



# **JIM HARSHAW JR**

*Revealing Failure as the Path to Success*

**Success Through Failure Podcast**

**Action Plan Episode #106**

**John Giannandrea**

Today I bring you, John Giannandrea. His journey began in 2012 when a friend of his suffered a brain aneurysm in John's home. At 475 pounds, John couldn't get into the small bathroom to help him. He had finally hit the breaking point with his obesity. The next day, he put his shoes on and went for a walk down the block but he could barely make it three houses before he was out of breath and turning around. On that day he made himself a promise to never stop moving and to learn to live a healthier life. Today, he's doing just that and he's 225 lighter. He's living proof that obesity can be beat and it's never too late to change your habits. John has built an inspiring brand online and is motivating others to make the kind of change in their lives that he's been able to make in his.

## Quotes

**"I tell people this every day; it's easier to lose weight than to continue keeping it off."**

**"Sadly, rock bottom is the place you usually have to bounce off of to do something like this."**

**"Failure breeds champions if you choose to want to be a champion."**

## About Losing Weight

**"As a trainer, as a coach, I always say this; you're only good one hour a day in a person's life. The other 23 hours of the day, you're not there and that's the hard part. I have these little tricks and they seem to work. I have people that haven't completely hit rock bottom. I have people who say, 'I need to lose weight. I'm unhealthy.' So I always tell people, 'I want you to go get your favorite food, your hamburger, your pizza or whatever. I want you to go home, take all of your clothes**

off and I want you to stand buck-naked in front of the mirror and I want you to eat all that food. I want you to tell me if you love what you see.' You'd be surprised how well this has worked."

### About Stopping Excuses Before It's Too Late

"Fat people have these awesome excuses. Bunions and knee problems and back problems. I had all those excuses and you have to try to give those examples and you've got to try to really scare the hell out of people so that they don't have to hit rock bottom to realize that 'You're about to die.'"

### About Setting Visual Goals

"I never set goals, I wanted a visual goal. I talk about this all the time. I put a pair of pants up on my wall. I tacked them up and they were a 40 jean. I told myself I wasn't going to stop until I got into those jeans and it wasn't until after two years that I actually got into those jeans. I failed and I stumbled all along."

### About Getting Motivation from Inspiring Others

"At the end of the day, the single greatest thing I'll have ever done is to be able to inspire other people. When you hear someone say, 'Because of you, I've lost 100 pounds because you helped me get motivated,' it's the most emotional, humbling feeling ever. That's really what OGRE Fitness is all about."

### Action Item

"Stand in front of the mirror and ask yourself, what are you made of? What have you accomplished? What have you said you were going to do but you haven't done? For me, it was going to go run a mile. You can do that in 24 hours. What if it's telling a friend how you truly feel? That one anxiety feeling that you have that maybe to tell a friend that they hurt your feelings or they're doing something wrong or they're doing something that affects your friendship? It could be anything."

### Website and Socials

Supplements: <https://www.ogrefitness.com/>

Instagram: <https://www.instagram.com/biggieodonnell/>