

Speaker 1: Welcome to The Extra Mile Podcast for Bar Exam takers. There are no traffic jams along the extra mile when you're studying for your Bar Exam. Now, your host, Jackson Mumey; owner of the Celebration Bar Review.

Jackson Mumey: Hey, everyone. Welcome to The Extra Mile Podcast for Bar Exam takers. This is Jackson and I'm so glad that you're with us for episode 69. Hard to believe how time has just flown by. The release date for today's podcast episode is literally the day before the February Bar Exam, which makes it an incredibly significant day. I know that we've got two kinds of people who are going to be listening. There will be a few of you who have been ... Actually, more than a few. Quite a few of you who are regular subscribers. You are sitting in your hotel room or you're on the road to your Bar Exam site and you're thinking, "Oh God, do I have to do another outline? Do I have to listen to another lecture. Practice another question?" Now, listen to Jackson's podcast. Good choice. Because today's message is really for you.

If you're not taking the Bar Exam tomorrow, this is a message that I think you want to refer to later. I think definitely gives you an outline and a perspective as you begin and get underway with your studies. I'm going to invite you to listen as well today, but I'm going to encourage to bookmark this and come back to it later. Perhaps those moments when you might be feeling a little discouraged. You might think, "What is it he's going to tell us? What can you say the day before the exam that would make any difference at all?" The truth is, that substantially, I can't say very much. You've done it all. As I've been talking to students in the last few days, I've realized that for many of them, their journey to reaching this point, this stage of taking the Bar Exam, looks a lot like the journey that people on the Biggest Loser go through. When they go back and recount where they started at 300 and blah, blah, blah pounds. Now, they've lost 50% of their body weight. It's pretty remarkable, the transformation.

It's a little bit like Survivor. You see the genre of TV shows that I watch. When they light the torches for all the people that ... all the fallen members of the tribe that they kicked out, remembering their journey. I remembered back to some of my training back in college and something called "Joseph Campbell's Monomyth." You might have heard of it, it's fairly well-understood and read. It's essentially the structure of the hero's journey. It's got 12 stages, at least as Campbell did it. You might be familiar, if not from his book, "The Hero with a Thousand Faces," but you might know this from Christopher Vogler's The 12 Stage Hero's Journey. Basically, both of them are the same sort of thing. If you've never read any of that, never heard any of that, it's really simple; think of Star Wars, think of The Wizard of Oz. Think of almost any mythic hero's journey and you've got this 12 stages. To me, coming in to the Bar Exam, the day before the Bar Exam was a good point to stop and reflect for a few minutes about your journey so far.

Now, there are, as I said, 12 stages in the hero's journey. I'm not going to work through all of them. I'm not actually going to finish the whole journey in my discussion today, but I do want to talk about some of the steps that I think many

of you have been on. Just point out for you the process that you've been on and where you are today. By the way, I'll link to a great summary of Campbell's work, which I think is useful for almost anyone to look at, quick one. One of the early stages in the hero's journey is what's called "the call to adventure." This is when the hero gets a call to action. It's a requirement to save the peace of the community or it's a threat to their safety. It may not always be traumatic but ultimately, it disrupts their ordinary day-to-day living and it presents this challenge request that has to be undertaken.

Now, I think most of you who are about to take the Bar can think back to the moment when you recognize or realize you are going to have to take the Bar Exam. For some of you, it was obvious outcome; you are going to law school, you knew you'd finish and have to do it. For many of our listeners, it was probably not quite that way. You're moving along in your life, things are going according to plan and then something happened. Maybe it was a change in your marital status, maybe a change in your living arrangements or what state you wanted to live in. Maybe it was a health problem for you or someone in your family. Maybe it was a career change, suddenly left out of a job that you thought you would have for a long time. Whatever it was, there was, for most of you, a call to adventure.

One of the interesting things that happens to me is, is that I often get a chance to talk to people when they just sort of received that call to adventure and they're very tentative and concerned about what that's going to mean in their lives, rightfully so. There is this general sense of anxiety that comes along. Well, for some people and in the typical hero's journey, the next step after the call to adventure is the refusal of the call. Really, what that reflects is the sense of fear that you're just not going to be good enough. The problem is too much to handle. The comforts of what you know were better than the parlous road ahead.

