

A man with glasses and a goatee, wearing a blue button-down shirt, stands in a dark brick hallway with his arms crossed. Behind him is a door labeled 'BACK STAGE' in red neon. Above the door, a neon sign reads 'THE NEXT INTERVIEW' in blue and pink. The hallway walls are made of dark bricks, and the scene is lit with dramatic purple and blue light.

# THE NEXT INTERVIEW

BACK STAGE

**RICK TORRISON**

# Backstage Pass: *The Next Interview* with Rick Torrison

Breaking Limiting Beliefs and Moving from Success to Significance

## Trust & Autonomy

Rick reminds us that every breakthrough starts with self-honesty. Most people live by accident — reacting to life rather than designing it. His challenge: “*Are you willing to challenge your normal?*”

When leaders stop accepting “this is just how I am” as truth, they reclaim autonomy. Trust starts with self-trust — believing you can reframe old stories and design a new path intentionally.

**Pro Tip:** Trust isn’t given — it’s built through conscious design. Start by questioning the stories that define you.

## Communication & Transparency

Rick shares how early-life experiences formed lies about his worth and identity. For decades, those hidden beliefs sabotaged his success. The moment he replaced those lies with truth — and declared them out loud — everything changed.

Leaders can’t lead authentically until they tell the truth about what they believe. Transparency begins internally.

**Reflection Prompt:** What belief about yourself, your team, or your work needs to be rewritten in truth?

## Growth & Innovation

Many leaders think growth means doing more. Rick reframes it — *growth begins in the mind before it shows up in the metrics*. You can't build a high-performing team on limiting self-beliefs.

By challenging “normal,” redefining worth, and rewriting internal narratives, leaders create the space for innovation and expansion — first within themselves, then across their organizations.

**Pro Tip:** You can't innovate externally until you transform internally. Start your next strategic plan with your mindset, not your metrics.

## Systems of Accountability

Rick draws a distinction between success and significance: “*Success dies when you die. Significance is the ripple that lives on.*”

Accountability is about more than performance — it's about legacy. Building a culture of significance requires leaders to set up structures that outlive them: values-based systems, consistent reflection, and purpose-driven coaching.

**Reflection Prompt:** What will still be standing when you're gone? That's your real measure of accountability.

## “Apply It” Worksheet — Turning Insight into Action

### Action Step 1: Identify and Challenge Your Normal

- Reflection: What beliefs or habits have you accepted as “just how it is”?
- 2-Minute Leadership Move: Write one sentence that starts with, “*I no longer believe...*”
- Outcome: Increase personal awareness of limiting patterns in the next 7 days.

### Action Step 2: Rewrite the Story

- Reflection: What’s one lie you’ve told yourself about your leadership, and what’s the truth that replaces it?
- 2-Minute Leadership Move: Declare your new belief out loud — daily — for one week.
- Outcome: Strengthen emotional alignment and confidence.

### Action Step 3: Build Your Legacy, Not Just Your Resume

- Reflection: What would your eulogy say about your leadership?
- 2-Minute Leadership Move: Write three bullet points describing the impact you want to leave.
- Outcome: Define what significance looks like for your career and your team.

“Success ends when you die. Significance lives on through the people you impact.” — *Rick Torrison*

## Guest Resource Section

Guest: *Rick Torrison*

Book: *Born Limitless: Crush Limiting Beliefs, Cultivate an Infinite Mindset, and Unleash Your True Potential*

App: *Living Limitless*

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