



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #123

Shannon Miller

Shannon Miller is the **Most Decorated Olympic Gymnast in American History** with seven Olympic Medals! She is the only female athlete to be inducted into the US Olympic Hall of Fame – Twice! [Individual (2006) and Team (2008)]. Her tally of five medals at the '92 Olympics was the most medals won by a US athlete in any sport. At the '96 Games, she led the "Magnificent Seven" to the US Women's first ever Team Gold and for the first time for any American gymnast, she captured Gold on the Balance Beam. After retiring from competition, she got degrees in marketing and entrepreneurship followed by a law degree.

She launched her own health and wellness company in 2010 and she travels the country as a highly sought after motivational speaker and advocate for the health and wellness of women and children.

In January of 2011, Shannon was diagnosed with a rare form of ovarian cancer. After surgery and aggressive treatment, she is now cancer-free.

Shannon's book, [It's Not About Perfect: Competing for My Country and Fighting for My Life](#), is her inspirational memoir written to encourage and empower others to break through and overcome their own personal challenges.

Quotes

"There was less focus on what I can't do and more focus on what can I do today to get to my goals."

"What we have to train ourselves to do is to see the opportunity."

"If you're constantly striving to do your very best, not be the best but do your best, then you're on the right track."

"Medals are not won on the day of competition. They're won with the hard work and dedication that happens every single day, for years before you even step on the floor."

About Running Your Own Race

"You always have to run your own race, whether it's a competition or it's your work, whether it's your family life. Whatever that is, you kind of have got to train yourself to put the blinders on and forget about what everyone else is doing and run your own race. So you have to figure out what are your specific goals. They're probably not going to be the same as your neighbor's or your best friend or even your parents. You have to create your own goals, and then work each day to figure out how you're going to chip away and get closer to that goal. Forget about all of the things you see on social media. It's a great tool but don't live by it."

About Doing More

"When I look at my career, I look at the importance of going the extra step. We always talk about working hard but if you ask most nine year olds to do 10 sit-ups, they'll do 10. Maybe they'll do a few less. But how many are going to do more? And it's the same with adults. How many of us get up and say 'We're going to do more than what was asked today'? And I think that's often what makes a difference in succeeding towards your goal."

About Structure

"When I realized that I was kind of in this area where I didn't know what to do next, when there wasn't structure, I think you have to create structure for yourself. That means going out and finding what the next goal is, what is that next thing you want to do. You can start small. Sometimes, we get so paralyzed because we can't think of that big next step. Sometimes you just have to start with something, no matter what it is. Just start doing something while you think through if there's something different you want to be doing. You cannot be paralyzed into lack of movement, lack of motion, lack of ideas and lack of goals."

About What You Do With Failure

When someone goes through a big failure, there are many times when that failure becomes the best thing that ever happened to you. It made you rethink your job path. It made you rethink what you're doing. It made you work your brain in a different way or invent something, or become your own boss and start a company. I'm not in love with the saying that there's a reason for everything, but I think you get to be in charge of your own destiny. So when you are handed failure, you get to decide what you're going to do with it."

Tools

"Looking at concrete things you can do each day, you have to have a mission statement and it doesn't matter if it's for work or family. You should have one for both. You have to be able to wake up each day and say, 'What is my purpose today? What is that thing that I need to fulfill?'"

And then you also have to have your goals. You have to have a goal for every single day you get up and there's no goal that's too small, because it's the small ones that add up to making that dream come true. Part of that is list-making. I use Waze Google Calendar to keep everything straight, and my daily list is kept on my phone.

Website and Social

Website: <http://shannonmiller.com/>

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

Twitter: <https://twitter.com/shannonmillerg6>

Instagram: <https://www.instagram.com/shannonmillerg6/>

YouTube: <https://www.youtube.com/user/SMLifestyle>

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