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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. I cannot wait for y'all to hear today's show. It is one of my favorites.

But before we jump into today's conversation, I want to take a moment and tell you about one of our amazing partners, [BetterHelp Online Therapy](#). Around here we love to normalize going to therapy because it's normal. I mean, we're willing to go to a trainer or a doctor to support our physical health. We'll go to church and join a small group to grow spiritual health. Why not go to counseling for our mental health? Even on today's episode, you're going to hear how important it is to both Bubba Watson and myself that we take care of our mental health.

Going to therapy doesn't mean something's wrong with you, it means you're investing in and being a good friend to yourself to keep your mind healthy. BetterHelp is customized online therapy that offers video, phone, and even live chat sessions with your therapist. So you don't have to see anyone on camera if you don't want to. It's much more affordable than in-person therapy and you can start communicating with your therapist and under 48 hours.

Why invest in everything else and not your mind, my friends? This podcast is sponsored by BetterHelp Online Therapy. And our friends listening get 10% off your first month at betterhelp.com/thatoundsfun. That's betterhelp.com/thoundsfun.

Intro: Today on the show I get to talk with Bubba Watson. Bubba is a champion golfer child prodigy who became a two-time winner of the Masters Tournament—that's the one with the green jacket—and Olympic contender, and eventually rose to be the number two golfer in the world. You guys, in the world.

In his highly anticipated new book, *Up and Down: Victories and Struggles in the Course of Life*, he shares his story of achieving success on the golf course and how reaching a breaking point professionally and personally drew him closer to his family and to God. He's basically my new best friend, you guys. And I think you're going to love this conversation. I think you're going to love it. I love this guy so much. So here's my chat with Bubba Watson.

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Annie: Hey, thanks for making time to do this, by the way.

Bubba: Yes, for sure. Thanks for having me.

Annie: I'm so stoked. I think it's going to be really fun. I sent a lot of texts this morning to all my friends who I know are big golf people. I didn't realize that every man and some women in my life are your biggest fans. Is that what happens to you all the time now? Does everyone know...? I mean, everybody knows, right?

Bubba: No.

Annie: Bubba, I think so.

Bubba: It's been an amazing journey to put it that way. It's pretty cool to hear some of the stories and people that watch me and know me.

Annie: Yeah, it's just awesome. Okay, we're going to start in a place that's going to make both of our hearts very happy. Let's start with the Georgia Bulldogs.

Bubba: Yes.

Annie: I mean, talk to me about what you're feeling right now.

Bubba: My wife played basketball with Kirby Smart's wife.

Annie: I read it in the book.

Bubba: She was a spinner. So Mary Beth was a freshman and she was a senior. You know, he's so much on defense. And that defense looks so good right now. It's amazing.

Annie: I feel like they are like heat-seeking missiles.

Bubba: Exactly.

Annie: I've never seen anything like it. Again, you and I were at Georgia at the same time. And so we've watched a lot of Georgia football and our years. I've never seen a thing like this.

Bubba: Yeah, this is impressive. This is probably what it felt like in 1980.

Annie: Let's hope so.

Bubba: Yeah, exactly.

Annie: That's what I'm believing. Have you gotten to be the GameDay celebrity picker yet?

Bubba: Yeah. Many years ago I picked all 10 right.

Annie: Oh, you got all 10?

Bubba: Yeah. It was against Willie Robinson, Duck Dynasty. And obviously, he had to pick you... what was it? LSU and I picked Georgia. So that was the last one. So obviously I got it right, so it worked out good.

Annie: Oh, man, I saw a golf guy did it this weekend. I'm sorry. I don't know his name. I'm sure he's your pal.

Bubba: Harris English.

Annie: Also a UGA guy, right?

Bubba: Yes, for sure.

Annie: And I loved watching him in his picking because he had it all written down. He knew exactly what he was going to say. He had done his research. I was like, "My guy, I would do the same if Kirk Herbstreit called me. I would do the same."

Bubba: I just wing it. I don't write stuff down. Just make stuff up

Annie: Did you see it on Saturday? Because he was doing...

Bubba: Probably.

Annie: Because of this city and because of this player did, I was like, "Guy, you are ready. This is your moment."

Bubba: The best part is when he kept his head down because he was reading and I was like, "Oh."

Annie: I loved it. Are you the guy who goes to the SEC championship? Do you go to the national championship if it happens?

Bubba: Well, the one time it did, I was there.

Annie: So far one for one?

Bubba: Yes. You know what was funny? The guy that I have a car dealership with here in Pensacola, Milton, his son went to Wake Forest and graduated Alabama.

Annie: Oh, wow.

Bubba: So he flew up there with me, him and his wife and my wife. And so we watched. He was on one side, we were on the other side. And then that passed. that I think to I did it to beat us. Man, that was heartbreaking. But it was still a friendly ride home, even though we lost.

Annie: I mean, that first half versus that second half was like nothing I want to feel again.

Bubba: I didn't think he was smart enough to put in a different quarterback. But obviously it worked.

Annie: How many years did you live in Athens?

Bubba: My education wasn't that great. So I was there two and a half years. I went to junior college first and then went there another year. So that would be end of 99. And got out December of '01 I think. Somewhere there.

Annie: In your book, *Up and Down*, you talk a lot about your education and how much you struggled, particularly with reading, and just kind of how school was not easy for you. If you went to school now, do you think there'd be more resources for you? Do you think they just didn't know?

Bubba: I'm going to say yes because I've matured, but probably not. You know, Georgia is a phenomenal school back then and now. And so they had the resources.

Annie: But I'm talking about when you're in middle school, in high school, and your GPA, my friend.

