



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #176

J'den Cox

J'den Cox was a 3X NCAA Champion wrestler at the University of Missouri, a 2016 Olympic Bronze Medalist, 2017 World Bronze Medalist, has recently been crowned king of the world... 2018 World Champion.

I have many friends and acquaintances who have won world and Olympic medals who I could invite onto the show. It's just the nature of having been deeply involved in the sport for three and a half decades. They're world-class performers. I don't invite most of them onto the podcast though. But J'den is different. His story isn't your typical journey to the top of the world-- if there is such a thing as a typical journey to the top of the world-- but I know his story will resonate with you which is why I invited him to the podcast.

Quotes

"I think everyone in their lifetime has at one point in time been put down or have an experience where they were the one being targeted."

"I struggled even with seeing myself in a good light."

"I think I'm willing to pick up anything from anyone, be it the mental side of things or a technique, and make it my own."

"Accept that failure is a possibility."

About Committing to More Than One Passion [13:58 - 15:00]

"I think it's fine for somebody to have multiple outlets. I just think that when it comes to excelling at them and trying to be the best that you can beat each one, you have to be able to commit to what it takes to do that in each craft that you are putting your time towards. You have to be able to ask yourself, 'Am I willing to do what it

takes to excel at this sport or at this activity, this instrument?' it really just depends on your commitment level, whether or not you're willing to do what it takes. And it's really what it comes down to. When you're honest with yourself and you realize that either, 'I can't commit fully to this or that,' that's when you start not necessarily eliminating things but that's when you say, 'I want to do this and I want to commit to this.' You can still find ways to make other things part of your life."

About Depression [25:50 - 27:20]

"Sadly, I've experienced some things I wish nobody else would experience. It's been a part of my life and journey. I hit a low point and it's funny because we always talk about wanting to be tough. For me, I was burying everything and just like everything else, it gets dug up at some point. It comes back stronger when you're dealing with issues especially within yourself. When you're battling yourself with certain situations, it's hard. It's hard to change the viewpoint of yourself, especially when you're that low. But it's something that I had to definitely work on. I remember just feeling a hopelessness, a darkness and even worse, worthlessness. I felt like in this world, I didn't have a place and I felt like I didn't deserve one. I really put myself down."

About the Mindset Which Shapes Success [42:31- 43:27]

"I think fun creates freedom. When I wrestle my best is when I'm just having fun. That's everything from my conditioning to my technique to what I'm willing to do. I'm not just looking at a shot, I'm taking it. It's those minute differences. I'm actually having fun with this. What's funny is people want to say that when you're winning, it's fun. So you have to wait till you win to have fun so you're miserable all the way. That doesn't make sense. Why would I want to live my life just to have a little bit of fun, then I wasted my life being miserable. That's not the life I want to live. I look to enjoy every aspect of this sport."

About Failure [46:10-46:20]

Everyone fails. You don't have a choice in that. What you do have a choice in is whether or not you linger in that failure.

About Being Idle [50:15 - 50:40]

"I was doing things wrong as far as it when it came to my life. The thing that really dug in deep with me was that I knew. I knew it and for some reason, I didn't change

my ways. I didn't change my mind. I think that, for me, led me to be upset with myself.

Website and Social

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Facebook: <https://www.facebook.com/jden.cox.92>

J'den Cox - One More: <https://www.youtube.com/watch?v=NJ6ml-2RVbo>