



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #100

Today I bring you episode 100. I can't believe I'm reaching the century mark! I've had some incredible guests who have shared amazing lessons and devastating failures all so that you can one step closer to becoming the best version of yourself. In this episode I bring you the best lessons, most downloaded episode, most recommended books and even my biggest screw up as a podcast host. I include links to the episode and Action Plans for each episode I discuss so this Action Plan is a must-have.

Quote

"It shouldn't take an emergency to prove that you can do something that's important but not urgent."

Best Stories: The best stories don't always come from the biggest name guests. Here are some guests that most people have never heard of who had amazing stories.

Seth Goldman, Episode 15 – He talks about how to have balance and always find time to work out, even though he's a CEO of a \$100 million dollar company.

Website link: <http://jimharshawjr.com/15/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2015/08/Action-Plan-15-Goldman.pdf>

Direct download link:

http://traffic.libsyn.com/jimharshaw/WWG_Goldman.mp3

Lee Kemp, Episode 25 – He's unknown outside of the wrestling world and even to some in the wrestling world, but has a wonderful back story.

Website link: <http://jimharshawjr.com/25/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2015/10/Action-Plan-25-Kemp.pdf>

Direct download link: http://traffic.libsyn.com/jimharshaw/WWG_Kemp.mp3

Chris Duffin, Episode 40 – Lived in a shack with no doors as a child and has gone on to break power-lifting records.

Website link: <http://jimharshawjr.com/40/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2016/02/Action-Plan-40-Chris-Duffin.pdf>

Direct download link: http://traffic.libsyn.com/jimharshaw/WWG_Duffin.mp3

James Leath, Episode 55 – He's the Director of Leadership Development in IMG Academy and has a great story with a lot of great lessons in helping people understand they are not what they're good at. That's not their only identity.

Website link: <http://jimharshawjr.com/55/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2016/07/Action_Plan_55_James_Leath.pdf

Direct download link:

http://traffic.libsyn.com/jimharshaw/55_WWS_James_Leath.mp3

Steve Garland, Episode 67 – He's given the single most amazing motivational speech I've ever heard in my entire life at the FCA Breakfast NCAA Wrestling Championships in March 2017.

Website link: <http://jimharshawjr.com/67/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2016/10/Action_Plan_67_Steve_Garland.pdf

Direct download link:

http://traffic.libsyn.com/jimharshaw/WWS_Garland_1.mp3

Top Most Recommended Books (Amazon Links)

- *Think and Grow Rich*, Napoleon Hill <https://goo.gl/m5ZpA5>
- *How to Win Friends and Influence People*, Dale Carnegie <https://goo.gl/Uhm3Ya>
- *Mindset*, Carol Dweck <https://goo.gl/2bXTB7>
- *Man Search for Meaning*, Viktor Frankl <https://goo.gl/zevmzS>
- *Good to Great*, Jim Collins <https://goo.gl/TmUJd2>

How Many Names Has My Podcast Have?

3: Wrestling with Greatness, to Wrestling with Success, to Success through Failure

Most Exotic Location Where I Interviewed Somebody From

Vice Admiral Kevin Donegan, Episode 23 –Vice Admiral was in Bahrain at the time, commanding the Navy's 5th Fleet.

Website link: <http://jimharshawjr.com/23/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2015/10/Action-Plan-23-Don-egan.pdf>

Direct download link:

http://traffic.libsyn.com/jimharshaw/WWG_Donegan.mp3

Most Helpful Guest

Dr. Rob Gilbert, Episode 33 – He's the host of the Success Hotline. He's left a motivational three to five minute voice message every day since 1992. The Success Hotline is 9737434690.

Website link: <http://jimharshawjr.com/33/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2016/01/Action-Plan-33-Gilbert.pdf>

Direct download link:

http://traffic.libsyn.com/jimharshaw/WWG_Gilbert.mp3

First Ever Repeat Interviewee

Josh Spodek, Episode 58 and 89 –A really practical, incredible guy that's so helpful, practical and real. Everything he shares is stuff you can implement today; how to make better relationships today, how to improve your leadership today etc.

Episode 58

Website link: <http://jimharshawjr.com/58/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2016/07/Action_Plan_58_Josh_Spodek.pdf

Direct download link:

http://traffic.libsyn.com/jimharshaw/58_WWS_Josh_Spodek.mp3

Episode 89

Website link: <http://jimharshawjr.com/89/>

Direct download link:

<http://traffic.libsyn.com/jimharshaw/STF20Spodek202.mp3>

My Biggest Hero that I had on my Podcast

John Jantsch, Episode 69 – CEO of Duct Tape Marketing who's an absolute guru. He's hired by some of the biggest companies in the world to interact with their communities of small business owners that they interact with and so on.

