



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #103

Akshay Nanavati

Today I bring you Akshay Nanavati. Akshay is a Marine Corps veteran, adventurer and entrepreneur. After overcoming drug addiction, a diagnosis of PTSD after the war in Iraq, and a battle with alcohol that pushed him to the brink of suicide, Akshay has since explored the most hostile environments on the planet and built a global business helping people live limitless lifestyles. Combining years of research in neuroscience and psychology with his life experience, Akshay wrote the book "Fearvana: The Revolutionary Science of How to Turn Fear Into Health, Wealth and Happiness." His work funds his nonprofit, the Fearvana Foundation. It is the change-making arm of his lifelong mission to run across every country to create enduring peace, one community at a time.

Quotes

"Anything you want to improve on, you track your time."

"You'll learn more from action than from consuming knowledge."

"The single most important thing you can do is literally to fall in love with fear."

About Adversity

"Adversity truly is a gift. That was partly why, yes, although life at war was hard but there was a beauty to that hardship. It's actually much more, pleasant, ironically than sitting on a couch all day, watching T.V. It's the same thing with athletics, running ultra-marathons, working out in the gym has replicated that beauty and gift of life in that adversity but in a peaceful setting."

About Getting Clarity on Purpose

"What I do is by getting essentially clear on one big goal at a time for the most part. It's one big goal with many things happening at the same time. For example, right now my big goal is my book launch. In the meantime, I'm still training, running and exercising. To replicate the simplicity, I build a checklist for everything. I have a checklist for when I wake up in the morning. I have a checklist for when I get to bed. I have a checklist for every single thing."

About 'Fearvana'

"We actually become stronger and better when we learn to harness these emotions. They're not negative. The biggest problem is that these emotions have been demonized. And fearvana is to help people reframe their relationship to fear because it's very important not to fear fear. Fear can be a huge gift and when we learn to channel it, it can be a gift that unleashes our greatness."

About Shifting the Tide

When I ran across Luxembourg, I met this gentleman at a low point. It was a 55 mile run. I was on a low point and he saw me suffering. He couldn't speak in much English and I couldn't speak much French but I opened my phone and showed him the map of Luxembourg and showed him I was running from the south to the north. He welcomed me to his home for water. When we parted ways, he gave me a big hug and wished me well. It was this beautiful human moment that I think if we shift the tide and show these human moments, show that there's greatness in all of us instead of watching humanity destroy itself every time we turn on the news, it suddenly shifts the tides on what we are and who we can be."

Action Items

"You always want to attach action to awareness and awareness to action. To combine this two, I got five specific steps you can take in the next day:

- 1) Choose one specific area of what you want to improve in, whether it be running a marathon etc.
- 2) Find one person who's great in that area. Find out what they're doing it and how they're doing it.
- 3) Set clear, large goals. For example, I want to run a 50-miler by the end of the year. Break it down into small chunks so you can have measures to track the feedback.

- 4) Take one action to work towards one of the chunks and make sure that action is uncomfortable, scary and outside your comfort zone. That's the only place you're going to grow.
- 5) In that session, write down what worked and do more of that, and what did not work and how you can improve."

Recommended Books

Fearvana: Revolutionary Science of Happiness -
<https://www.amazon.com/FEARVANA-Revolutionary-Science-Health-Happiness/dp/1630476056>

Website and Social

Blog: <http://www.existing2living.com/>

Twitter: <https://twitter.com/existing2living>

Book: <http://fearvana.com/>

Episode Referred

Larry Hagner: <http://jimharshawjr.com/46/>

Richard Rierson: <http://jimharshawjr.com/63/>