Bubba: I know. I'm trying to be polite. Truthfully, I think there's the resources and there was great teachers around me. It was me that wasn't really great.

Annie: We'll just give it to ourselves. Don't worry. It's just with us. It's just with us.

Annie: You did a great job of writing about it in the book in a way that really elicited some sympathy for me. So you wrote it really well.

Bubba: Thank you.

Annie: Because I was like, Listen, I got into Georgia. I did not love school. I love being around people. So I would go to school, but I don't love school either. But I got in with like a real low 3.1 or something. But you, your golf really helped you get into Georgia.

Bubba: We don't need to throw out numbers. But you know, I got good masters, I guess.

Annie: Yeah, that's true. That is true. Okay, okay. Well, there's so many things I want to ask you. First of all, I want people to grab *Up and Down*. It is such a fun read, to get kind of the behind... I mean, there's a lot of heartache and pain and reality to it too. But I think you tell stories we wouldn't know any other way. And so thank you for doing that. It made for such an entertaining book really.

Bubba: Oh, thank you.

Annie: Okay, the Green Jackets. Let's talk about you've won the Masters twice. And if I've understood the book correctly, you have to leave your green jacket at Augusta National?

Bubba: No, you get to leave it.

Annie: Oh, you get to. Okay, tell me. Help me understand.

Bubba: If I give you a green jacket, it's an honor to have a green jacket. If they tell me to leave it, I'm going to leave it as long as they give it to me. You know what I'm saying?

Annie: So is there like a Bubba Watson closet?

Bubba: Well, we call it a locker. But yeah.

Annie: Fair. And you have two jackets in it? Did they give you one every time you win?

Bubba: No, you just have one.

Annie: Just one.

Bubba: But now, as you get older, they might have a tailor in there that stretches it.

Annie: Before the champions dinner, they're like, "You want to try that on one time so we can make sure you look right."

Bubba: Yes.

Annie: So you bring it home for a year, and then you take it back the following year. And that's when they locked it up then. But every time you set foot on property, put it in your locker. So when you eat dinner there, when I go there for fun, you have to wear it to eat dinner and stuff like that.

Annie: One of the questions I thought about, one of the things I was pondering when I was reading your book, you know, when you when something big like that, and then you have to go again, and then you have to go again, and then you have to go again, what's the new expectation you have on yourself? How do you still go for it when you've already hit the big goal?

Bubba: That's a great question. I've never heard it that way. Well, the hard part is kind of like the book. The anxiety, the stress, the different things that I've been through, the ups and downs (title the book), that's the hard part, right? Because you want to be on top again. You want everybody to love you. You want your ego and pride to be here. You want all these things, earthly things.

And for me, that's where I started doubting myself and having issues and mental thoughts that aren't right. So you love the atmosphere. You love getting back there and you love being a part of that tournament for life. You love having your kids there and your family there.

But then the other side of it, the dark side of it is how do you prepare yourself to fail? And when I say fail, just not win, right? Just not win the match. That's the question we're all trying to seek out, is how do we deal with failure? How do we deal with people not loving us or people not respecting us or not honoring us? However you want to word it. Right?

Annie: Yeah.

Bubba: And so that's the struggle I've been on. No matter what your job is, that's the struggle I've been on trying to figure that out. And if you knew that answer, I wish you would tell it to me so I could figure that out quicker.

Annie: Listen, here's what... If you and me and Angie were sitting at dinner, what I would tell you, if it was just us, is I would tell you that I've written books for a decade, and I just hit New York Times for the first time in February. And my fear is, what happens next. Because now that I've done the thing... And so I was like, "Man, I really hope Bubba has some wisdom for me of how we set new goals, or how we kind of like what we call success after you've done the thing you've pointed to for forever Because I'll have other books come out that may not do it.

Bubba: Right. Listen, I took a chance on this because I wanted to share. I think that as men, I can only speak as a man, and as men, we don't share enough. And we need to have somebody in our life that we can share our downfalls with. Luckily, I have a great lady by my side for 17 years now, 20 years if you count our dating. And she's helped me tremendously, and I can share anything with her. But now I need to give it to the world and try to inspire.

And my whole thing about this book is one person. If I can help one person, the book is well worth it. And so it's not about anything else. It's about if we can help one person, then I did my job of sharing. So that's the way I look at it. And it's the same thing when it comes to charity things, golf things, is trying to figure out a way to inspire one person that week or that moment that we can impact in a positive way.

Annie: In the book, you talk a lot about Teddy, your caddie, and you're so honest about your relationship and how he's been by you. And then I just saw on Instagram that you're done working together for the foreseeable future, right?

Bubba: So Teddy, gosh, what a remarkable man! He's older than me so I'm calling him "man". He's 48 now, and I'm about to turn 43. But we've been through so much together. And the reason why I hired him is because he goes to Bible study on tour. Ben Crane is the one that pointed me in that direction. And loved him. He led me for 15 years. And he led me as a husband, he led me as a friend, he led me as a dad, and as a Christian man of faith.

So there's a time period where you can't really... I can't give him 10 more years. I can, but I don't know where I'll be in 10 years. If these books take off, maybe I'll write more books.

Annie: I think you should.

Bubba: Yeah, exactly. And so children's books are next.

Annie: Do it.

Bubba: How to draw pictures. But anyway, my mind works that way. I got a lot of things up there. So with Teddy, he's not sure what he wants to do. By coaching and inspiring other kids, by coaching them and teaching them or to get on another bag, and cadion.

And so we were just at an impasse where we just weren't sure where we were both were going and where we're heading. And so our friendships are so good that there's going to be charity things that me and him are going to do together. He's still going to loop every once in a while. I mean, there's so many things. But it's not like we're mad at each other and we split up. This is just trying to figure out our future.

