



# **JIM HARSHAW JR**

*Revealing Failure as the Path to Success*

## **Success Through Failure Podcast**

Action Plan Episode #132

Thom Shea

Thom is a retired Navy SEAL and the founder and CEO of Adamantine Alliance, a leadership, teambuilding, and training organization dedicated to rapid, sustainable growth for his clients. Thom conducts training seminars and keynote presentations throughout the nation and serves as a strategic advisor for leaders and executives across the globe.

Thom has trained hundreds of individuals to master his Five Pyramids of Human Performance® and led each through the intense training of what he calls Performance in the Margin®, the space where all performance occurs.

Before founding Adamantine Alliance, Thom served 23 years with distinguished Valor as a Navy SEAL. During his military career he served in three wars, ultimately leading a team of Navy SEALs into Afghanistan in 2009 where he earned a Silver Star, Bronze Star with Valor, Army Commendation with Valor and his second Combat Action Medal.

### **Quotes**

"You've got to do what's always there in your mind to do. It doesn't matter if you think you can make it or not but you've got to pursue it."

"Be authentic with yourself. Don't lie. Don't be flippant."

"In the SEAL community, they decided a long time ago that the only way to be successful in combat is to constantly – in training – embrace failure because during failure, you get to see what the real problems are."

### **About the Three Pillars to Success**

"The first one is called 'Honor your Word.' Whatever comes out of your mouth, have it be true for you and have your thoughts be true for you. The second pillar of success is really what I call 'Never Give Up.' So if you can honor your word and never give up on honoring your word, you're going to get there. You'll find a solution. The third pillar is just 'Relentless Practice.' If you have those three elements in your life, you're going to success. You're probably going to fail 1,000 times but at 1,001 you're going to get there."

### **About Committing Before Having a Solution**

"In the SEAL community, you commit to a mission without knowing how you're going to accomplish it. And because you're committed, there will be about a billion how-to solutions that are readily available because you are committed. In the business community, it seems that they wait to be committed until they have a solution. That's why it takes them six years to find a solution. And then the solution they are researching becomes irrelevant because the business have shifted. I call it a paradigm, where you're trying to solve a problem prior to being committed, and it is just a terrible, inefficient way to operate as a human being."

### **About the Five Pyramids of Performance**

"I was looking for something that everybody has and what I found in my research is everybody has a physical life. Everybody has an intellectual life, a learning life. Everybody is in the pursuit of wealth or value. Everybody has a life of relating to other people. I call it relationships. And everybody has a spiritual life, even if they don't believe, it's still a way to define spirituality. So, those five areas, everybody that I've ever met across the planet is in the pursuit of something measurable in those five areas. "

### **Action Item**

"The greatest gift to give anybody is access to what's stopping them. So in the next 24 hours, attempt the best you can, right after you get out of bed, to do 10 push-ups, 10 sit-ups and 10 squats. Attempt to. And then, also at the time when you're doing those three things, try to listen to the reasons that you would talk yourself out of doing them. The four common reasons are:

- 1) I forgot.
- 2) I'm in pain.
- 3) I have no support in my life.
- 4) This is stupid.

If you can hear those reasons, you are going to have the greatest life in the world because the moment you hear them and can write them down, you actually have an opportunity to not have those reasons stop you. And then do it again at night, because the reasons in the morning and night are uniquely different. Now, you've attempted to do something that you've committed to during the hardest times for humans to do anything; when you're tired and stiff and exhausted and your 'give a shit' factor is really low. Try to hold a commitment during those times because the reasons really come out. If you find one reason that comes out, you'll see that reason everywhere in your life. If 'This is stupid,' is your reason, you'll see it everywhere in your life. So every time you think something is stupid, go do that thing. If you do that for the rest of your life, you'll be the happiest person in the world."

### **Tool Suggested**

"If you have somebody in your life that you're committed to, whether it's your spouse or your lover, or if you don't have them, then your kids – if they are the only ones left in your life – for 10 minutes a day, listen to them to find out what they are committed to that day. The art and practice of listening to somebody who you are related to or committed to, the factor of growth in your life is a 7 X-factor. And I like X-factoring because it makes things more efficient. Listen committedly to what they are doing and help them throughout the day."

### **Episodes Referred**

Bill Burnett: <http://jimharshawjr.com/124/>

Josh Spodek: <http://jimharshawjr.com/89/>

### **Recommended Books**

*Think and Grow Rich* by Napoleon Hill:

<https://www.amazon.com/Think-Grow-Rich-Napoleon-Hill/dp/0449214923>

## **Website and Social**

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

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

Book:

<https://www.amazon.com/Unbreakable-Navy-SEALs-Way-Life/dp/0316306517>