



# **JIM HARSHAW, JR.**

*Clarity of Action. Peace of Mind.*

**Wrestling with Success Podcast**

## **8 Habits of the Most Successful Former Athletes**

*Through interviews with athletes ranging from CEO's to UFC veterans to New York Times best-selling authors, I have discovered these 8 habits of successful former athletes. While there are other habits, these are the most common that have come up across the many guests on the Wrestling with Success podcast. I hope you'll begin to incorporate these into your life and see huge results.*

**-Jim Harshaw**

<http://www.JimHarshawJr.com>

**1. Dream Big:** Aaron Grossman wants to hit \$100 million in business, Dr. Coyte Cooper wants to sell 1 million copies of a book, Charlie Brenneman told a friend that he would fight in the UFC one day, Kyle Maynard plans to climb Aconcagua (highest point in the southern hemisphere), Wayne Kurtz is planning an around-the-world adventure race with a \$250,000 entry fee.. There's no reason you can't have similarly big dreams. These guys have huge goals and there are no guarantees that they'll achieve them. There is only a guarantee that they'll not achieve them if they don't have them. You're no different.

**2. Read:** How do they get the inspiration to believe that they can achieve such huge goals? Nearly all of them told me that they read books regularly that educate or inspire them. Several told me that they read every day. Whether it's two pages, ten pages or 30 minutes... you should have some kind of small daily reading goal.

**3. Drink More Water:** This one might not be sexy but it's a simple yet powerful change that you can make to improve your performance. Olympians and entrepreneurs Jake Herbert and Andy Hrovat as well as UFC veteran and leadership expert Charlie Brenneman offered this as one of the actions you can take every day for peak performance in the real world.

The benefits of drinking more water include helping you control calories (filling your stomach), keep your muscles energized, make your skin clearer, help your mind be more focused, your digestive tract function in optimally and your bowels moving properly. MayoClinic.org states, "The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day."

**4. Wake Up Early:** For years I've found that this has been a common habit when learning about the habits of successful people. This is a time of day where you won't expect phone calls or other interruptions that block your mind from focusing on important tasks whether they are writing, meditating or planning your day. The early morning has a magical quality to it. It feels fresh and almost mystical. What a great way to start the day!

Not a morning person? When you take the time to figure out what you *really* want from your life-- more than sleep-- you'll bound out of bed in the morning ready to attack the day. Get clear on your goals and, as David Pottruck (former CEO of Charles Schwab and chairman of HighTower Advisors) says, waking up early will give you "the first victory of the day." He often uses this time to workout. Dr. Coyte Cooper used this time to write his book. Charlie Brenneman uses this time to read.

**5. Fitness:** You'll find that people who perform at their peak tend to have some kind of workout routine. It may be running, walking, biking, lifting, yoga, swimming or any other form of activity.

Don't have time? You'll find that the time that you invest into working out is just that... an *investment*. Your productivity, energy and creativity will increase as will your mood not to mention your physiological health.

As Zach Even-Esh suggests, choose the exercise that you enjoy most so that you will be more likely to stick with it. When you realize how fitness will help you reach your life's goals, it will be much easier to get into your routine.

**6. Daily Goals:** Every day is an opportunity. Often times the opportunity gets squandered by having meaningless chats with co-workers, surfing the web or working on tasks that have a low return on investment. Entrepreneur Aaron Grossman sees each day as a competition and sets goals daily. Just like when you determine your long-term goals you

begin to take the actions that are required to achieve them, when you determine your daily goals you become more focused as well.

Coyte Cooper advocates executing daily on the small tasks because it is those small tasks that add up to big achievements. In fact, he wrote his book just a few pages at a time each morning over the course of a few months.

As always, start with the end in mind. Ask yourself the following questions:

1. When the day is over, what will I be most satisfied with having achieved?
2. What tasks, if completed, have the opportunity of creating a domino effect that make other goals easier?
3. Will what I'm doing now help me get closer to my goals?

**7. Journaling:** I've heard more successful people talk about journaling than just about any other habit. In fact, as I write this I'm reading the journal of one of the most powerful men that ever walked the planet- *Meditations* by Marcus Aurelius.

We often learn about the thoughts and habits of successful people from history by what is revealed in their journals. The fact that they are actually journaling is often overlooked as one of their success habits.

Why journal? It helps you gain a deeper understanding of yourself and your beliefs. There's not much more valuable in the world than your own self-awareness. We drift through our lives almost on autopilot. Journaling reveals our internal voice and will help you identify opportunities to improve your self-talk as well as help you discover your values and long-term goals. Even if you just write for a few minutes, the transformation and enlightenment you'll get from writing everyday is invaluable.

Try this: <http://www.fiveminutejournal.com/>

**8. Hard work:** You probably downloaded this hoping to learn some secrets to success. Some secret activity that successful people do that no one else really knows about. The fact is, there are no secrets to success other than executing on what was discussed in the paragraphs above. Incorporate them into your life and you will see massive change.

But you'll still need the final habit to see the success that you want.

Hard work.

Every single one of the people that I've interviewed works hard. *Really* hard. Harder than just about anyone else I know. It's easy to look at their lives and assume that their path has been easy for one reason or another. However, the more you learn about them the more you realize that they are just like you. In fact, you often learn that they achieved success

despite their lacking some of the gifts that you have or they've faced obstacles that others would consider insurmountable. Yet they've persevered.

### **Putting It All Together**

Hard work is far easier when you know what you want and why you want it which is revealed through journaling.

A good time to do this is when you wake up early.

You'll feel more confident if you are fit.

You'll be more focused and energized if you drink plenty of water.

You'll be more motivated, educated and inspired if you read regularly.

When you dream big it will be easy to set daily goals.

Then, and only then, will hard work become easy.

***Hard work in the face of adversity and obstacles will become your trademark. Hard work, combined with the other ingredients for success, will be what creates your ultimate, massive, life-changing and satisfying success.***