Annie: Also tell me what loop means.

Bubba: Sorry. So looping... that's why I threw it in. I said, "Loop at caddie again." And so that means Loop. You loop over your shoulder and carry the bag on it.

Annie: Got it. I heard you when you said, "bag." I was like, "He means a golf bag." I know this. I can do that.

Bubba: Yeah, there you go.

Annie: For starters, let me tell you how much I love Ben Crane. We like our friends here in Nashville, and I think so highly of him and his wife.

Bubba: They're absolutely amazing people. And knowing him-

Annie: He's so funny.

Bubba: Yes. And shooting the Golf Boys with him. I don't know if you know about the Golf Boys.

Annie: Whoa, I can sing the whole thing to you. I'm embarrassed.

Bubba: So I figured if you don't know about looping... So Ben is the one that led me in that direction, and that took his arm and put it around me and led me to Bible study, and the golf course or on the PGA Tour. What amazing family what they do!

Annie: Yeah. Tell me about that PGA Bible study. I'd loved reading about that. Is that every time there's a tournament y'all have a night before?

Bubba: Yeah. So it just depends on what's going on. Like it might be Tuesday or Wednesday night. And then now because of COVID and everything, some of the guys couldn't come at first. So we started doing basically like this, like a Zoom call or meeting like this on the computer. Actually, I'm not going to be on the road for a little bit. I'll be at home for a while. So we just ordered a new book, *King's Cross*, Timothy Keller.

So 12 golfers and then the guy that runs Bible study, Brad Payne. We're going to get together. We're going to read a chapter a week and then discuss it either Thursday or Friday. But we can all get together and still have time together. Because we're all going through the same things being golfers, so we can discuss and hash out our issues and talk about them.

Annie: Have you read a lot of Timothy Keller yet?

Bubba: Yes, I'm getting into him. What a great man and great mind!

Annie: He'll mess you up.

Bubba: I'm reading a book called *Awe* right now. Gosh, Tripp. I think his name is Tripp. I'm going to mess that up. I'm going to trip all over that. That's how my mind works. Sorry.

Annie: I'm here for it.

Bubba: Exactly. So I'm reading about *Awe* right now, awe of self, awe of God. And so gosh, it's hitting home. I think he wrote it about me.

Annie: Yeah. We will link to those books in the show notes so people can... We'll find the actual book title.

[00:15:45] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about another one of our incredible partners, [Liquid IV](#). I love getting outside, especially now that the weather is going awesome. But cooler weather when we're not getting overheated and when we don't sweat as much can make it easier to miss the signs of dehydration.

I just like to make sure to never have to worry about getting dehydrated. And that's why Liquid IV comes in so handy. Just one stick of Liquid IV in my water bottle hydrates faster and more efficiently than water alone. Not only that, but Liquid IV tastes great with flavors like watermelon, strawberry, and that lemon-lime, y'all.

I like to use it at the beginning of the day because it just helps me feel well fueled for whatever's on the to-do list for the day. I think the Acai Berry is my very favorite flavor. But truthfully, my favorite Liquid IV is whichever one I'm drinking right this minute.

Liquid IV hydrates you fast with five essential vitamins, more vitamin C than an orange, and as much potassium as a banana. And it's healthier than sugary sports drinks. No artificial flavors or preservatives and less sugar than an apple. It's made with clean ingredients. So it's non-GMO. It's vegan and free of gluten, dairy, and soy.

So grab your favorite Liquid IV flavors nationwide at Walmart or you can get 25% off when you go to [liquidiv.com](https://www.liquidiv.com) and use the code THATSOUNDSFUN at checkout. That's 25% off anything you order when you get better hydration today, using the promo code THATSOUNDSFUN at liquidIV.com.

And now back to my conversation with Bubba Watson.

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Annie: I think it's really interesting when you combine... even going back to our question about what happens when you won the big thing. Because there is something that happens when your faith and your work meet that allow your labeling of success to change. Does that feel true?

Bubba: Well, I mean, yeah. It's always a blessing when things work out the way you kind of dream them, right?

Annie: Yeah.

Bubba: But it's funny. It's funny that I feel like I'm growing every day. I'm trying to get better. And now that I sit back and think about it, like in 12, I don't think I did the jacket justice. I didn't think I did it in the right way. I didn't handle the platform in the right way. And I think at 14 I tried to do a different... I hit the jacket in 12 and I didn't take it out of my closet. I didn't let people see it.

Annie: You write about that beautifully. That it just came out like three times or something in the whole year.

Bubba: Right. And one was to wrap up my adopted son. But then in 14 I took it and I wanted... It inspires kids. It's not really the trophy or the jacket. It's giving back. Giving back to some money here and there. And then other things. So I try to handle it different. And again, it's maturity level of whatever and where I'm trying to go in my life. Two years later, I handled a little bit differently. And hopefully, it was better than the first time.

Annie: I think it's a real gift what you offer in *Up and Down* and in what you're modeling. And you talk about this in the book about how not everybody is going to be on social media as you are, and not everybody is going... and the more your public, the more people see the good and the bad, and your best days and your worst days. And that has happened for you. It's happened for me too. But what it models for people is growth and change. Right?

Bubba: Right. I've had some people on media, golf tournaments, I've had some people on social media call me out. And I apologize or I thank them and say, "That's right. You need to call me out because that's how I'm going to grow. That's how I'm going to get better." Not only my own team, my own wife, Teddy, looper, not only them, but I need the outside people to call me out so I can't improve. And you can take that really badly or you can take that and grow. And so I'm trying to learn to take that and grow and get better.

