not doing something? I'm planning or wanting to do that, but it's kind of wishy-washy. I don't know how to do it. Or how to get there. What do you tell them?

Rob Actis: Well, I got really excited when you asked that because I want to be really transparent. I have fears, so I'm not fearless. I have fear. I just break through my fears. And what I did that really catapulted me in a major way is I went after my biggest fear, which was fear of heights. I went and got into a helicopter in Hawaii and it was the most difficult thing I've ever done in my life. So like the day before I did it, I decided, I planned on it, I took action, I bought the ticket, um, and then all night it was like, oh my gosh, I am going to go on a helicopter. And I couldn't even...a long time ago when I was in radio, I almost fell off a building; there was a wind and I went to grab something, I fell over and someone grabbed me by my legs and I was hanging by my leg. Geo Rogers saved me.

Rob Actis: And so because of that, I had a fear. Like I couldn't even really stand on a chair for many, many years because even when I'd work out in the gym, I couldn't stand on that big bench to do the push-ups with the elastic bands, I was that scared.

So I'm going to do a helicopter. And what I decided was I'd video it and it would be so great. That's the only thing I did to really get through it. I videoed me and it's hilarious because here I am: "going to do this, I'm going to do this." At the very end I was about to chicken out. I was going to lean over to the pilot and say; Captain Sean, you got to get me off this thing. And he took off before I had the chance to do that and my face is blood red.

Rob Actis: I'm freaking out. But I knew that if I could break through this fear, two things would happen. One, it would forever change everything in my world. It's kind of like, you know, back to the future. They changed something in the past and everything in the future is perfect. Well, I was changing something in my present and my past to the fear. And then I also knew that if I broke through this fear, which was the biggest fear that I've ever had in my life, and it was an unreasonable fear because it's a helicopter, (it's safe, I knew that), but it would be a catalyst for other people to break through their fears because I already did it. And, um, I was so excited when I got off the helicopter. When I was in the helicopter I just imagined myself getting off and go like woohoo! Woo!

When the helicopter was landing, I got so calm and so peaceful and so zen-like I had one of the most beautiful senses of calm that I've ever had.

Rob Actis: It was like nothing I'd ever experienced. And I knew then that my life would forever be different. And I use that in everything that I do in business. And, um, I was just making a very big proposal this morning and I was afraid. And it was interesting because I brought up the I'm unworthy part. And then what I brought in my brain was: you flew in a



freaking helicopter. You broke the biggest fear that you have. You're not going to crash and die. Put yourself out there. And the significance of this deal can have such a positive impact on other people and the joy that I get from that.

So once again, I'm going towards the pleasure. So, what I would recommend for people to do is to find their smallest fear, whatever it is, and break through that and just take baby steps.

**Rob Actis:** It's kind of like martial arts where you have to build a foundation; you have to do a white belt, and then the next belt and the next belt, you can't just start as a black belt. And when you start, very small, magic happens. And the one thing that I will add, even on your fear, is you have to do your gratitude every single day because... overcoming fear is great and all that stuff. But you have to be grateful for everything in your life, like *everything* in your life. Like mine. The first thing, I'll wake up and I go, I'm so grateful to be alive. I'm so grateful for the relationships and the human connection that I have in my life, that I'm blessed with my family and my dear friends and my inner circle, my tribe. And when you have that; a lot of fear, and most people have fear of unworthiness or fear of success, it just goes away. But you don't have to really even zero in on all your fear. Because if you have true gratitude, your life will be different, and a lot of the fears that you have will just vanish.

**Dr. Irena:** That's beautiful. And this is why we're coming full circle around here, right? That's why I said yes, we're calling this "Life in Love". If you can love your life, love yourself, love the others around you, just come from the feeling of...where always gratitude is involved in this... That "yes, I am grateful to be able to experience this...everything". Yeah. Like you mentioned, it falls into place. Would you say that the breaking of that fear of helicopter flying or the fear of heights was one of your biggest accomplishments?