For many people, they take a look at the Bar Exam. They see what's involved to apply, and fill-out the forms, and travel, and study and they say, "Nope. Not for me." That's okay. They're not the people we're talking to today. If you're listening to this, it's because you got the call to adventure and while you might have had a momentary sense of refusal or procrastination, and by momentary, I can honestly say, for some of you, momentary has meant a decade or two decades. Refusing to go back and take that test that you failed or the test that you never took. At some point, you chose to take the call and because of that, you move to the next step in the process. You went past just a straight up refusal and you went to the next step in the hero's journey, which interestingly enough to me is called "meeting the mentor." "Hmm. I wonder who you mean by that, Jackson?" Well, let me tell you.

I think that when you meet the mentor figure, it's the person that gives you something that you need. It could be an object of great importance. It could inside in to your dilemma. It could be wise advise, practical training, self-

confidence. I'm very blessed and grateful at all the comments and notes and gifts that people give me as they go through this process. I never asked for a gift, it's not expected. It's always a nice surprise but my home is literally filled with artwork, and cards, and books, and notes that have come to me over the years from students who said, "You helped me through this process. You gave me some insight. You helped direct me. You even kicked my butt more than a few times and I'm wiser and better for that process."

The reality of what we try to do at Celebration Bar Review is literally to provide you with the tools to dispel your doubts, and your fears, to give you strength and courage, to begin and complete your quest to succeed on this particular test. We take that idea of mentoring very seriously. It's not just saying, "Well, here's some outlines and here's some books. Knock yourself out." It's literally designed through this podcast, through our webinars, through our master classes, through our Facebook group, through the mentoring and the teaching and the conferences. All of that's designed to give me the opportunity and to give my staff the opportunity to provide and pour some insight into your situation. To give you advice, practical training and certainly, self-confidence. That's our actually four step in the hero's journey.

Well, once you've met the mentor and you've accepted the call to adventure, the next step in the traditional hero's journey is called "crossing the threshold." This is where you literally being your studies in our case and you begin your case. It's physical, spiritual, it's emotional. I think for Bar takers, it's probably all of those. In some cases, some of you go willingly. In other cases, you might be pushed. Maybe you're [inaudible 00:08:32] didn't want to it, but here you are. Maybe you realized you had to take the exam, you had to confront it after all these years. Maybe it was, "I don't want to have to take it, but if I want to keep practicing and I'm moving to some place where I need to be, it's a reality and I've got to do it." In any event, you cross the threshold between what you know, the world that you are familiar with and the world that you're not familiar with. Taking the Bar is a world that most people are not familiar with.

In the journey of the hero, it usually means leaving home or doing some things you're always been scared to do. I think this is a perfect metaphor for taking the bar exam. If you're in law school, that's been home to you for three or four years and you're used to doing that. Now, you have to do is something new. If you've been in a law practice for many years, you know that feel. You know your work and so, now you're moving into something you don't know. If you haven't ever practiced law but you've been working out in the world now you want to take the Bar Exam, definitely, there are fears and demons, what I call "killing your own snake" that you have to do. However the threshold presents itself to you, when you step over to the threshold, when you begin your studies, you take that first assignment. You listen to first lecture, you send in the first piece of writing. What's going on is that you're making the commitment to a journey.

You don't know at the beginning where that journey is going to lead you or what you've got in store and yet one of the amazing things to me, is that we record our students' conferences with me. Most of them these days are on Skype or FaceTime and you can watch the body language developed and change. Those initial phone calls are usually very stressful anxious for the student and you can sense this fear of crossing the threshold, of moving in to something new. I'm asking people to write a different way than they did in their other work or in law school, certainly. I'm suggesting a different way to study, a different way to read, a different way to do a lot of things and it can very, very frightening. Yet the successful, the successful heroes, the real heroes of our journey are the people that put those fears to the side and they take one step to just cross the threshold. What we call on our master class, really, "a movement." Just taking the next best step.

