



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #127

Dave Nelson

Today I bring you Dave Nelson. In 2005, Dave was stabbed in the heart by a stranger. He arrived at the hospital dead only to be revived 7-minutes later. This was 2-months before heading into his senior year at Lafayette College, where he was captain of the football team.

When he woke up, he knew he had to move forward. Football and his teammates gave him a purpose and solidified his vision for healing. Dave and his team went on to win the Patriot League Championship that year. He is the recipient of the Eastern College Athletic Conference Award of Valor, and the first recipient of the Lafayette College David Nelson Award of Valor.

Dave has an amazing story that we're going to dive deeper into here.

After Lafayette College, Dave has completed postgraduate education from Harvard Business School and is a Certified Life Coach. All of these chapters have led Dave to come at mindset and motivation with experience, not just knowledge, and through this deep exploration of mindset and human motivation, he brings the work he has done with people far and wide - in helping them create an authentic journey and mission in their lives or organizations. He has seen his work translate into authentic personal, professional and organizational success for people across the world.

Quotes

"I've learned that what makes things really work, what makes mindset work, what makes life work, organization's work, it's not what can I take, it's what can I give."

"That's kind of where we get stuck. I know what I don't want but what do I want?"

"I see mindset as being defined individual by individual."

"If you tried something once and it didn't work, it's not a trend. You have to try again."

About Finding a Purpose

"What I learned from the near-death experience and my brother passing is that the power within comes from outside, meaning that there's got to be something bigger than yourself that gets you out of bed. It can't just be about your ego or what you're personally going to achieve. It's got to be something bigger. I can point to that experience and what got me out of that, it wasn't my will or determination. It was my fire to be with my teammates. I needed them."

About Achieving Your Passion Through Habits

"It's about what are some of the daily practices we can start to implement that you think can lead you to being the best version you can be. I don't mean that in a fluffy sort of way but in an existential way, humanistic way. We're all made to great. We all have a desire to be something and who is here to stop us from being that other than ourselves? So it's all about defining that practice in your day that can eventually lead you to that thing where you feel satisfied about."

About Your Mindset

Mindset to me is all about what you make it. It's my job to make you understand what it means to you not through telling you but by guiding you and we do that by doing things like going within, introspection, which is what really matters to me? Not what really matters to mom and dad, not what really matters to society or to my boss, but what matters to me? Write that down without judgment and fear."

Action Item

"Get a pen and a piece of paper, write down one thing you've been holding yourself back from that you know you can take a step towards today or tomorrow. It could be getting back into working out, it could be creating a meditation practice. But a step in that direction isn't necessarily the activity itself. Accept direction to be as simple as looking at fitness facilities in your area, or learning more about meditation through a book or whatever. After that one step, take another and another. Be committed."

Referred Episode

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