



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #327

Devon Harris

The world should never have heard of Devon Harris yet he became a 3-time Olympian, an author, and a highly sought-after international motivational keynote speaker.

Devon Harris was raised in the slums of Kingston, Jamaica, yet he graduated from the prestigious Royal Military Academy Sandhurst in England and served as an officer in the Jamaica Defence Force. He started off as a barefoot boy trying to win a track race and became a member of his country's first Olympic bobsled team.

Since his days on the bobsled slope, Devon Harris has become a top corporate keynote speaker and author, sharing his philosophy of Keep On Pushing and never stop dreaming with Fortune 100 companies across many industries.

He is the founder and CEO of the Keep On Pushing Foundation, a New York-based charity focused on helping children in disadvantaged communities receive a quality education.

He is also the author of the motivational children's book, *Yes, I Can!* and the semi-autobiographical motivational book *Keep On Pushing: Hot Lessons From Cool Runnings*.

Devon joins us in this episode to share his inspiring experiences of success through failure; reminding us to dream big and to keep pushing to make the impossible possible. Tune in now.

Top Quotes From This Episode

"Anyone could become an Olympic athlete if they just dare to dream big enough and then be willing to put the work in."

"I think for all the dreamers and the ones who succeeded along the way, it's impossible for them to have achieved success without having to deal with some failures along the way."

"To get to the next level, you're going to have to expand your comfort zone [by] learning some new skills."

"There's a risk to achieving every single dream that you have when you're looking to expand your comfort zone— to put you in a place that allows you to better able accomplish this goal."

"If you're not willing to take the risk, then you're not going to get the reward."

"It's okay to ask for help. It's okay to be vulnerable. It's okay to say, 'I don't know.' We all need the wisdom to know what we don't know. And we need the humility to go find somebody who knows what it is that we don't know."

Show Notes

This episode touches on the following key topics and ideas:

- **An Olympian's childhood (4:57):** Devon talks about his childhood and how he caught the "Olympic bug"
- **Planting the seed (6:35):** How Devon's grandmother inspired him to do the things that other people thought were difficult or impossible
- **Moving up the ranks (9:13):** On graduating from the Royal Military Academy and serving in the army
- **The icing on the cake (11:24):** Devon shares how he got into the Olympic team while being an army officer
- **Dreaming big (14:58):** Devon on failing to clinch his biggest dream: the top overseas student award in the Royal Military Academy
- **Disappointed but not discouraged (17:00):** Failure as a motivation to work harder and to succeed.
- **The starting line (18:13):** The tale of never having laid eyes on a bobsled to being a part of Jamaica's Olympic bobsled team
- **As Jamaica's representative (23:53):** How the expectation as a Jamaican athlete fueled Devon and his team to perform and compete at a high level
- **What's the secret? (28:36):** *Expand* your comfort zone to reach the next level
- **What can you do next? (34:34):** Devon encourages you to not let go of your dreams

What's an action item the listener can take in the next 24-48 hours? (37:02)

- Every time you get stuck, it's ok to ask for help

List of Resources Mentioned in the Episode

[Cool Runnings](#) (film)

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

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Other Episodes Referenced

[#314 Accelerating Your Success: A Framework for Decoding Greatness with Dr. Ron Friedman](#)

Guest Website and Social

Devon Harris

[Website](#) | [Twitter](#) | [Instagram](#) | [Facebook](#) | [YouTube](#) | [LinkedIn](#)