Website link: <http://jimharshawjr.com/69/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2016/10/Action_Plan_69_John_Jantsch.pdf

Direct download link:

http://traffic.libsyn.com/jimharshaw/69_WWS_Jantsch.mp3

The Most Powerful Story Shared on the Podcast

Jason MacKenzie, Episode 84 – His wife was diagnosed with bipolar and how that tore the family apart, how he struggled through that with decisions he made and she eventually committed suicide. It's a heart-wrenching but powerful story about vulnerability and how to just share your story and be a real person rather than trying to be somebody you're not.

Website link: <http://jimharshawjr.com/84/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2017/02/Action_Plan_84_Jason_MacKenzie.pdf

Direct download link:

<http://traffic.libsyn.com/jimharshaw/STF20Mackenzie.mp3>

Most Practical Episode

For the Managers/Leaders

Michael Bungay Stanier, Episode 80 – He shares seven questions that every manager can ask somebody to help them through their own challenges and problems.

- 1) What's the real challenge here for you?
- 2) And what else?
- 3) What was most useful here for you?
- 4) What's on your mind?
- 5) How can I help you?
- 6) What do you want?
- 7) If you're saying 'yes' to this, what are you saying 'no' to?

Website link: <http://jimharshawjr.com/80/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2017/01/Action_Plan_80_Michael_Bungay_Stanier.pdf

Direct download link:

<http://traffic.libsyn.com/jimharshaw/STF20Bungay20Stanier.mp3>

For Everybody Else

Karl Pilz, Episode 24 – Little adjustments you can do to eat better, feel better, to be more productive, to perform closer to your peak etc.

Website link: <http://jimharshawjr.com/24/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2015/10/Action-Plan-24-Pilz.pdf>

Direct download link: http://traffic.libsyn.com/jimharshaw/WWG_Pilz.mp3

One Guest that I Share with Tim Ferriss

Martin Gibala, Episode 91

Website link: <http://jimharshawjr.com/91/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2017/04/Action_Plan_91_Martin_Gibala.pdf

Direct download link: <http://traffic.libsyn.com/jimharshaw/STF20Gibala.mp3>

The Most Inspiring Episode

Todd Stottlemyre, Episode 94 – He's a three-time World Series champion, pitcher and Major League baseball player. He was powerful and I just loved his message.

Website link: <http://jimharshawjr.com/94/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2017/05/Action_Plan_94_Todd_Stottlemyre.pdf

Direct download link:

<http://traffic.libsyn.com/jimharshaw/STF20Stottlemyre.mp3>

My Biggest Flub

Mark Divine, Episode 45

Website link: <http://jimharshawjr.com/45/>

Action plan link:

http://jimharshawjr.com/wp-content/uploads/2016/04/Action_Plan_45_Mark_Divine.pdf

Direct download link:

http://traffic.libsyn.com/jimharshaw/45_WWS_Divine.mp3

Favorite Lessons

Greg Warren, Episode 18 –He's an All-American wrestler from Missouri and he said, "Failure is not a predictor of success." Failure is not a predictor of your future potential success because everybody I've interviewed in my podcast has failed.

Website link: <http://jimharshawjr.com/18/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2015/08/Action-Plan-18-Warren.pdf>

Direct download link:

http://traffic.libsyn.com/jimharshaw/WWG_Warren.mp3

Biggest Lessons I've Taken

- 1) The Productive Pause: the short period of focused reflection on specific questions that leads to clarity of action and peace of mind.
 - Meditation
 - Prayer
 - Hiring a coach
 - Journaling
 - Doing a retreat

- 2) Failure is ubiquitous in everybody's path to success. And define success however you want. We know it logically but emotionally when we fail, we still feel like a failure at some level.

Most Downloaded Episode

Jason Bryant, Episode 32

Jason is a wrestling journalist and he has created a life and lifestyle around his passion. It's absolutely incredible. He's a freelancer who has several podcasts, he writes for some different outlets and he's an announcer.

Website link: <http://jimharshawjr.com/32/>

Action plan link:

<http://jimharshawjr.com/wp-content/uploads/2015/12/Action-Plan-32-Bryant.pdf>

Direct download link:

http://traffic.libsyn.com/jimharshaw/WWG_Bryant.mp3