**Rob Actis:** Uh, I won't call it... I will call it an accomplishment, but I've done some amazing things. Um, I've done other amazing things and I will say that that was very significant and that has been a catalyst, um, for some massive success in my life. And because of that, it's enabled me to be a catalyst for other people to have success in their lives. And that makes me happy. I mean, you know, to be alive and be on borrowed time. It's truly remarkable. It puts different things in perspective. You know, I don't get involved in a lot of drama story. I don't surround myself with that. I don't like gossip. I don't, that's not what I want to do. If someone comes over to my house and we're having a party, a lot of times we'll just all cuddle up on the couch and we just have really intimate conversations because I just want to know people. I want to connect with them. That's something that really, really feeds my soul. And a lot of people don't do that. They don't really connect.

**Dr. Irena:** Right. Connection is one of the biggest things that falls apart when a marriage fails. So who are the main people in your life right now?

**Rob Actis:** Well, I have an amazing partner and um, her name is Tonya, and she is just remarkable. I never knew that I can be in a relationship the way that we are together. Uh, it is the most beautiful thing. And the one thing that I will say about our relationship that I think has really been beneficial to us. We were talking about the other night, we've been together almost four years, um, is that we've never defined our relationship. I never said





I was dating her. I never called her my girlfriend. Now I do call her my partner because I can't imagine her not being in my life at any time. And we are partners and we have this joint bond. But it just was weird because what happens with people who identify things when they...I've seen this with some people now; they're dating and now they call themselves boyfriend and girlfriend, and everything was great while they were dating or just hanging out and now they're boyfriend and girlfriend.

Rob Actis: Nothing's changed. None of the rules of the dynamics have changed except they've now declared something, and then all this other societal stuff is getting in the way because people have wanted to jump in and say, you are boyfriend /girlfriend now, so you can't do this, can't do this, can't do that.

And I think just to have a flow and to define your relationship with your partner, whatever that is, but don't necessarily define it in the way of like, you're my girlfriend, you're *this* now, and if you get married, I guess that would be your wife or your husband. But I don't think that even then...I'm not with Tonya because I *have* to be with her. I *choose* to be with her and I make a conscious decision to be with her every single day.

Rob Actis: At night before I go to bed I make a conscious decision to be with her and in the morning when I wake up, I make a conscious decision to be with her and it is so freeing as opposed to like people saying: Oh, we're boyfriend and girlfriend. You have to be! No, no, no. I don't want someone with me that feels like they have to be with me. I want it to be this flowing, beautiful, symbiotic force of energy that ebbs and flows and just kind of floats and it just makes it so much easier and simpler and clear and life-altering, I guess.

Dr. Irena: I just was getting the feeling that you're thinking that kind of labeling, like label somebody boyfriend, girlfriend or husband, wife, that kind comes with a lot of baggage. That it is constrictive, that it's actually putting a box around something you don't want to have a box around because you want to be free to choose; and because you freely choose you're open to receive much more freely. Did I get this right?

Rob Actis: absolutely. And one thing I want to add, so in my book, and I love it because in the book I talk about cuddle parties and I get so many people that go, why would you talk about cuddle parties?

Okay, so you don't know what a cuddle party is. It is a structured event. It is a nonsexual event, and it's a really amazing thing. It's where humans can connect and truly connect from soul to soul, whether it's holding hands, a back rub, spooning, cuddling, a puppy pile, whatever. And there's an hour workshop before that. And there are very strict rules of what's allowed and what's not allowed. But the one thing that I love in the cuddle community is, they have communication skills, and if people would just know this, the whole society would be better.

Rob Actis: And this is how I have a boundary with all of the people in my life. And that is this: people don't do this, people always say, "Oh yes, I want to do this. Oh yes. So yes, or I'll try"... And you really can't believe their yeses or their nos. And imagine a relationship where you can 1000% believe their yeses and their nos. And with that freedom you can ask for anything.



So the way it works is this, if I'm a no, I'm a no. If I'm a maybe, I'm a no. I only say yes if I'm a "hell yes". And a simple example would be this. Say for example, you and I are wanting to go out and we're going to go have Sushi. And Tonya says, "Hey, I'm going out with a few friends from the conference that we're at and you want to join us?" No, we're gonna do Sushi. And she's like, well, sort of in the mood for Sushi, but maybe... "You know what? Maybe I'll go". And then she comes and she wants to eat steak and we're only eating Sushi.

**Rob Actis:** But then what happens? It's going to change the dynamic of all of us cause we're all there having Sushi. She wants steak and she's a maybe. So she's going to change the whole dynamic. Now, what I do in my world is if we're going out for Sushi and she said she wants steak, but maybe she'll show up or whatever, I would say I'm going to take that as a no. And we'll go again another time because people in relationships, whether it's about food or whatever, they ask their partners something..

