



# JIM HARSHAW JR

---

## *Revealing Failure as the Path to Success*

### Success Through Failure Podcast

Action Plan Episode #121

Dr. Sharad Paul

Today I bring you Dr. Sharad Paul. Dr. Paul is an award-winning author, a prolific contributor to major national and international magazines and journals, and a frequent radio and television guest. Born in England, with a childhood in India, Dr. Paul is also a surgeon, evolutionary biologist, and social entrepreneur, as well as an adjunct professor at Auckland University of Technology. He has been featured in international editions of Time and has been awarded the prestigious Ko Awatea International Excellence Award for Leading (Health) Improvement on a Global Scale.

### Quotes

"There's more money in illness today than in wellness."

"Diet is our internal environment. You sometimes cannot control your external environment but you can control your internal environment."

"We know that the healthier you are, the more your immune system can fight things off. So having a really healthy diet is a good part of fighting the battle."

"If you set your own plan and write your own story, then you keep going because you're not driven by other people's definition of whom you should be."

### About the 'Blue Zone'

"'Blue zones' are certain places on the earth where people live very long and also healthier. So South India, Loma Linda in California, islands like Okinawa in Japan. Typically, they tend to be smaller islands. What was different about people who lived there was they tend to eat a lot of fish and seafood, and it raises your omega-3, which is something which in our Western diets is lacking a lot. There's also a lot more communal activities where people got together to chat and dance, so there

was a lot more interconnection. They were also eating a lot of fresh salads and vegetables. So to a large degree, their lifestyles were very similar."

### About the Link between Knowing Yourself and Success

"Genes are there as blueprint but they're not our destiny. So in some ways, we are in control of our destiny. What it means that sometimes knowing yourself better helps you achieve success because you learn through your failures and you know what you need to succeed. As you know, most successful people you've met in all walks of life have failed and succeeded after that."

### About Knowing Your Gene Type for Exercising

"If you have the genes which are more attuned to power rather than endurance, then it's very important for you to incorporate some weight training as part of your exercise program. This is for a layperson because athletes probably already do it. But the other thing is we can pick genes set for things like higher risk of Achilles tendon injury etc. and manage it by making sure that your footwear, strapping and everything else is optimum."

### About Procrastination

"Fitness in biology is just your ability to propagate your gene. In some ways, the scaredy cat survived because their stress genes meant that they wouldn't go out and fight the battles. They were still in the caves, thinking "I'm not going to go out because the saboteurs are going to get me," and guess what, they didn't come back. It's the same thing with procrastination. You're still in your cave, sharpening your tools, saying, "This isn't sharp enough. This isn't going to get the tiger." So you didn't go out there. So some of us inherit some of those genes which fundamentally made us procrastinators but it's not necessarily a bad thing if you recognize it. It's actually an evolutionary adaptation, meaning our plan is not so ready so we're more perfectionists where you want to make sure your plan is ready. You need to understand this and optimize it to have a pathway so you make sure you have an implementation plan."

### Action Plan

Write down your three 'C's, which are setting the **context**, defining the **characters** and resolving the **conflict**.

Writing your own story and context would be you defining your brand, what you stand for. Like what is your show about, what are you defining here.

And then you have the characters where you're defining each character. That could be on a personal level which is your own characteristics, or your team's characteristics. You can say "This is the direction we want to go in."

Thirdly is conflict. There will always be conflicts that don't fit in with your character, like we were talking about failure earlier. So write down the potential conflicts.

### **Tool**

1. Not keeping a backlog with communication. What I tend to do is whoever communicates with me, I just clear it so that at the end of the day, it's not hanging over you.
2. How you handle conflict. Every problem is just something of what you can control and what you can't control. Things you can control are like your job, your friends, relationships, people you hang out with. Things you can't control are what other people want you to do, other people's opinions of you, your competitors or even what you want other people to do. So things you can control, there's no point whinging about it. Just go ahead and do it. Things you can't control, there's no point whining about it either because you can't do anything about it.

### **Website and Social**

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

Facebook: <https://www.facebook.com/drsharadpaul/>

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

Book:

<https://www.amazon.com/Genetics-Health-Understand-Genes-Better/dp/1501155415>

TEDx: <https://www.youtube.com/watch?v=8voykTrTQEc>

### **Recommended Books**

*Skin-A Biography* by Dr. Sharad Paul:

<https://www.amazon.com/Skin-Biography-Sharad-P-Paul/dp/9350294036>