Annie: It really hurts my feelings though. You're doing it way better than me. When someone calls me out, I'm a tenderoni about it. You handle it so much better than me.

Bubba: Well, I haven't always. Over the last week I've gotten better but not years ago. I was really...

Annie: Man when your book comes out, you're going to have the benefit of everyone telling you how awesome you are when the book comes out. So maybe that'll balance out some of the history of it.

Bubba: Exactly, for sure.

Annie: Will you talk about your kids for a minute, about adopting them? One of my favorite stories in the book is about Caleb's name. Will you share that story?

Bubba: Gosh, I'm going to cry. So don't make fun of me.

Annie: I would never. You're very welcome here.

Bubba: Thank you. Gosh, this lady has a couple of kids and some unfortunate things in her life have happened and some crazy things in her life. Out of her control for sure. Great lady. She's younger than me, but a great lady.

And we were having lunch and she said, "Are y'all going to change the name?" And I stopped and I said, "No. Me and Angie have already talked about it." And Caleb is amazing story in the Bible. Actually this Sunday we went over it in church. And so I said, "No." Out of honor for her, we would never change that name because of the blessing that she's given us.

And so we did change the middle name because my wife she didn't like... It sounds bad, but she didn't like "Lee," because she knew the General Lee, the Dukes of Hazzard's car. She was like, "No, we're not calling him Lee."

Annie: They'll think you named him after the car.

Bubba: Right, exactly. So we changed it to James. And she always had this dream that we're going to call him CJ, but that never worked out. It's Just Caleb. And now when you listen to my daughter now, our other adopted child, she's six now but every time we turn on the cards, it's K Love.

Annie: Oh, sure.

Bubba: That's how she says his name. So she's like, "Say your name," every day. She's like, "K Love. Hey, K Love." That's what she hears.

Annie: Oh, that is so sweet. One of the things the Bible says about Caleb is that he loved God wholeheartedly.

Bubba: Yeah.

Annie: So when you're raising a Caleb... I've just always wondered this. How do you point those scriptures to the kid and go like, "Hey, this is you living up to your name, man." How do you share that with him?

Bubba: It's quite amazing. I mean, I got stories for days and I got hours to talk. But I was in Mexico, and my plane... I've been very blessed, so I travel differently. So my plane messed up. And Rory McIlroy gave me a lift back to South Florida. So I hopped on his plane and went home with him. And I said, "Man, it's my son's birthday tomorrow, is there any way I can hop on with you?" He's like, "I'm going to South Florida." "I don't care. Just anywhere."

Annie: "Get me in the state, and I'll get there."

Bubba: I can figure out a way from Florida and get home. So we started talking and then my wife's like, "Oh, man, it's his birthday tomorrow. Are you going to be able to get home?" And I said, "I'm trying." That night, for some reason, Caleb... I'm going to cry again. But Caleb, for some reason, they started talking about adoption. And we've always talked about adoption, about how God has adopted us and all these things.

And he asked about another child on tour that happens to be... he's a black child that has been adopted with a white family. So he can see. He's like, "That's not normal. Something's different there." So he asked. And that night that I wasn't there. Luckily, I wasn't there, I would have cried all night. But that night that I was trying to get home, man, Angie was explaining to him about what adoption means. That you were born in another womb, but the womb was God's plan. And now you're our child and all these things.

And so we talked about that. But his tender heart... I mean, he hugged her tighter and tighter. So he knew what she was saying, but realized what she meant. And so he's such a tender heart. He knows and I think he's read the stories so much in church, and he hears his name. He knows about the stories by how great Caleb was.

So he's such a tender heart. He's different than my six-year-old. My six-year-old is wild. But Caleb is all about love. He's probably going to cry more than me when he grows up. Maybe. He's already a tender heart. Like he's built just like Caleb in the Bible. It is pretty amazing and remarkable to think about all the things that he's dealt with himself in his own head because of knowing where he's come from and where he is. I mean, he's teaching me more than I'm teaching him, for sure.

Annie: How old is Caleb now?

Bubba: He's nine.

Annie: He's nine and Dakota is six.

Bubba: Dakota is six, yeah.

Annie: Will you tell the story about when you found out that y'all were going to be adopting. Like how early was it in y'all's dating relationship? I love this part.

Bubba: Oh, yeah. Gosh, as you know, me and Angie have different days of what's our first date.

Annie: Yes. Yes.

Bubba: I think that's every couple. Every couple has a different-

Annie: I was going to say that's everybody in college, for sure.

Bubba: So she was rehabbing and she came back to Georgia to graduate. She was rehabbing her knee from an ACL tear in the WNBA. And so I was there finishing up my schooling. So that's when we met. I love playing basketball. And so that's when we met.

And so one of our first dates, I say our first, we were sitting in the car at her apartment, and we were just talking. And I'm about to turn pro, she's already Pro. And so there's no reason for puppy love anymore. It's not like this high school love it. This is either we're going to be together because we want to be together or we're not. Like, why joke around anymore with everything that we want to do in our lives?

And so she said, "Hey, I just got to be real with you that I can't have kids." And without even blinking, without even thinking about it—and my faith in Christ was so small at that time—I said, "Man, if God wants us to have a family, we'll have a family." Man, I'm going to cry three times. This sucks.

Annie: I'm having a great time.

Bubba: Yes, you are. At least somebody is. So yes. So she just looked at me, and she said, "What?" And I said, "Yeah, God will provide a family for us if we want a family." And she was like, "Huh." She was like, "This guy's nuts. But I actually liked him." So it worked out. 20 years later, here we are.

Annie: That's amazing. And the kids are adorable. I mean, my goodness, Bubba.

