



JIM HARSHAW.net

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

Wrestling with Greatness Podcast

Action Plan Episode #18

with Greg Warren, Division I All American, Comedian

In the 18th episode of Wrestling with Greatness I interview comedian Greg Warren. Greg grew up wrestling in St. Louis the son of a wrestling coach. He went on to wrestle for the University of Missouri where he was an All American in 1991. While still in college, he won a comedy contest and was invited to perform at a local club. After college, he went to work for Proctor and Gamble for about 10 years before taking the leap and launching his comedy career full-time. You may have seen some of his wrestling skits where he plays the character Wesley "Wes" Wesley. He's been on Late Night with Seth Meyers, Comedy Central's Premium Blend, NBC's Last Comic Standing and the Late Late Show as well as the Bob and Tom Radio Show. If you're from my hometown of Pittsburgh, you know he's a regular on the WDVE Morning Show. Greg can also be found performing at comedy clubs across the country.

On Performance:

It's important to find the balance between trying your hardest and letting things happen. While we all recognize that we have to try very, very hard to succeed, when it comes to performing, putting too much pressure on ourselves can hinder our performance. You have to let it flow and that comes from experience. And you can't get experience without first taking the risk of failing. Then trying over and over and over.

Success Habit:

Greg recommends daily journaling to clear out the junk in your head and organize your thoughts. He uses *The Artist's Way Morning Pages Journal* and has leveraged the power of journaling for 15 years.

Quote:

Failure is not a predictor of success.

Book recommendations:

The Artist's Way by Julie Cameron

The Artist's Way Morning Pages Journal, A companion to The Artist's Way by Julie Cameron