



JIM HARSHAW.net

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

Wrestling with Greatness Podcast

Action Plan Episode #33

Dr. Rob Gilbert

Dr. Gilbert is a professor of sports psychology at Montclair State University and one of the world's leading sport psychologists. He's also a motivational speaker, having spoken to Fortune 500 executives to the US Military Academy and everything in between. He's studied motivation and success of not only athletes but also successful business executives, high-earning salespeople and others. I learned of him when one of my guests, Gene Zanetti of Wrestling Mindset, mentioned Dr Gilbert's Success Hotline in his interview in episode 11. I got the number and called the Success Hotline a few times and realized that this was something I just had to add to my morning routine. When I learned that he has a wrestling background, I had to have him on the show.

This action plan is a bit different than the others. Dr. Gilbert shared several powerful stories that can't quite be captured through an action plan. I've included the direct download link below as well as the time at which you can find the best stories from his interview. Enjoy!

--Jim

http://traffic.libsyn.com/jimharshaw/WWG_Gilbert.mp3

5:45 Muhammad Ali story and quote: "I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

8:10 Hurt, Pain, Agony: A story about the swimming coach at Indiana and his philosophy on the role of suffering in winning.

9:45 Dan Gable's answer when asked his secret to success.

12:40 Why the recruiters from Proctor and Gamble wanted to speak to the wrestling team. "That same type of thing that will make somebody do more than expected in wrestling would do more than expected in sales and in business."

13:20 "There's only one question that we all have to ask ourselves. And that is, am I all in?"

18:40 How to turn your weaknesses into strengths.

29:05 When we start moving like a champion, we start feeling like a champion. "Our actions change our attitudes. Our motions change our emotions. Our movements change our moods."

31:15 How to for others rather than for yourself.

Websites:

<https://twitter.com/successhotline>

Success Hotline 973-743-4690

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