



JIM HARSHAW.net

You Can't Get Pinned When You're on Top

Wrestling with Greatness Podcast

Action Plan Episode #13

with Ben Askren

In this 13th episode of Wrestling with Greatness host Jim Harshaw, a former Division I All American and Division I head wrestling coach, interviews 2X NCAA Champion, Olympian, former Bellator Welterweight Champion, current ONE Welterweight Champion, former world top ten disc golfer (yep) and entrepreneur. I chose to invite Ben on the show not because of his wrestling prowess but because he's been able to replicate success into other sports and now as an entrepreneur. Ben practices many of the 8 Habits of Massively Successful Wrestlers (<http://jimharshaw.net/wp-content/uploads/2015/06/8-Habits.pdf>) while not even realizing it.

He's a big thinker and his success on this planet is just beginning.

Ben on why wrestling stuck as opposed to other sports: Frustrated with football and soccer when his teammates complained when the conditions were cold and rainy.

"I realized early on that your effort is very closely tied to how much success you're going to have."

"Other people's desire didn't match mine. I wanted to be great no matter the circumstances."

What lessons have you taken from wrestling that you apply to your life now?

"Anything is achievable with practice, hard work and thinking about the task."

Following this quote, he differentiated between those who take thoughtful action vs those who either take action without thought or do too much thinking without action. Thoughtful action is most productive.

Follow up on thoughtful action: *“When I went to college I was successful but I wasn’t as successful as I wanted to be. I was getting really frustrated by it.”* This is when Ben began really thinking deeply about how he could win certain situations. He would visualize nameless, faceless people wrestling during class while at the University of Missouri.

What can the listener do in the next 24 hours that would help them get closer to reaching their goals?

He referenced and paraphrased a quote by Elon Musk’s ex-wife, Justine Musk. I found the quote (linked below). In short, find a problem around what you’re passionate about, a problem that, if solved, will help a lot of other people. When you mix passion and a quest to find a solution that will benefit society, you can achieve great things.

<http://www.quora.com/How-can-I-be-as-great-as-Bill-Gates-Steve-Jobs-Elon-Musk-and-Richard-Branson>

Books referenced and recommended:

The E-Myth Michael Gerber

The Talent Code by Daniel Coyle

Elon Musk biography by Ashley Vance

Built to Last and *Great by Choice* by Jim Collins and Jerry Porras

Anything by Malcolm Gladwell (*Blink*, *The Tipping Point*, *Outliers*)

Mindset by Carol Dweck

7 Kinds of Smart by Thomas Armstrong

A Fighter’s Mind by Sam Sheridan

Dual in the Sun by John Brant