



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #82

Mark Goblowsky

Today I bring you Mark Goblowsky. Since 1988 Mark has shared the beauty, strength and transformative power of Kung-fu both through his academy and at seminars around the country. He's also the host of the Strength Through Struggle podcast. It's Mark's mission to find those who've come through pain and heartache and are stronger for having done so – and share their inspirational stories with you. We're going to learn about Mark's own inspirational story as well as some lessons he's learned from his amazing guests.

How Mark answered when his son asked, "Why me, Dad?" and told him "I'm sad."

<https://www.facebook.com/MGoblowsky/posts/10207532949950941>

On Sharing Your Pain and Struggle:

"Never waste your pain. If you go through something that's difficult or horrible and all you do is sit on it... and you don't share with others how their life can be better or how you became better... then you wasted that experience. You wasted all that pain. You wasted any level of suffering that you experienced. You wasted it all. You've got to use it for something positive."

On Strength Through Struggle:

"Sometimes when those storms blow into our lives and the wind is whipping and the rain is pounding and it's dark and it's scary, I remember that on the other side of the clouds there's this perfect blue sky still that's coexisting in real time with this thing that I'm going through."

On hope:

"Hope is critical. If I have hope, I will take action. If we let go of hope, we take no

action. Action goes with it. We must have hope to feel like our actions have a chance."

Recommended Episodes of Strength Through Struggle:

<http://markgoblowsky.com/podcast/>

Philip McKernan interview

Alex Charfen interview

Satyen Raja interview

Websites and Social:

<http://markgoblowsky.com/>

<https://twitter.com/MarkGoblowsky>