Bubba: It's God's plan. Luckily they don't have my blood because they'd be crazy and they don't have my looks. It's wild to think about like Dakota looks like me. Her hair colors, her actions, her things. Caleb looks like Angie. He has a lot of similarities of me that he's learned from me—traits. But it's crazy how much they start kind of looking and acting and doing everything like us. It's wild.

Annie: The picture I saw of them that you put up at Bubba Sweet Spot, I was like, "They do look like..." Like you physically look like a family.

Bubba: Yes, for sure. Just wow.

Annie: That's an interesting move on God's part, just to kind of make that part of the nature and the nurture of the whole thing. You talk a lot in the book about your prayer life. And we love talking about prayer around here. You talk about especially that day where you are on your knees and you prayed. Will you kind of talk to me a little bit about your prayer life? Do you get on your knees a lot? Do you pray every day? Like what's it look like to pray?

Bubba: I'm going to give y'all some insight. I've only told one other person or one other media outlet this, okay?

Annie: One other media outlet. I'll take it.

Bubba: It hasn't come out yet. So if yours comes out first, you're winning.

Annie: Yes!

Bubba: I literally every morning, my kids know I have to take two showers a day... I've got issues. So in the morning, I get up, I take my shower. And then if the hair dryer is on, that means daddy's reading. So I will literally put my hairdryer down on the ground, leaning up against the cabinet drawer, whatever you call it and it blows on my feet. But that drowns out the voices in my head.

And then I can look at my phone and read on my phone. I'll read the audiobook or I'll read the Bible scriptures. And 10 to 15 minutes every morning I'm trying to read and my kids know like, "Oh, Dad's reading again." Because they can hear the hair. And the hairdryer just helps me drown out thoughts in my head.

Annie: Wow.

Bubba: That's how it happens in the mornings. And then right after I read, I pray about things, what's going on, and decisions we have to make, are going to make. And then you pray when somebody cuts you off in the road, you start praying that Jesus take the wheel.

Annie: Right.

Bubba: Right. It's just different moments, different places. And like when somebody discussing with you some of your faults, you know, you have to start praying in the back of your head while you're watching them. You know, don't freak out. Let's just take this. So yeah, just different moments.

And then, obviously, when I fell to my knees, talked about in the book, I mean, that was one of those moments where I was like, "This is not good. I'm at 162. I went from one ninety-something to 162. And everybody says I'm healthy. I'm like, "I'm looking. This ain't healthy. When you dropdown to your knees, that's a serious moment. Like when you just drop down wherever you're at, that's a serious moment.

So I really don't like those prayers as much. Just the good prayers at any different place. But that one was a dark moment that it hit me. And it worked out. I started going out of that dark area. So it was good.

Annie: I mean, forgive me if I missed this in the book, but your body was responding mostly to stress and to some illness. Was that what ended up happening?

Bubba: Yes. I went to the doctor's and said, "Look, I don't feel right. Something's wrong with my stomach in the chest area. I feel like I'm having heart attacks." So they put a monitor on me. They had a stress test. This is the latest time. This is my third time doing this thing, and I'm having some issues over the course of 7, 8 years at that moment. It goes back in 15, 16.

So they put these heart monitors on me, and I had it for 48 hours in my bed and in my house. And I came back and they say, "Click the button every time you think you're having a heart problem." So I click the button while I'm at home, and I'm like, "Oh my gosh." And they looked at it, they're like, "You never had a heart problem. You've got a head problem."

Annie: Wow. Wow.

Bubba: My heart, my breathing, everything was working as it should. I was losing weight. I was eating but losing weight. Because as you know, the mental struggle, the anxiety, the stress, all these things will eat at you. And when your mind is working, you're still burning calories. So I was just losing weight thinking about all these things and scenarios.

I went down and went on my knees and said, "Take me in." And at that moment, you know, let's say 30 seconds of prayer, minute of prayer, whatever, however long, maybe 10 seconds, I realized that this is not how I want to leave. I don't want to live my life this way. I need to change. And I'm still going to fail, but I need to change. I need to go in there.

If I got 10 minutes, it needs to be the best 10 minutes me and my wife have ever spent talking, supporting her going forward. If I'm not here, I need to be there talking to my kids and supporting them. If I'm not here in 10 minutes, 30 minutes, a year, whatever the doctor says.

And so that's what really got me out of it, just praying, and then realizing what I'm saying and going, "Wait, if this is what a doctor said you have left, why are you wasting it here? Why not go and instill these thoughts into your wife and your kids?" And that's really what started getting me out of it. I mean, it doesn't happen over a five-minute period. I mean, it takes years, weeks, months of growth, and finally come out of it.

Annie: It's amazing. You do such a beautiful job in the book of writing through the anxiety pieces of whether it was on the golf course or with the heart thing or in your family and with your dad. I just thought, man, it's such a gift, how honest you were in the book about all of that. Because people don't know that stuff's going on if they don't know.

Bubba: Right. And that's one of the things. The book is trying to show like, you know, we all have issues, whatever those issues are. And if you don't have issues, then it's probably you that is the issue.

Annie: Right.

Bubba: But it's showing that we should talk about it. We all want love, we should all talk about our issues. And when I get mad sometimes because somebody cut me off or somebody did something at a grocery store, or somebody did something at this place or that place, they might be having a bad day. So I need to love them. I need to love myself first and then I need to love them and appreciate them, who they are,

and what they're trying to do. That's where I think we miss a lot. But yeah, I mean, we need buddies to talk to really is what it comes down to. We got to be able to share and have the right people in your life.

