



JIM HARSHAW.net

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

Wrestling with Greatness Podcast

Action Plan Episode #17

with Matt Lindland, USA Greco National Coach, Entrepreneur

In this 17th episode of *Wrestling with Greatness* host Jim Harshaw interviews Matt Lindland, current USA Wrestling Greco Roman National coach, entrepreneur, whitewater rafting champion, actor, politician and UFC veteran .

Matt's insight into success comes from his experience in multiple arenas. His methodology is clear, concise and actionable.

Here's a little background. Matt wrestled for Clackamas Community College where he won the Junior College National Championship. He followed that with a career at Nebraska where he was ranked as high as #1 in the nation and finished the season 36-1, losing only the first round of the NCAA tournament. He then went on to an amazing senior level career winning Olympic and then World Silver medals in 2000 and 2001. For these accomplishments, Matt was inducted into the National Wrestling Hall of Fame. After wrestling, he went on to a successful MMA career winning 10 fights in the UFC. He's also an entrepreneur. He opened Team Quest, a gym based out of Oregon, with wrestling and MMA legend Randy Couture. As a trainer and coach, he took over 20 individuals from zero fights to the UFC. As if that's not enough, he's a politician. He ran for the Oregon House of Representatives where he won the primary but lost narrowly in the general election. There's a documentary about Coach Lindland's life called "Fighting Politics." Finally, he's a nationally competitive whitewater rafter, having won the Western Whitewater Championship Series six times.

How to be successful.

Strength, Mastery, Courage, Honor

Strength-Knowing who you are and not worrying about what others think.

Mastery- Approaching life with a white belt mentality. Learn from anyone.

Courage- Face your fears and don't be afraid to fail.

Honor-Honoring your family, faith, students or others who look up to you or have invested in you.

How to be successful part II

Both knowledge and action are important to be successful but Matt emphasizes taking action. While knowledge is important, taking action creates the momentum necessary for success and provides the knowledge you'll need for subsequent action. Stop analyzing and TAKE ACTION!

Habits that Coach Lindland has that help him be successful.

1. Ask: He's not afraid to ask for help and advice from anyone. He approaches everything with a beginner's mind even if he's an expert.
2. Lifelong learning: He's always listening, learning and reading. He's always trying new things and taking action to learn and improve.

What action can listeners take today to help them reach their goals?

Establish your core values. Matt suggests first understanding his definition of character which he explains through the following acronym:

C- caring

H- humble, honest

A- attitude

R- relentless

A- analytical

C- communication, courage

T- teaching

E- energy

R- rules (principles and standards) to live by

Quote:

On the other side of fear, there is growth.

Take action.

Face your fears.

Lead a bold and courageous life and inspire others along the way.

Book recommendations:

Anything written by Steven Pressfield or Robert Greene

Obstacle is the Way by Ryan Holiday

Talent Code by Daniel Coyle

Start with Why by Simon Sinek

Meditations by Marcus Aurelius

The Rise of Superman by Steven Kotler