**Rob Actis:** Like, for example this; it'd be good relationship example. So, I'm with Tonya and an old girlfriend comes into town from college and I say, "Hey Tonya, Kelly's going to be in town She's an executive for Xyz company. She'll be in Scottsdale. I want to go to dinner. Is that okay?" And in her mind, she's like: 'I do not want Rob to go out with an ex-girlfriend. I do not want him to do that! However, I don't want to tell him no'. So as she says it to herself, she tells me: "well, you know, maybe yeah, go ahead and go". But if in her heart and soul she was a no or a maybe, I'm out there the whole time and she's upset because I went ahead and did that and then I get home and she's mad at me. And why is she mad at me? Because I went out with my ex-girlfriend although I should have told her: oh, you know what, I don't want to do that (because she said maybe). But crystal clear communication in a relationship and being a no and having that safe no, and being a maybe equals being a no, and only saying yes if you're a hell yes... creates a window of communication that is just...

**Rob Actis:** Tonya and I'd never fight because I know that if she asks me something, I can tell her no or I can tell her yes and there's no hesitation, you know?  
For example: Tonya, she goes, "hey, we want to go on a cruise". "How much is it?" "\$10,000". "10,000 dollars, that's a heck of a lot of money!" And so we're like, okay, we'll go. But I'm a maybe. The whole time getting up to the cruise, or on the cruise, I'd be upset because I didn't want to spend \$10,000. But she knows if she says, hey, let's go on a cruise or let's go away for the weekend. Yes, great. We're going away. There's no hesitation. There's no nothing. So it really frees you up if you can trust your nos and trust your yeses; and in relationships that works in the bedroom too.

**Dr. Irena:** Yeah, it makes total sense. It makes total sense that the crystal clear communication makes everything a lot easier. But what's on the other side? So what if you really, really want to go? For you it's a hell yes! And she's like, Eh, not really. So no from me. Now what? How do you compromise? So who gets to decide?

**Rob Actis:** Yeah, so I honor her yeses and I honor her nos. She is my life partner. She's the most important person in the world to me. And our agreement is that I honor your yes, and I honor your no. So, well, two things could happen if she says, no, I don't want you to go. Then I can look at it and I can say, you know what, I really want to go. I have to justify it.



Are you 100% hard no? Or can you think about it? And I don't pressure cause I don't want her to be a maybe. And so if you're a 100% no, then I will honor that and I won't go because it's not worth it to do something that's going to hurt my partner.

**Rob Actis:** But to go back to the bedroom, and I think this is really important. Intimacy and your sex lives are really important with human connection and people. And I think that's one of the reasons that people tend to stray from their marriage. And I am adamant about "don't cheat". Like that's not acceptable in my world. And I think a lot of strain in a relationship can be avoided by having the ability to trust your no. And to trust your yes. Do you understand what I mean by that?

**Dr. Irena:** I do. So does that mean it has to be always that way? And, okay, let me just make sure that I understand it correctly. Let's assume you would want to...or let's assume Tonya would want to experience sex with another man. Um, you say: hell no. That doesn't work for me. I think that's horrible. And she says... And then she's kind of disappointed, but she says, okay, I understand you. Does that mean now she's honoring your no, because you're honoring her nos...or will you honor her yes?

**Rob Actis:** So the way to look at it is; I'm going to put it this way, so, okay. What it does, it frees the ability. So, for example, if you're in a marriage and you know some people are very conservative and some people are less conservative. So people are afraid to ask someone that they have a really intimate sexual relationship with, whether it's their partner, their wife, their husband. And so instead of them just having a communication asking for something like, "Hey, I would really like you to dress up as a teacher or play this fantasy out". They won't ask because they can't trust the yes. Because if you ask your partner, "I'd like to do that". And they say no, then you know. Cause if you have the freedom to say and to ask anything and you can trust their yes, you can trust their no, then it opens a door to everything because there may be yeses that you never in a million years thought you could ask and you may be surprised, but people don't ask people questions... For what reason? They're afraid of the answer.