Now, in the hero's journey, once you've actually crossed the threshold, you'll be confronted with tests, allies and enemies. Essentially in the mythical journey, typically, our heroes are presented with a set of even more difficult series of challenges. There are obstacles thrown in your way, sometimes it's a physical hurdle. Sometimes it's someone who's determined to [fork 00:11:02] your progress and you have to overcome each challenge as you get there. Let me just share with you a few of the challenges that some of our students have gone through just in the last week.

One of our students traveled from Florida to Puerto Rico to begin her final preparations for study. While she was in the air, she developed thrombosis. According to the doctor, she probably should have died on the airplane flying to San Juan. She got into San Juan, they immediately rushed her to the hospital. They did a quick series of test and they said to her, "Call your family." They started bringing her family around and they told her family she wasn't likely to survive, but she did survive. Amazingly miraculously enough. As she tells the story, what happened was, the doctors were telling her that she was in mortal danger, literally. She was crying and the amazing part, well, she wasn't crying because she thought she would die. She said she was crying because she had studied and she wanted to take the Bar Exam. Through really nothing less than a miracle, over a period of about three days, her body began to heal. Such that the doctors gave her a clean enough [fill-up 00:12:10] health to fly back to Florida and to take the Bar Exam. That's an amazing obstacle to throw in your way just a few days before the test.

Another student just a couple of days ago, lost their father. He had Alzheimer's, so he was in horrible condition, but he suddenly went into kidney failure. He was rushed in the hospice and passed away. That kind of death in the family happens far more frequently than I want to tell any of you. When I'm dealing with Bar takers, every exam, it seems like it happens. It's horrible and it's very, very difficult to make a decision at that point. Do you go forward? Do you stop? Do you grieve? Do you wait? What kind of an obstacle of you have?

Another example that occurred just yesterday is that a student who's been working and trying to prepare for the exam got a message from her fiancé that they were breaking up the engagement. Five-six days before the exam, getting that kind of message is really hard and really almost cruel to get. Yet the student had to decide whether they were going to stop and deal with the relationship or deal with the Bar and then deal with the relationship. In other words, there are these challenges that come up. Sometimes it's physical hurdles, sometimes it's other people in your life, sometimes it's the loss of somebody that's important to you. Other kinds of challenges is that for some people, they just ran out of energy. They're just tired. They're cranky. The kids are getting sick. There's too much to do. There's all kinds of frustration and we try very much to be an ally at that point to help our students, to know that they can trust us. If you haven't found somebody that you can trust on your journey, then you need to do that. Because there will be enemies.

As a Christian, I believe that the devil, the evil one tries to put those obstacles in our path. Those are the obstacles that interrupt your ability to be focused and to do the work that you need to do. You've got to be prepared for these hurdles and ordeals. They don't only happen just in a week before the exam, they happen throughout the period of study and so, you need to be prepared. You need to expect that they're going to occur. Every time your skills or powers are tested, every obstacle that you encounter should help you gain a deeper insight into your own character. It should help you become stronger and learn more about yourself. Throughout this process, if you're about to take the exam tomorrow, I could say think back what where your tests and what were your enemies and who were your allies. I think when you got that perspective in mind, it really changes everything that goes on.

Then we move to the seventh stage of the hero's journey which is called "the inmost cave," the approach to the inmost cave. This can represent a lot of things. It could be an actual location, so I would describe it as Tampa, Florida or Atlanta, Georgia or Sacramento, California. Wherever it might be that you're taking the exam, Austin, Texas and so on. In this location, there is a danger or an inner conflict which up until now, you haven't had to face. For most of in the context with the Bar Exam, it is literally the physical presence of being in the Bar Exam room or space. As you approach that space or that cave, you make final preparations before taking the leap into what's called "the great unknown." Now, here's what's interesting about the hero's journey; Campbell says at the threshold to this inmost cave, the hero once again may face some of the doubts and fears that first surfaced on the call to adventure way back when.

The hero may need some time to reflect upon their journey and the treacherous road ahead of them in order to find the courage to continue. Taking that moment helps the audience, but the hero themselves to understand the magnitude of the ordeal and escalates the tension and anticipation of this ultimate test. As you're thinking about and reflecting today if you're listening to this on the day we've released, this is a good day to do some of that reflection.