[00:33:21] <music>

Sponsor: Hey friends! Just taking a quick break to tell you about one of our amazing partners, [Brooklinen](#). It is the season of giving. And after a long, hard past 18 months, comfort is something we are all craving. And you can give the gift of comfort with Brooklinen this holiday season.

What's the best gift if not the gift of comfort? Whether that's a hug in a blanket form, yes, the weight of blanket is insanely awesome, or the feeling of a whole spa day wrapped around your body in the form of one of their amazingly cozy robes, Brooklinen has got options for everyone on your list.

And if you're looking for more ways to stay homey, check out Brooklinen's candles, eye mask and accessories. There are gifts for everyone in every budget. So go big with the super plush towels and Lux bedding bundle for family or a puzzle as a hostess gift for the holiday parties you're heading to. There's literally something for everyone.

Brooklinen's goal is to create beautiful, high-quality home essentials that don't cost an arm and a leg. It's a perfect place to find the best gift. And their customer service, they are an absolute dream to work with if you've ever had an issue. A little insider baseball tip: put Brooklinen loungewear on your list, to give or to receive. You can't go wrong. It's so cozy, y'all. I wear mine too much. It is the most comfortable stuff I've ever put on.

So check out their gift guide to find the perfect present at every price point. Go to [Brooklinen.com](#) and use the promo code THATSOUNDSFUN to get \$20 Off with their minimum purchase of \$100. That's brooklinen.com and enter the promo code THATSOUNDSFUN for \$20 off with a minimum purchase of \$100. That's Brooklinen.com, promo code THATSOUNDSFUN.

Sponsor: And I've got one last amazing partner to share with you, [Your Enneagram Coach](#). Y'all, I'm so excited to tell you about this, we've gotten to tell you about a little bit. I hope you have signed up. One of our favorite Enneagram experts is Beth McCord. And she and the Your Enneagram Coach team are hosting these free live online trainings. And she asked me to extend her personal invitation to you guys to join.

If you've ever been able to encourage someone with the help you've experienced to the Enneagram, or if you're walking with people as they journey towards health and their personal lives and their relationships, these free trainings are for you. Beth will be live hosting each session herself, where she'll be sharing how she created her dream job by becoming a certified Enneagram coach, and how you too can enjoy the same freedom and flexibility, and impact of being an Enneagram coach.

Becoming a coach who's certified in the Enneagram could change everything for you personally and professionally. Beth and her team will also be available to answer all your questions in real-time. And they've got an incredible bonus for you just for showing up.

If you're even remotely interested in this dream opportunity, you need to reserve your spot. There's no obligation, but space is limited. And Beth is only holding these live trainings for one week. So go reserve your seat at youenneagramcoach.com/tsf.

And now back to finish my conversation with Bubba.

[00:36:26] <music>

Annie: Okay, one of the things I loved hearing you talk about in the book is all the stuff you're doing for Pensacola. And it made me think of... I'm sure you've read this before, but I just googled it to make sure I said it right. Jeremiah 29:7 says, "Seek the prosperity and peace of the city where I've carried you and pray to the Lord for it because if it prospers, you too will prosper."

And as I read about all the things you're doing there, and it's one of the things I hope is me, part of living in Nashville is like by the time I die, people will be like, "Nashville was better because Annie was there." And so will you talk about some of the stuff you're doing? I mean, I have some specific things I want to ask you about, but talk about your heart behind... I mean, in the book, you said, "I want to improve the quality of life in Pensacola."

Bubba: So the first thing that I can think of... this one's golf-related. There was a lady that I grew up... her dad actually gave me my first golf club when I was six years old.

Annie: Oh, wow.

Bubba: He was left-handed, I'm left-handed. So I remember on the mini... well, this thing called the mini-tours, it's where you don't make much money, you're not really on

the PGA Tour and all these things. And so I was on the mini-tours, and she said to sponsor this college golf tournament. Lady's college golf tournament. It's about \$2,000. So Whoop \$2,000. I said, "You know what? Because I appreciate you and what you're doing and what you're trying to do at the university here in Pensacola, I'm going to do it." So I did it for a few years before she got out of the golf coaching. So I did it for a few years.

And then the next big thing that I remember is the Ronald McDonald House. It's attached to the hospital that now we support. But back in the day, man, I have to say in 2007, 2008ish somewhere in that area. And I remember I just got on tour so I had started making a little bit of money, and they came to me and they said, "Hey, would you like to support the Ronald McDonald House?"

I said, "Man, it'd be awesome." And I said, "We want to build a new playground." And I was thinking, you know, Bubba Watson, he's a kid. He's fun. He's this. Playground makes no sense. And then they said, "It's \$50,000 and I was like, "Hold on a second."

Annie: "What kind of playground?"

Bubba: "Does it have gold on it? What does it got?" But one of my things though, I didn't want to share it. I didn't want to share with the world that I did this. And this organization here in Pensacola—this was years ago—said, "You need to share it." And I was like, "I don't want to share it. That's not why I did it." And so I had to battle through why I did it and why I didn't do it and all these things.

Finally, I was like, "You know what? Let's share it to the world that Bubba Watson did this." And it released the next day, this newspaper article, a company in town, I don't know the name, they donated \$500,000. And they said, "If Bubba Watson can do \$50,000, our company should be able to do more." So they did \$500,000 the next day.

So I was like, "Okay, sometimes it is good to share because that helped the Ronald McDonald House. And so why I bring that up is because for some reason, we got to redo the playground. And so we're actually redoing the playground right now as we speak.

Annie: Are you?

Bubba: It's a cool thing to be a part of, because what it means... You know, not that you want to hear these stories-

Annie: Yeah, I do.

Bubba: A lady came to us at the candy shop.

