



# JIM HARSHAW JR

---

## *Revealing Failure as the Path to Success*

### Success Through Failure Podcast

Action Plan Episode #105

Chris Romulo

Today I bring you Chris Romulo. Chris is a Queens, New York native who always yearned for growth. In his early twenties, he transformed himself from a street kid into a Muay Thai Champion with over 40 fights and 5 titles under his belt. Today, he's a coach at his gym CROM Physical Culture and mindset speaker to both youth and adults. Chris has taken what he's learned in the ring and turned it into a practical curriculum called, U.P.R.I.S.E. The curriculum shows you how to tap into your natural abilities and become the champion of your life. In May of 2017, Chris co-authored and published his memoir, *Champions Uprising*, which displays his unwavering mindset of determination, grit, and perseverance of spirit.

### Quotes

"Develop habits that you can do on a daily basis that will lead you towards success."

"Training should be like hygiene. You don't brush your teeth once a week."

### About Struggling

"Struggle is a necessary part of existing. Embracing the struggle and understanding that it's kind of like the yin and yang concept. There's always a seed of positivity in negative and there's always a seed of negativity in some positive. It's a weird cycle of that. I look back on that situation and even at the time, I didn't see the positivity but it obviously shaped me to be the person that I am. So what I would say is that whatever struggles that anybody is going through right now in this point of their life, believe that there is a reason for it. You want to learn from it to keep moving you forward and not pulling you down."

### About The 'Six Dictators'

"The uprising is fighting against those 'dictators,' the things that exist in your mind that sometimes we let hold us back, control us. The uprising is to fight against these dictators, self-doubt, fear, disappointment, confusion, hardship, negative self-talk and knowing it's going to be there. We can't get rid of it but we have to know that we can control it and take control of it to better ourselves."

### About Writing Things Down

"After all the struggles I faced as a kid and a team, I learned that just writing things down on paper and reading them every day made a huge difference."

### About the UPRISE Acronym

1. **U**ncovering your purpose or your 'why' in your life.
2. **P**utting forth the vision, having goals and dreams that'll give you a target in life.
3. **R**efining your language, not just what you're saying to other people but also what you're saying to yourself.
4. **I**llustrating your goals, writing them down on paper or a vision board.
5. **S**urrounding yourself with the people who are going to pull you up, people who are champions.
6. **E**xecuting the game plan. Getting in life and saying 'I'm willing to accept the struggles and the mistakes that are going to happen.'

### Action Item

Having the CHAMPS mindset:

1. **C**alculating and having that plan, that process of developing habits that'll keep moving you forward.
2. **H**ungry, always knowing that you want more and you want to do more to have more than your opponent, than your situation you're facing right now, whether it's being a better father or a better businessman.

3. **A**udacious, breaking out of your shell, knowing that sometimes, you have to take yourself out of your comfort zone to really excel in life.
4. **M**agnetic, going back to surrounding yourself with the right people and pulling yourself from people that are not moving you forward.
5. **P**urpose in life, why do you roll out of bed in morning? That'll give you a target, a goal for your day, week and life.
6. **S**elf-discipline which shouldn't come from an external source. It should come from something within you deep down inside, knowing that you're here for a bigger and better reason in life.

### Website and Social

Website: <https://www.chrisromulo.com/>

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

Facebook: <https://www.facebook.com/CHRIS.ROMULO.CROM/>

Instagram: [https://www.instagram.com/Chris\\_Romulo\\_CROM/](https://www.instagram.com/Chris_Romulo_CROM/)

Book: <https://www.amazon.com/Champions-Uprising-Fall-Times-Stand-ebook/dp/B072PKQRMV>