



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #194

Kyndia Riley

Kyndia Riley was just 3 years old when both her mother and father were arrested and sentenced to life in federal prison.

Her grandparents took over raising her and her 25-year-old sister, who had cerebral palsy. When she was in high school, her grandfather passed away, leaving her elderly grandmother to take care of her and her sister. Six months before high school graduation, her sister passed away. Shortly thereafter, her grandmother was diagnosed with cancer. Two weeks before graduation, the unthinkable happened. Her grandmother passed and Kyndia was left as an 18-year-old to care for herself.

Quotes

"When I am in a spot where I feel like I cannot do something, I will step back and get in the middle of myself and say, 'This is what you've done thus far. Why can't you do this?'"

"I am not perfect. None of us are."

"A lot of people don't take enough time to reflect on themselves."

About Successful Habits 22:21 - 23:24

"I always refer back to when I was in third grade. We used to have this thing called 'Citizen of the Week.' They'd pick a character trait about you, or you pick one for yourself. My character trait was always determination and nay interview I'm in, even applying for jobs and such. I'll say, 'I am determined.' Determination doesn't have to be will just to do one specific thing. Determination is the will to do everything. You wake up and you're determined to get through the day, you're determined to brush your teeth, the simplest things. It's just your willpower and your autonomy. For me, I

think to have that in the forefront of my mind for everything and remembering that I am a determined being and reminding myself in the hard moments that, "You are determined. You have the willpower to do this. You have the capability to do this and you have every right to do this." Secondly is affirmations, always reminding myself of my potential and what I have the capability to do."

About Failing At Self-Care 26:16 -27:32

"For me, I think that it's not a very specific instance, but it's overall. It happens every year or it could happen every month, where I fail myself. When I say that, I mean I've had times where I had done everything for everyone else. I'm on top of my school work. I am doing community service. I'm running rampant and running myself dry. When I come home, I'm sick and I'm tired. I'm hurting on the inside and not realizing that I failed to take care of myself. We can do so much for others and forget that we are our own person to take care of. I felt so much disappointment from being at home, being sick and being behind of my work, not being able to do the things that I enjoy doing. Now, I'm letting everyone else down because I didn't take a moment to myself and say, 'Have I eaten today? Have I exercised? What I have done positively to make sure that I'm a better person? How am I reflecting or meditating?'"

About Doing The Small Things 32:07 - 32:57

"When I wake up in the morning, I get a little slip of paper and I will write down goals for the day. It seems very superficial but when you actually sit down and write a goal, flip the paper over and write why that goal matters, how it matters in the long run, and even if you don't get it done today, how you will manifest it. So if I wake up and say, 'Today, I'm going to do something to take care of myself,' that could simply be going and getting a milkshake. It doesn't have to be something big or life-changing. You just have to think why things are meaningful to you and in that reflection, it gives you a piece of mind to show you that in the long run, things will add up and even the small things you do every single day will make a difference."

Action Item 30:20 - 31:10

Write three things that are an excuse for something you want to do. Then go back and look at how you can overcome each of the excuses, how they pertain to you, and why they shouldn't be an excuse at all. If I wake up and I know I have a paper to write. I'm making excuses like I'm tired, I'm hungry, and I don't feel like writing the paper. I can that all that and say, "If I'm hungry, I can eat. If I'm tired, I can take a 30-minute nap. If I don't feel like writing the paper, what do I need to do to motivate myself to write that paper?"

Website and Social

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