**Rob Actis:** Because if someone says...I look at you, and you and I are married, I say, "dear, I love you so much. And, uh, my buddy told me about his wife and she dressed up like a teacher and they played this role play game. I know we'd been married for like 15 years, but would that be okay if we did that?" Instead of me thinking that you're going to judge me, you can say no, I don't feel comfortable with that. Okay, I totally get that. Or Yes! But if I don't trust your yes or your no...

**Rob Actis:** And then also, if you're saying that maybe as a yes, it can become uncomfortable. So what would be example of the dressing up as the teacher would be you and I say yes and you're a maybe and you dress up like a teacher, but the whole time it's happening you're hating me and you're like, you're disgusting, you want to play role play games. We should just be in our marital bliss, missionary, whatever that is. And I think that having that freedom to actually honor your yeses and your nos, it opens the door for anything. Because what happens is people sneak around because they don't trust their partner's yeses and nos.



Dr. Irena: Wow. Oh that I can totally see. I mean, not trusting somebody's yes or no, and again, it's all out of fear because you're not even trusting yourself to say something. Right? Going a step further, you do not only *trust* her yes or her no. You also *honor* her yes and her no.

Rob Actis: Exactly. Exactly.

Dr. Irena: You do that because, if I got this correctly, and correct me if I'm wrong, you're doing this because you say, this is the most important person in my life. If she says yes or if she says no, I will honor the most important person in my life. And there is nothing more important than us being partners and co-creating that life.

Rob Actis: Yeah, and what's really nice about our relationship is that my job is not to make her happy. My job is to be the happiest, fully expressed, loving human being that I can possibly be, and her job is to do the same for *her*.  
And then we come together, I'm not responsible for her happiness. And so with the freedom of asking and having the ability to say yes and no, and I'm not responsible for her happiness and we've agreed to that, and we truly honor that... We could ask each other anything. And our communication is like really remarkable communication because of the ground rules, very simple rules that we've set up. And I will say that I'm happy 99, 9% of the time, it's amazing. I never knew this was possible. And um, it's very simple. Honor your yeses, honor your nos, and trust your partner's yeses and trust your partners nos. And I just invite people to try this. And I do it in business. Like if I'm a maybe for a client, I'm a no.

Rob Actis: But if I tell someone I'm a yes, I'm a hell yes. Like people in my world know that they can ask me anything. Like anything, like... I had friends the other night and they said, hey, we got this new smoker. And they're like, hey, we want to come over. We want you to cook an amazing tri-tip. We want you to make us this amazing dinner. And then we want to go and go to top golf and we want you to take care of everything. We just want you to spoil us. And that's what they asked for.

Dr. Irena: Seriously, that's kind of cool, you know, if you're at liberty to ask these kinds of things. This is amazing.

Rob Actis: And guess what happened? It all happened! They go, so what do you think? Are you a yes? Because they were testing me. They were joking. They made it really a big thing. And I love my circle of friends and I said, hell yeah, I just...I didn't even say "hell yes". It was just: "yes".  
They didn't have to think about it. And as soon as that happened, man, we're ordering food and I'm on my way to Costco and it just happened, just like that.  
And I know, and they know, if it's midnight and they want to come over and say, hey, can I come over? "Yes". Are you sure? Ummm...That there's none of that nonsense! Life is too short for that, but if they want to come over and it's 10 o'clock or 9 o'clock, and they say, can I come over? No. I don't need to give them a story, I don't have to do any of that stuff. And if you do that in your relationships, your intimate relationships, you can have more fun. You don't need all the drama and all this story.



Dr. Irena: that sounds really simple and elegant and really liberating too. Did that develop for you, or were you always that way that you said, okay, let's make this simple? Let's get out of the drama. Let's get out of this story. Life is too short. I know from personal experience, do you want it or don't you want it?

Rob Actis: Yeah, that's pretty much what we did.

Dr. Irena: Wow.

Rob Actis: Pretty much what we did...Um, didn't really know what I was doing. Uh, we just have got it dialed in. I don't know if maybe the universe is like, someone shot me this information.

Maybe we should, you know, write a book on it because I actually have the outline for the book, Tonya and I do. It's quite remarkable and um, I just think that human beings and connecting is so important. Um, business is great and working and grinding is great, but at the end of the day, if something happens to your health or something happens to someone else's health, none of that stuff matters.

It's really all about that human connection. At the end of the day, even if nothing's wrong, you go to bed, you go to sleep and you just know you have these amazing people, these humans in your life that are your tribe... Is a great way to go to sleep and a great way to wake up in the morning.