You're approaching your test on Tuesday, or Wednesday or Thursday. It's important for you to understand both the magnitude of the ordeal ahead of you. It's also important to recognize the journey that you've been on and the road that you've taken.

Many of the students that I'm working with, particularly those who are repeat Bar takers who have done remarkable things to prepare who've overcome amazing problems and challenges, and fears and doubts. Many of whom [for 00:16:51] English was not their first language and yet they've learned how to do this. I have a student who overcame and passed kidney stones. If you can imagine with really serious kidney stones. I can't even begin to imagine that. Students were whom six months ago, they could barely speak English in any coherent way, much less write it or understand it who are now going to be taking the Bar Exam. All of those types of individuals, and you can count yourself in that group regardless of who are and what you've done.

You have, and this approach to the test, really come to a point where you can realize that you have a journey and that what lies ahead of you though it's treacherous is something that you can handle. That the magnitude of the test is within your skill. While there's tension and anticipation of that, it's manageable. I want to take you through two more steps and then we'll stop, but the next step in the hero's journey is called the "supreme ordeal." It's the dangerous test or the inner crisis that you have to survive or you have to survive to exist. It's facing your greatest fear or your deadly foe. For many of you, the test is your greatest fear right now. The foe is not really the Bar Examiners, it's usually some inner demon that we've got, some doubt that we've got about ourselves. How do you do that? Well, it's what we've been talking about all along in our course, and in our webinars, and in our master class, and in the regular course. The essence of it, is that you have to draw on your skills and your experiences that you gathered during this journey in order to overcome this challenge.

Sometimes in the hero's journey, we have some form of death in which the hero is reborn. This metaphysical resurrection that grants you greater power or death or insight. Here's what I would tell you about that, most of you dive to your old selves. I talk about that as Christian obviously, but as a Bar review mentor, most of you in fact dive your own views, your old ways of doing things, your old habits, your old belief systems and you gave all that up. When I look at the writing that I see in the last week before the Bar Exam, I compare it to the writing that I saw when people began. It's night and day difference. It's remarkable how much is changed and in effect, you have reborn yourself. You have taken what you used to do and changed it and that's how you've grown and gotten better. It's what you needed to do to fulfill your destiny, to reach your journey's end.

This is the high point this week of your story. It's where you put everything that you hold dear in this intellectual real on the line. If you fail, [lonely 00:19:29] fail. If you pass, well, life as you know it, will never be the same again. That's

what this week is all about, is putting it all on the line, not holding anything back. Going to the exam with a sense of vindication, of showing the examiners what you really know and what you're capable of doing. You have that capacity. All of you that I worked with in our case really believe that. As you're listening today, even if I've never spoken to you or met you, if you think back on your journey, I think you know that you have that capacity and you have that ability. If you're failing, then you have to begin again but if you succeed, your life will never be the same. Then I want to finish up with the ninth step of our 12 and this is called "seizing the sword." It's the reward.

After you overcome your greatest personal challenge, you're ultimately transformed into a new state. You emerge a stronger person and often with a price. That reward can come in many forms but in our case, it will be the release of your Bar Exam results. We'll talk about and in a future recording, I'm going to talk about how you come back from the cave while you're waiting for your results and what happens there, and the things that may have to occur, the reconciliation that has to occur. You've got to prepare in effect for the last leg of your hero's journey. That's the journey that I think all of you were on. It's called "a hero's journey for a reason" because you are heroes. You may think of yourself as being frightened, and scared, and disappointed and discouraged, but you don't need to think that way. In fact, you shouldn't think that way, at least not today.

For those of you who are just beginning the journey, I wanted you to see this arch because that's what's going to be happening to you over the next weeks and months. I think knowing it ahead of time, recognizing that there's an ultimate truth to this story that we all relate to it. Because we've all seen it and experienced it in different parts of our life makes it so powerful for you. I really encourage you to make note of the journey as you're going. Journal what you're doing. Keep records of what's going on. If you haven't found that mentor yet, well, I hope you'll consider us.

