

The Courage To Heal. The Path To Freedom! with Nick Polgardi

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

In this episode, Nick shares his story from brokenness and bondage to true healing and freedom. He recounts living a life of performance and people-pleasing that led to emptiness, a deep sense of unworthiness, and a battle with addiction. He discussed the details of his journey to healing and powerful transformation through discovering his inherent worth, understanding his true essence and purpose, and learning to love and accept who God made him to be. He shares that as a result, he is stepping into his own purpose and calling to help others heal and break free from their own prisons with his new mission, having the courage to scale authenticity. This episode is packed full of beautiful vulnerability and life-changing wisdom and inspiration. It's a must-listen for every man and woman.

During our conversation, Nick:

- Shares the struggles that have shaped who he is today including his lack of meaning and fulfillment in life and alcoholism.
- Shares how he realized he had a problem with alcohol and its effect on his family and how he sought help.
- Shares what he has discovered about himself in his healing process and the greater life purpose God revealed to him.
- Shares wisdom and encouragement for those who struggle with feelings of unworthiness and lack of meaning and fulfillment.

Nick and his wife, Amanda live in Newnan, GA with their three daughters: Sophie – 13, Izzie – 12, and Tessa – 9. He's lived in the area for most of his life. He graduated from Landmark Christian School in 2000 before going to Auburn University. Following his time at Auburn, he lived in the Charlotte area for a short time before meeting Amanda. They dated a short four months – hey, when you know, you know – before getting engaged, and were married a year later in 2006. They moved to Newnan soon thereafter and will be celebrating their 16th anniversary in June.

Nick spent most of his professional career in sales, much of that time on the road and covering a 3 state territory. He realized there was much more to providing for his family than bringing home a paycheck, and being gone 3-4 nights a week wasn't cutting it. In 2015, he left his traveling sales position for good, and has enjoyed playing a larger role in the family's day-to-day activities ever since. One of the things he treasures most is being able to see his wife and three girls daily. It's a decision he's never regretted!

Quotes from this Episode:

"As a performer, part of my control was being everything to everyone. Making things right for everyone, in conflict was the exact opposite of that." — Nick Polgardi

"I realized there's a lot more to providing for my family than creating income. How do you provide security when you're not home? How do you provide life lessons and how do you provide the love of a man that they're going to go find somewhere if you're not home?" — Nick Polgardi

"I had fully committed to never drinking a drop of alcohol again. And it took me being ready to do that. No one else could do that for me." — Nick Polgardi

"I realized that my value and my worth had nothing to do with me." — Nick Polgardi

"I know what we're lacking in this world more than anything, is our men who are willing to be tender-hearted, who are willing to be safe spaces." — Nick Polgardi

"I struggle daily to be authentic, but it's what I strive for." — Nick Polgardi

Resources:

Facebook: <https://www.facebook.com/nick.polgardi>

Golden Timestamp:

24:18 -25:15 - Talks about how he realized he has a problem with alcohol.

57:58 - 59:11 - Shares what he recommends for people who are struggling and what first step to take.

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