



JIM HARSHAW.net

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

Wrestling with Greatness Podcast

Action Plan Episode #19

with Ryan Michler, host of the Order of Man podcast and blog

In the 19th episode of Wrestling with Greatness I interview Ryan Michler, host of Order of Man podcast. a show that I've been listening to a lot lately. Ryan's personal story, which he reveals early in the show, is staggering. While his early life lacked a positive role model, he has become a role model for the rest of us. He shows us how to live.

In his podcast he brings on guests that have achieved at a high level but also bring a tremendous insight into the lives of men and what we face on a daily basis and how to be the best version of ourselves. When I found out that Ryan wrestled, I knew I had to have him on the show.

We discuss self-mastery, purpose, leadership, relationships, finance and manly skills.

Self-Mastery: There's this naturally lazy man that we have to overcome. We know the right things to do but don't always do them. We've all heard what it takes to be successful but there's a gap between what we know we should be doing and what we actually do. Self mastery is doing what we know we need to be doing. It's about becoming the best version of ourselves. It's about pushing the boundaries.

The way we get there -- to overcome your weaknesses-- is to know your why-- your purpose.

Knowing Your Purpose: Sometimes we let life happen to us. Most are not in the position we thought we'd be in 10' years ago because we let life happen to us. Be intentional about the direction of your life. Take action on the moments of inspiration that we have in our lives.

Leadership: Leadership is not dominance. It's about service. Great leaders don't build followers but rather they build other leaders.

Relationships: Be very deliberate about who is coming into your life, who shouldn't be and who should be. Ryan ranks relationships as the most important part of a man's life. If you're not satisfied with your career choice, your income or otherwise, look at the people in your life. Surround yourself with people who raise your standards.

When asked once, "How do you find a woman who appreciates everything you do?" his response was: "First, be the man worthy of admiration instead of placing blame on spouse or significant other for not recognizing your efforts.. Focus on *them*. Put in the effort to help them first."

Finance: Even if you do have a budget, we need to have the self-mastery to be disciplined and stick to it. Ryan recommends that couples have a Monday Money Meeting (or any day or timeframe that works for you), He and his wife review their finances each Monday. He prints out their accounts so that they can look at their expenses, income and plan for the week.

Resources:

- Financial planner- A financial planner is invaluable. They give you a 30,000 foot view of your financial health. They are not emotionally attached to your finances like you are which allows them to give you more objective recommendations.
- Investopedia.com
- Podcasts: Stacking Benjamins, Good Financial Sense, Budgets are Sexy

Manly-skills: Manly skills simply means being useful. "To provide, to protect and to procreate," is how Brett McKay, the host of Art of Manliness podcast, defines a man's role. Ryan suggests that you ask yourself, are you good with tools, can you fix things around the house, can you change the oil in your car, can you change an outlet in the wall, bait a hook?

Being prepared like a Boyscout-for anything- is also another manly skill.

Book recommendation:

A Manly Man by Steve Mansfield

The Compound Effect by Darren Hardy

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