



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #345

Hillary Allen

In 2017, world-class ultrarunner, Hillary Allen, was at the top of her sport and it felt like she was running on top of the world as she competed in Norway's Tromsø Skyrace. She was nearly halfway through the 50k race when she fell 150 feet off an exposed ridge.

In her book, *"Out and Back: A Runner's Story of Survival and Recovery Against All Odds,"* Hillary recounts the dramatic story of her accident and rescue, and her fight to return to the life she loves.

With vulnerability that reveals remarkable strength and introspection that yields wisdom, Allen shares in this episode of the Success Through Failure podcast the story of her recovery— both physically and mentally— the hard-earned knowledge that the path forward is not always linear, that healing takes time, and that the process of rediscovery is ongoing as she learns what it takes to survive and thrive. Don't miss her story. Tune in now.

Top Quotes From This Episode

"No matter how talented you are, if you don't have the hard work to back it up, then it doesn't really go anywhere."

"As soon as I let go of that fear, I'm (no longer) afraid to fail, because I'm just gonna try. Letting go of that is what allowed me to actually push further than I thought would ever be possible."

"Believe that your best athletic days are ahead of you."

"You can't get from a failure to a success story without hitting rock bottom multiple times."

"Celebrating those little victories knowing that over time, those little mini victories will lead to bigger successes."

Show Notes

This episode touches on the following key topics and ideas:

- **Sky running vs trail running (3:26):** Hillary explains the basics of sky running
- **How it all started (6:04):** Hillary talks about her athletic journey and how she fell in love with running
- **Hitting the world scene (10:10):** Hillary's road to becoming a world-class ultra marathon athlete
- **Then the unthinkable happened... (13:16):** Hillary takes us back to the horrific accident that almost rendered her paralyzed for the rest of her life
- **The long road to recovery (15:13):** Hillary on learning acceptance after the accident
- **A catharsis (17:00):** Hillary believes that *"it's healthy to put reality to emotion"* through writing
- **Letting go of the expectations (20:45):** Letting go of the version of herself that was gone after the accident, which allowed Hillary to be better and reach the next level
- **Don't stop believing! (24:15):** The power of written words, affirmations, and mantras
- **Mental positivity (27:11):** How visualization aides Hillary to get through the hard moments
- **Negative words are powerful, too (29:11):** Hillary encourages everyone to express your negative thoughts to eliminate the power they hold over you
- **Everything happens for a reason (31:15):** Hillary on searching for the reasons why things happen to prevent unfortunate things from happening again
- **On failures (33:11):** Failing is not linear and that's how it's supposed to be

What's an action item the listener can take in the next 24-48 hours? (36:06)

- Acceptance; admit to yourself that you're struggling
- Have a game plan or mini goals
- Celebrate the little victories

List of Resources Mentioned in the Episode

Hillary Allen's ["Out and Back: A Runner's Story of Survival Against All Odds"](#)

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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Hillary Allen

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