Annie: I love that you're in a candy shop. We're totally going to talk about it.

Bubba: So this lady was at the Ronald McDonald House in Pensacola by the hospital. Her son had some issues. And so he's at the Children's Hospital, which she didn't know at the time that we were one of the families that started the Children's Hospital. She doesn't know I have a nine-foot statue at the hospital. He doesn't know all these things. She just knows that her room that she is in says "Bubba Watson room."

So she's in this room at the Ronald McDonald House that she's in and she just sitting around watching TV. She sees a commercial about Bubba Watson's candy shop. So she goes, "Oh." Oh, she drives down to the candy shop. We just happen to be there randomly—I mean, again, this is all God's timing playing—me, my wife, and my kids. And this lady comes up, she goes, "Hey, are you Bubba Watson?" I was like, "Yeah." And she goes, "I have to tell you something." And she started crying. And she goes, "I'm at your room."

And I said, "What?" I'm like, "What?" And she goes, "I'm at your room at the Ronald McDonald House." And I said, "Really?" And she started explaining her whole story. And I grabbed my wife and I said, "Hey, you have to hear the story." So my wife took her side and talk to her privately. It was one of those things that it just showed, what we're trying to do was the right things.

I mean, that was many years ago that we started with the Ronald McDonald House. We did some things even more since. And now like I said, we're doing the playground, which nobody knows about, but we're doing it. It's been fun. And then we have some fun businesses. I love cars, so the car dealer, the candy shop, the baseball team.

Annie: I was about to say we got to talk about the Blue Wahoos. That is so fun. I mean, one of my dreams is to co-own a sports team.

Bubba: Well, hey, you can come on. I'll let you be a part of this one.

Annie: I mean, I bring a lot of enthusiasm and a very small investment financially.

Bubba: Can you be an announcer? I just feel like your energy. It would go so well.

Annie: I can give it a go. I mean, I can learn between now and next baseball season. I'm here for it.

Bubba: How about this? Can you just one night be like our MC that runs around and does all the acts on the ground?

Annie: Yes.

Bubba: I feel like you have the energy.

Annie: Yes, done.

Bubba: I need you to be the roach I need you to... Have you heard about the roach run?

Annie: No, tell me.

Bubba: Oh, wow. You haven't heard about that?

Annie: No.

Bubba: I'm going to sell this to you even more. So at the fifth inning, the fifth inning, the kids line up on one side by the bullpen where our team, Wahoos, warm up. So they line up there. A person with a roach costume comes out and teases the kids. And then they start running. We let the kids out and they ran all the way to the other side. And I think the roach will be caught maybe three times, two times.

Annie: And if that branch gets caught, I bet it's tragic for the roach. There's a lot of tackling.

Bubba: It's the most fun. And so I let all my friends when I bring in friends or sponsors or different things, I make people be the roach. And they have a blast. I mean, we're talking on some nights it's five 600 kids just chasing you.

Annie: I am so here for this. You have read my personality just right so far in our friendship, that this sounds like a dream. But I mean, it's got to be so fun to be part of it multiple times a week, you're offering that experience to so many people in your town because you're a part-owner of the Blue Wahoos. I mean, that's so cool.

Bubba: Right. In 2014, I threw out a first pitch with the green jacket on, and Quint Studer who brought it to Pensacola, who's done so much in Pensacola, I said, "Instead of

do something together, why don't I just partner with you in the team?" And he goes, "Really?" I said, "Yeah." And so he asked me why. Obviously, he wanted to hear my reasons. If the first thing is money, then it's probably a turnoff, right?

Annie: You picked the wrong thing, yeah.

Bubba: So I never said money. It wasn't about money, it was about the family atmosphere. It was about the clean atmosphere. I mean, I've never seen anybody get in a fight. Nobody's been thrown out for yelling. I mean, we keep it as calm as we can there. But then like it's 4th of July, every Saturday night we shoot fireworks every Saturday night. I mean, it's a good time. And then there's a baseball game somewhere in there.

Annie: Right, right. Okay, I'm such a fan of fireworks too. So I need to roach on a fireworks night.

Bubba: Yes. You be the roach. And we'll let you do the TNT that shoots off the fireworks.

Annie: I mean, Bubba, you're making me so many promises right now that I'm going to remember.

Bubba: If only I had ideas of how to be fun, how can I...?

Annie: If only. If only you fit in so perfectly here. Okay, let's talk about the candy store, Bubba's Sweet Spot. I mean, please back me up and just say what made you go like, "Of all the stores I could open, I think I'll open a candy store."

Bubba: Let's be honest. I want the world to see me as playing dumb. I want the world to think that I don't think. And truthfully when you talk to different people, different leaders in the community, how do you drive people downtown? Sugar. You know what I'm saying?

Annie: Sugar. Give them ice cream and candy. That's right.

Annie: Give them ice cream and candy. So if you go to a nice restaurant and you walk downtown, then you're like, "Hey, there's ice cream shop, and there's this." So that street, Palafox Street is like the Hartman Street, and a block over is the baseball team.

And so you have all these things and you're trying to revitalize a city, you got to get people downtown, because downtown is where the businesses are, where the

people are. And ice cream does it really nicely. So inside the shop, I always have Birthday Cake ice cream and birthday cake fudge. Because that's my favorite flavor. So I'm like, "You'll always got to have these two things. But yeah.

So it came back to Bubba being fun, energetic, just loves being a kid. So how do you do that? And then how do you revitalize the city? And so my little part is creating a few jobs for college kids. You know, give or take 12 people are working there. So you're creating a little fun atmosphere. And people enjoy it.

