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

Wrestling with Greatness Podcast

Action Plan Episode #32

Jason Bryant

Jason founded Mat Talk Online in 1997 as a way to provide the parents, fans and wrestlers in Virginia a place for discussion, results, rankings, news and event coverage. After a circuitous path through the wrestling world that included a stint at USA Wrestling as the Coordinator of Grassroots and Social Media, Jason works full-time on his own schedule running Mat Talk Online. He's harnessed his skills as broadcaster and journalist (he's won three national writing and broadcasting awards) as well as his passion for wrestling to create a life that has taken him around the world including the Olympic Games. Listen to the story of Jason's journey, struggles and all, that ultimately led him to living a life that allows him the freedom to go see the Star Wars premiere as his leisure immediately following our interview!

On following your passion:

"When you're around something so much and you care about something so much you meet a lot of great people and they help drive that passion."

"I got sick of relying on other people to pay me what I was worth so I went ahead and came up with a concept and had to sell myself."

"If you're passionate about something and you have a background in something, whether golf or day trading, if you feel like you have the knowledge and you think you can do it, what's stopping you?"

On focus:

"Don't focus on what you think you could be making because what you're doing is going to suffer because you're always looking for the next thing."

On failure:

Jason has found his way to where he's at now by following his passion. When you fail while following your passion you tend to be able to get up and try again. His advice?

"Don't be afraid to fail. You'll get a lot of 'no's. Don't take it personal."

On reputation and authenticity:

Jason has been around wrestling a long time and has built a reputation of honesty and integrity. Now that he is the product, that reputation is extremely valuable.

"You need to be able to sell yourself."

On balance:

As a husband, father and entrepreneur (though he wouldn't call himself one), he can no longer work insane hours. In his words, he says:

"I make sure I cut it off. If I was single right now I would probably watch wrestling until 4 in the morning. I've learned how to balance my time and not burn myself out."

"You've gotta have something outside of your passion to keep yourself grounded."

Websites:

<http://www.mattalkonline.com/>

<https://twitter.com/jasonmbryant>

<https://itunes.apple.com/us/podcast/short-time-wrestling-podcast/id828454298>