Dr. Irena: Yeah, I couldn't agree more because I really truly believe that relationships are the foundation of humanity. Without relationships there would be no humanity. There would be nothing. It's impossible without connection, human connection.

Dr. Irena: And I love how much you are dialed into bringing that positive energy into every close relationship you have, and I guess, breaking out the ground rules from the beginning so people know how to deal with your nos and not be taken aback or surprised or even worse, like they feel rejected. They just know this had nothing to do with you, with them, no drama, no nothing; that's just NO from you *right now*. So I think that is absolutely phenomenal.

Rob Actis: No doesn't it mean anything! So like as a voice actor, I get rejected on a daily basis. I audition all the time for these commercials. And it's not that they go no to me, it's that they want something else.

Rob Actis: So the one thing I would say in relationships is boundaries. You have to set your boundaries and boundaries are movable. So like the relationship will ebb and flow and you can choose to open things up and try different stuff, and just have boundaries. Um, it's just so important. And the clearer your communication can be... I don't get into a lot of arguments with Tonya. We've been together for four years. I think we maybe have had two and a half (arguments).

The one thing that I do, that I invite you all to do is...and I've seen it in my past and I did it to her and she cried one time... and I will never do it again... And that is, we have an argument and I know she's wrong and then I continue to make her wrong. Like she made a mistake, she made a misjudgment, and then I just beat her up for a little bit



longer and made her wrong and made her feel like garbage and crap and just make her cry some more. I did a little bit of that and she started crying and then I saw what I was doing... I'm like, no.

Rob Actis: So we figure out what we have as our rules for our boundaries. We can trust the yeses and the nos, which makes it a lot clearer. But once we've zeroed in on what our disagreement is or miscommunication, we zero in on that, find it, fix it, and move on. It's not what you did, this and this and this and this and that... no way! Life is too short. And I think back to when I was lying in the hospital and no way! I want to have an extraordinary life with this woman and with my friends too. You know, a lot of people get into tiffs with their friends and they want to be right. You can die being right. But you're gonna die alone!

Dr. Irena: Yeah. Oh my gosh. I love, I just love what you're saying. And also when you said you set your boundaries, but boundaries are movable because there is growth.

Rob Actis: Absolutely.

Dr. Irena: I love it. I totally love it. If I may ask you one last question, what would be the main things that you hope people take away from your life lessons?

Rob Actis: Uh, the one main thing is that you live every single solitary day as if you want to be alive.

Dr. Irena: "live every single day, like you want to be alive."

Rob Actis: Yeah. Because people think there's always a tomorrow and there isn't always a tomorrow. And your life can change in a moment. Your life or someone's you love. Life can change in a moment and we just tend to go through life and we take it for granted and... Don't wait! Don't let fear stop you! And the one thing I'll just add onto this, and you know people don't like it when I tell them this, but I will tell you; just look up here and you can see me! (Emphatically points finger at audience) I'm like, don't be selfish! Share your message, really share your message! Don't hold it in! You know that if you're letting fear stop you from sharing this incredible message that you had, or having the incredible relationship you're having, you're being selfish. Like give your full on to the people around you. Give your full on to your business. Give your full on to your life because it's not a dress rehearsal. You get one time. That's it.

Dr. Irena: I love it. Beautiful. Rob, if somebody would want to work with you, if they want to book you for speaking or anything, how can they contact you? How can they get to you?

Rob Actis: They can go to <https://www.thelawofaction.com/>. I have an action pack there. I'm actually adding some more bonuses, uh, in the next couple of days. Just a couple of things that give you into insight into what the Law of Action is. Um, you can go there. Uh, you could also send an email if you want to get in touch with me directly to Megan; (Rob's assistant) [megan@robactis.com](mailto:megan@robactis.com) or you can just go to [hello@robactis.com](mailto:hello@robactis.com). And that's where you can get in touch with me.



Dr. Irena: Okay, fantastic. We'll definitely put this link out there as well for the audience to see. And I thank you so much for sharing all that wisdom with us. It was really enlightening. I think nothing is better than simple, because simple is brilliant. So thank you so much, Rob, for being here with us today. It was my total pleasure and I thank you, and I hope we'll connect real soon again. Ciao!

Rob Actis: Bye everybody. Have a beautiful day.