



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #484

Rebound From ANY Failure: The Secret 7-Step Formula for Turning Setbacks into Success

Let's be real— ***failure sucks.***

It stings. It's messy. And it can make you want to throw in the towel.

But what if I told you it's also your greatest untapped resource for success?

Over the years, I've interviewed world-class performers— from Olympians, bestselling authors, [Navy SEALs](#), and entrepreneurs— and they all agree: failure isn't the end. It's just the training ground for greatness.

In this episode of ["Success for the Athletic-Minded Man" podcast](#), I'm sharing **seven game-changing strategies** to help you flip the script on failure and use it to your advantage.

Listen and learn how to turn setbacks into comebacks, why gratitude is your secret weapon, and the one question you **MUST** ask after every failure. Spoiler alert: it's not what you think.

We'll also learn from the experience of other high-performers like the time Tim Ferriss got rejected 27 times, how Jordan Burroughs turned his worst loss into a world title, and how even my own failures shaped this very podcast.

If you're tired of letting failure hold you back, let's change that— together. Buckle up, this one's a game-changer!

Top Quotes From This Episode

"Failure is not the end, [it's] just the beginning. It's a stepping stone for success."

"Failure is an opportunity for you to learn. It's an opportunity for you to grow. It's an opportunity for you to improve."

"Don't go it alone. Join a group. Get around other people who are working towards the same thing and you're going to learn about their failures and go, 'Ah, okay. [My failures] aren't such a big deal.' It normalizes your failures so you can keep moving and grow from them."

Show Notes

This episode touches on the following key topics and ideas:

- **Share this episode! (1:31)**: Share the podcast on social media by tagging me and using the hashtag #SAMpod:
 - **YouTube:** [@jimharshaw1](#)
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 - **LinkedIn:** [Jim Harshaw, Jr.](#)

7 Strategies to Turn Setbacks into Success

- 1. Realize you're in good company (6:42)**: Remind yourself that even the greatest— Jordan Burroughs, Tim Ferriss, Michael Jordan, and even Thomas Edison— failed repeatedly before finding success.
- 2. State your gratuudes out loud. (8:52)**: Have some kind of gratitude practice. Every day, list three things you're grateful for. Gratitude shifts your focus from what's wrong to what's right, breaking the cycle of anxiety and opening your mind to possibilities.
- 3. View Failure as Feedback (9:30)**: Don't view failure as the end. Instead, ask: What worked? What didn't? What can I do better?
- 4. Journaling (12:49)**: Do a [Productive Pause](#). Write down what went well and where you can improve. This "after-action review" helps you keep the wins and tweak the rest.
- 5. Find your [Environment of Excellence](#) (13:54)**: Don't go it alone. Surround yourself with people who've been where you are and are striving for more. Their guidance and accountability can normalize failure, provide insights, and push you forward.
- 6. Ask yourself: What Does This Make Possible? (15:05)**: Every failure opens new doors. Shift your mindset to see opportunities. A failed project or goal may equip you with skills, connections, or resilience for something even bigger.

- 7. Get a Coach or Mentor (20:00):** A coach sees what you can't and helps you navigate setbacks faster. Whether it's a business coach, mentor, or mastermind group, get the outside perspective you need to grow.

List of Resources Mentioned in the Episode

Books by Michael Easter:

["The Comfort Crisis: Embrace Discomfort To Reclaim Your Wild, Happy, Healthy Self"](#)

["Scarcity Brain: Fix Your Craving Mindset and Rewire Your Habits to Thrive with Enough"](#)

["Essentialism: The Disciplined Pursuit of Less"](#) by Greg McKeown

["The 4-Hour Workweek: Escape 9-5, Live Anywhere, and Join the New Rich."](#) by Tim Ferriss

[Chicken Soup for the Soul](#)

[The 5 Love Languages](#)

[WATCH] [Why I teach my children to fail | Jim Harshaw | TEDxCharlottesville](#)

Other Episodes Referenced

[#246 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer \(Part 1\)](#)

[#247 Interview with Tim Ferriss \(Part 2\): Asymmetric Bets, Fear Setting, and Choosing the Right Targets](#)

[#307 Jack Canfield on How Exactly to Use Visualization and the Law of Attraction to Create Breakthrough Success](#)

[#428 Jack Canfield's Masterclass on Visualization and Law of Attraction for Breakthrough Success](#)

[#327 From Ghetto to Greatness: The True Story of Jamaican Olympic Bobsledder Devon Harris](#)

[#50 Russell Brunson of ClickFunnels and DotCom Secrets](#)

[#312 The Comfort Crisis and What To Do About It With Michael Easter](#)

[#343 Simplify Life and Make Success Effortless with NYT Bestselling Author Greg McKeown](#)

[#342 The SEAL Who Killed bin Laden: Robert O'Neill on Fame, Jealousy, and PTSD](#)

[#376 Author of The 5 Love Languages Dr. Gary Chapman on Success, Failure, and 3 Questions to Transform Your Marriage](#)

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