



JIM HARSHAW.net

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

Wrestling with Greatness Podcast

Action Plan Episode #25

with Lee Kemp

Lee is one of the greatest wrestlers in the history of the United States. He won three NCAA championships for the University of Wisconsin and three world championships, earning him a place in the National Wrestling Hall of Fame and as one of only five Americans in the International Wrestling Hall of Fame. He's been featured in Sports Illustrated and Life Magazine and is currently the subject of a documentary scheduled to be completed in 2016.

Lee won his first world title at the age of 21 placing him among the youngest world champions in the history of the sport. He was among the athletes whose careers were impacted by politics in that he was a member of the 1980 US Olympic team that boycotted the Moscow Olympic Games.

While he was competing, he earned an MBA and subsequently continued his education by earning a Nutritional Consultant-Certification through the Global College of Natural Medicine.

He's also an accomplished entrepreneur. He owns a nutrition company, a hiring and recruiting company and was president of a Ford dealership for over a decade. Further, he's a keynote speaker, educator and author.

Three ways to improve your situation in life:

1. Be committed: Do what's necessary. It's often more than you think.
2. Mentor: Find a mentor who can help you get there.
3. Acceptance: Accept the cards you've been dealt and make it happen.

About Success:

"Create the conditions for success and anything can happen."

About making up for lost time because he started wrestling late:

Kemp calls it "Redeeming the Years." He got very good quickly because he got 5 years of training in 2 years because he worked harder than anyone else. He gave the

example of someone at work saying, "I've done this job for 30 years." If you've done it wrong for 30 years then someone who's done it well for 2 years may be the better employee. The same happened in his wrestling career.

Watch the Lee Kemp Documentary Trailer

https://www.youtube.com/watch?v=TIP_1iXxLys&feature=youtu.be

Book recommendations:

The Holy Bible

The Success Principle by Dave Johnson

Love and Respect by Dr. Emerson Eggerichs

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