Again, it's not about the money. It's about how do you revitalize and get people downtown. Quince added some other shops, other people now are fixing up buildings. You know, we built some apartments downtown. So we've had a blast being involved in the city, but hopefully in a positive way.

Annie: It's one of my favorite things about the whole idea of the Body of Christ is there are some people who are meant to be very serious and do some very serious things that are important. And then there's people like you and me who are meant to do some really important things that are like candy shop kind of things.

That really... I mean, around here we call it sneaky Jesus a lot. Where it's like you and I may not create the things that are publicly very Jesus, but we're going to sneak Him in all the time because you're doing revitalization in your city. And where the city prospers, people get to know God. I mean, it's just part of the gig.

Bubba: The whole thing is about the light.

Annie: That's awesome.

Bubba: If you can shine the light, you don't have to... you do it by action sometimes. And I think that's where it hit home a lot. It's just been fun. I remember the car dealership in Milton where I grew up, Baghdad, Milton. I would pass by it, and it was probably six different names that have changed hands, and how it's run, run-down, looks a certain way.

I had a good friend, Sandy Sansing, asked me to be a partner in it and I said, "Yeah." We're talking another 60, 65 jobs that we can secure there. We're adding people all the time. We're adding new base for people to work on cars. So it's been fun.

And seeing those names change, knowing now that that name is not going to change so the city will know that the right people are behind it, it's opened my eyes

to a different world when it comes to employees, and how do you handle employees. But it's been a blast. And so far, everything has been good.

Annie: I have this hope when we get to heaven. And don't hold me to this because I don't think this is in the Bible. But I hope when we get to heaven that we'll walk over and there'll be a chart at your house, and God will show you like, "Here's what Pensacola would have been if you didn't move there and here's what it was because you did." Because we can't measure that exactly because we don't know. But God does measure, Bubba. And I think we will see the impact in a real charted way at some point.

Bubba: Here's my chart. If He opens the gate, and I get to walk through it, I'm good.

Annie: That's it. The only chart I need to see was the one that said yes. All the way, yes.

Bubba: It's good.

Annie: Up to the right. As long as the end was up into the right. That's exactly right. Okay. Is there anything we didn't talk about that you want to make sure we cover?

Bubba: Oh, man. No. I don't know what else we left out. I mean, I gave you the hairdryer incidents.

Annie: And you invited me to be a roach, which is-

Bubba: Oh, my gosh.

Annie: First time that's ever happened to me.

Bubba: Your personality is a roach to me. So I feel like that's perfect.

Annie: Certainly. No truer thing has ever been said on this very podcast, Bubba Watson. That's 100% right.

Okay, so the book again, is called *Up and Down* so our friends can get it. And Bubba, the book came out yesterday. So congratulations on book launch week.

Bubba: Thank you. I'm hoping people bought it.

Annie: Yeah, they did. And they'll do it again today. Now, everybody's like, "Is Bubba our best friend?" And that's how they all feel on the other side of this. So everybody's getting their copy of *Up and Down* today.

And I'll tell you the thing I tell all my author friends. The real celebration is the Monday night before the book comes out Tuesday. Because that's when you've done the work. You've been obedient. You finished it. On Tuesday it becomes all of our book. Right? Everybody gets to own it.

So I hope you and Angie and the kids will really celebrate on Monday night that you did the obedient thing, and you did the hard work. And now as Christine Cain says, God puts books in hands. So you've done all that you could do. So I hope you all will celebrate real hard the night before it comes out.

Bubba: Yes. Thank you so much. Thank you.

Annie: You should. Okay, the last question we always ask. Because the show is called That Sounds Fun, I am ready for this, tell me what sounds fun to you.

Bubba: What sounds fun to me... watching you crossing a roach costume. If that's not fun, looking at your podcast. We need to film that. We gotta have that. And then right after that, we'll have your ice cream cone waiting. That's what will happen.

Annie: Oh, ready? Let's do Spring 22 because I don't want to be super sweaty. So I'd like to do before it gets very hot. So spring of 22, this is happening. And don't forget, you're going to emcee it. You're going to do some games. I mean, this is going to be a blast.

Annie: You're really putting me to work that night. I'm very interested in a lot of it. The problem is, I hope you really mean this because I really mean this. I want to be the roach.

Bubba: Yeah, that's easy. I know a guy. So I can make it happen.

Annie: Okay, okay. Just don't make me promises you aren't going to keep, Bubba Watson. I'm not here for that.

Bubba: Exactly. I got you.

Annie: Hey, thanks for doing this today. I really appreciate you making time. I can't wait for people to read *Up and Down*.

Bubba: Thanks for having me. It's been a blast. Thank you so much.

[00:51:06] <music>

Outro: Oh, you guys, don't you just love him? Are you already excited for us all to go to Pensacola for me to be the roach? Are you ready? I cannot wait. I mean, Bubba and I, we're really planning this. And you're going to know and we're all going to be in Pensacola next spring when baseball kicks back up, and I'm the roach. Just get ready, you guys.

Hey, be sure to pick up your copy of Bubba's new book, *Up and Down*, that just released yesterday. Congratulations, Bubba. Go follow Him. Tell Him thanks for being on the show. Tell him how much you enjoyed the conversation. Remind him that we're on the way next spring for the roach run. Me! Oh, gosh.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, and Facebook. All the places you may need me, that's how you can find me. And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same.

Today what sounds fun to me... that sound fun to me today. The leaves are really changing. I think I'd like to see them. I'd like to get outside, maybe go to Radnor today. So that sounds really fun to me. Have a great couple of days, friends and we'll see you back here on Friday with my buddy, Dave Hollis. See y'all then.

[00:52:27] <music>