



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #503

Anthony Trucks

What if the biggest reason you're stuck... is you?

In this "Success for the Athletic-Minded Man" episode with former NFL player turned transformation expert Anthony Trucks, we unpack how identity— not tactics— is the true lever of transformation, and why success without self-worth is a dangerous trap most high-achieving men fall into.

Anthony shares how he hit rock bottom— divorced, broke, hungover in a condo— and how a single realization gave him back his power: *"I was the common denominator in all of my problems."*

From there, he built his comeback on what he calls "Dark Work," the unseen grind that forges real, lasting change.

If you're a former athlete, a high-performer, or just a man who knows there's another level inside of you, but keeps hitting a wall, this episode is for you.

We also talk about performance psychology, discipline, and the difference between chasing praise vs. earning pride.

This is a masterclass on doing the gritty and powerful work that changes who you are, so you can finally create the life you say you want. Tune in now!

Top Quotes From This Episode

"The things that we are the most proud of are the things that challenged us the most."

"What you gain in confidence in one part of your life, you can borrow for another part of your life."

"If you don't identify with certain habits or patterns or actions, you just won't do them. If you don't do them, you don't get the success that those things would bring you."

Show Notes

This episode touches on the following key topics and ideas:

- **From Foster Care to the NFL to Rock Bottom (2:29):** Anthony shares how early trauma, success in football, and eventual collapse in business and life forced him to confront the one thing he'd been avoiding: his identity.
- **Why Pride Must Come From Pain (8:10):** Anthony breaks down how real self-worth isn't built through praise. Shifting your validation inward changes everything— your confidence, your performance, and your results.
- **The Rock Bottom Moment (14:11):** When you hit your low point, you only have two options: blame the world and stay stuck, or take radical ownership and start building.
- **Dark Work (18:03):** Anthony explains how habits and actions stretch your identity over time, and why it's the smallest consistent actions that lead to the biggest shifts.
- **Design Your Dark (30:24):** The key to getting back on track when you drift is to reroute like a GPS: check your starting point, recalibrate your destination, and re-commit to the right path.
- **What's an action item the listener can take in the next 24-48 hours? (37:27):**
 - Take the [Dark Work Assessment](#) to get clarity on where your identity is now.
 - Ask someone who knows what you want to accomplish: "If you could change one thing about me to help me hit my goal, what would it be?"

List of Resources Mentioned in the Episode

["Turning Pro: Tap Your Inner Power and Create Your Life's Work"](#) by Steven Pressfield

["Psycho-Cybernetics"](#) by Maxwell Maltz

["A Glitch in the Matrix"](#)

Other Episodes Referenced

[#61 The Secret to Clarity and Taking Action with former NFL Player Anthony Trucks](#)

[#442 The Daily Pressfield: A Hero's Journey through Life's Grind with Steven Pressfield](#)

[#372 Steven Pressfield on Commitment, Self-Reinforcement, and Getting Yourself to Do What's Necessary to Achieve Your Goals](#)

[#290 Steven Pressfield on the Warrior Ethos and Winning Your Inner War So That You Can Finally Achieve Your Potential](#)

[#256 Steven Pressfield: Defeating Resistance and Starting Before You're Ready](#)

Guest Website and Social

Anthony Trucks

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