



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #196

Joshua Spodek

Joshua Spodek, Ph.D., MBA, TEDx speaker, wrote the #1 bestselling [Leadership Step by Step](#), hosts the award-winning [Leadership and the Environment](#) podcast, is a professor at NYU, writes a column for Inc., and blogs daily at joshuaspedek.com.

He holds five Ivy League degrees, including a Ph.D. in astrophysics and an MBA from Columbia, where he studied under a Nobel Laureate.

He teaches and coaches leadership and entrepreneurship at NYU and Columbia Business School. He has spoken at Harvard, Princeton, West Point, MIT, IBM, and other recognizable places.

Josh has appeared on every major network, the NY Times, Wall Street Journal, and more, he has been called "best and brightest" in Esquire's Genius issue.

He visited North Korea twice, swam across the Hudson River, has done burpees daily since 2011 (130,000 and counting).

For those of you listening who are Pathfinders, Josh is the inventor of the SIDCHA.

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I love talking to Josh so much! One of the guests I've really built a relationship with. He was also a guest in episode #58 and #89.

Quotes

"Your ideas are more of an external manifestation of your social-emotional skills."

"If you ask people for judgment, they will judge you. And even if you don't, the default for many people is to judge."

"A lot of people erroneously think that I have discipline, therefore I do these things. But it's the opposite direction."

About Trying Different Ideas 07:36 - 08:05

"So many people who want to start a project, an entrepreneur project, a hobby, or something to get them more responsibilities and a promotion at work, so many people when I ask them why haven't they started, they say, 'I don't have a great idea.' And yet, when I talk to people with great projects that they love and I ask, 'Is the idea that you're doing now the same one you started with?' it's never yes. It's always [inaudible 08:05]."

About Trying Without Regret 16:03 - 17:11

"I used to think 'If I pick project A, what if it's really project B? Am I going to get married to someone and have kids and a mortgage and realize I got married to the wrong idea?' With people and marriage, you can't get out of it. Once you have a kid, it's difficult to get out of it. But with ideas that you work on, you can switch easily. A lot of people, they have this idea that 'If I get stuck in A, I'll never get to B.' If A turns out to be the big one, great. You got lucky on the first try. On the contrary, if B turns out to be the one you really love, the fastest most effective way to reach B is to do A. A will lose its luster but B never will and you will not look at the time you spent with A with regret. On the contrary, you will look at the time you spent on A with gratitude. You'd be like, 'Oh my God, I'm so glad I did A to get that out of the way because it's occupying my mind. Now I can do B without reservation. And only A could have gotten me there.'"

About Asking For Advice 27:29 - 28:42

"There's a big shift in life when you go from asking for judgment to asking for advice. When you ask for advice, a couple of things happen. One is you get advice. Some of it may be useful, some of it may not. You don't have to follow it if it's not useful. If it is useful, great, you've got an advice you can use. More importantly, it creates a relationship where that person feels - when I give advice to people, I feel like, 'Now that I've given you this advice, you're more likely to succeed and now I have a vested interest in your success because it would feel like it's my success.' The core of all these exercises is to share your idea, or at the beginning when you have a few ideas, share your few ideas or one idea. Say "I wonder if you could give me a couple of pieces of advice to improve this idea.' What improvement means to them may be different to you so you might get something useful, or not. A lot of times, they would often answer, 'I think it's great.' And you have to pick up that that's judgment."

So oftentimes you have to develop the skill of, 'I appreciate that you think it's great. But I'm looking for advice and I wonder if you can give me that advice.' If you lightly persist, sometimes they'll hold back but most of the time they'll give you advice and they want you to succeed."

About Choosing The Lasting Inspiration 32:47 - 33:16

I distinguish it as there are two kinds of inspiration that I find. One is the inspiration you feel on December 31st when you decide to go to the gym every week for the next year. It's an inspiration to help yourself. I'm a big fan of it. Often for many people, by February, that inspiration has gone away. And then there's the inspiration to help someone solve a problem that a lot of people feel, and they can't wait to get it from you. That inspiration can last a lifetime."

About Developing Habits 42:47 - 43:53

"I began doing burpees at 10 a day. As I developed the skills and muscles and cardio, I can do more. And now, I do 3 sets of 9 in the morning and 3 sets of 9 in the evening. But before, sometimes I would stand there for 5 or 10 minutes before I started, like, 'Okay, go,' and I'd still stand there. And then, 'Okay, now go,' and I'd still stand there. Over the years, you work on different things. First, it's the muscles and the cardio because it really gets your heart pumping. And then there's a lot of self-awareness and a lot of the inner monologue you pay attention to. If you do the same thing, in my perception, it's not boring. It's a journey that's never the same twice. What I've been working on lately is my enthusiasm, to enjoy my morning routines. It's been a long time since I stood for a couple of seconds before starting and I really like that."

About SIDCHA 44:38 - 46:26

"SIDCHA stands for Self-Imposed Daily Challenging Healthy Activity. This was in 2012 when I wasn't that long into burpees. It was when I started doing my cold showers and I noticed that habits really do make a difference. There are some habits like reading the paper every day or brushing your teeth every day that I don't think make you into a great person. I really wanted to find the greatest, that helps you reach your potential. Some make a difference and some don't, like smoking cigarettes every day. I don't think that's going to lead to greatness for many people. So what makes a habit something that makes you into a Mandela as opposed to [inaudible 45:33]? He was in prison for 27 years and my understanding is that he was a boxer before that. He did his calisthenics every day. On the day he was released, big, global, momentous day, the first thing he did in the morning was his daily

exercises. If Mandela can do it, I can do it. Self-imposed. If you go to work every day and you're going to lose your apartment otherwise, that's not really self-imposed. If it's something you choose to do, that element of choice develops something inside of you."

Episodes Referred

Josh Spodek: <https://jimharshawjr.com/58/> & <https://jimharshawjr.com/89/>

Jim Harshaw: <https://jimharshawjr.com/193>

Website and Social

Website: <http://joshuaspodek.com/>

Twitter: <https://twitter.com/spodek>

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Books: <https://www.amazon.com/Joshua-Spodek/e/B01MS9AX3E>