If you want to know more about this approach to study in for the Bar, I want to invite all of you to join us for our live master class. It's called "How to Make the Next Bar Exam Your Last Bar Exam." We offer it on Thursdays at 3pm, eastern. That's 12 noon, Pacific Time. Registration is free, all you have to do is go to celebrationbarreview.com and you will find a button on that front page that says, "Claim my free seat." Just click there and you can register for your seat in the upcoming master class. It's a 90-minute course so I'm going to be talking about the four steps that passing Bar takers go through. Kind of a condensation of the hero's journey, if you will, that you need to go through in order to be successful on the next bar exam. I really encourage and invite you to join us for that discussion. We've had over 1,500 people join us and the results have been really wonderful and feedback has been amazing.

Well, my final thoughts for you today before we wrap up this part of our episode is simply to say that if you're listening to this the day before the exam, I

wish you great success. I wish you clarity and focus, a good night sleep tonight, lots of energy and rest, and doing your best tomorrow. That's all you can do. Live it up to the examiners is to whether you pass or fail. Your job is simply to go on the quest, to finish. I think you're going to take home the price. It's been my pleasure to be with those of you who are taking the exam tomorrow. We'll have more to say after the exam for sure. For those of you just starting your journey, I'm excited to be along with you as you proceed doing your own hero's journey.

Well, I hope you found today's podcast valuable. If you did, I'd like to invite you to subscribe to The Extra Mile Podcast. You can do that in one of two ways; you can go to iTunes and subscribe there, or you can go to our website, celebrationbarreview.com. Click on the podcast link at the top of the page where you'll find our show notes and all the past episodes and you can subscribe from there. Now, if you'd like even more of the extra mile than we offer in these podcast, I want to also invite you to join our private Facebook group called "The Extra Mile." This is a community of current and past successful Bar takers who have come together for advice, support, information and some terrific resources. We put together The Extra Mile as a monthly paid subscription offering. I want to just share with you some of what's involved and some of the benefits you're going to receive when you join The Extra Mile Facebook group.

First and I think most significantly, you'll receive access to our popular economical Bar-U course as part of the membership. Bar-U provides digital lectures and outlines and selected questions for seven state Bar Exams; California and New York, Florida, Texas, Georgia, New Jersey, in addition to all of the uniform Bar Exam jurisdictions and the multi-state Bar Exam. Now, membership in Bar-U alone would normally cost you about a \$100 a month but it's free with your paid subscription to the Facebook group. I think you'd find this a great way to just have access to substantive current material, lectures and outlines for all of the subjects that are on the Bar Exam. In addition to that, members of our Facebook group receive access to our online writing workshop course that contains four lectures on essay writing, plus sample question and model answers. That course sells \$4.95 all by itself, so definitely a value when you're part of the Facebook group.

All of our Facebook group members will receive free seats for three brand-new master classes we're doing this year. These are being offered to the public, actually for sale for \$50 per class but they're free to our Facebook group members. The topics of this new master classes which are presented in conjunction with our partners at Learning Strategies, will be on Abundance for Life, and Living the Law of Attraction, and Rapid Reading Made Easy. There are three topics that I've extensively taught as ways to enhance and improve your Bar Exam scores and your study. I think you're going to find them really valuable. In addition to all of that, our Facebook members will get my proprietary exam predictions for each exam, and you'll receive our exclusive video countdown leading up to the upcoming Bar Exam.

On top of all of that and maybe even most significantly, you'll get the support and the advice that comes from a community of people who really want to see you succeed on the Bar. Our past Bar students who had been successful have generously agreed to come on and offer their insights and advice. I come in to the site on a daily basis to offer additional resources and to do Q&A. Really encourage you to check us out. In the show notes, you'll find the link to sign up for this Facebook group. One other thing about it, there's a five-day free trial so you can actually sign up and not have anything charged until you've been able to experience for yourself. When you take all of the benefits together, it's several hundred dollars worth of resources available for only \$77 a month. There's no requirement to continue the subscription. It's every 30 days until you cancel. Really invite you to join us there on The Extra Mile. Well, that's it for today. Thanks for being with us and we'll see you on the next episode.

Speaker 1:

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