



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #39

Rodney King

Today I bring you Rodney King. Rodney has been fighting his whole life. Having grown up in the projects of Johannesburg, South Africa and being kicked out of his house by an alcoholic and abusive mother, he had every excuse to fail. But he didn't. He's a doctoral student in embodied leadership, an executive coach and the author of several books on martial arts, leadership and what he calls "full contact living."

Quotable:

"I was interested in martial arts as a way of life, and that's what saved me."

On making mistakes:

"If you're an athlete you realize that making mistakes is actually part of the learning process. You can't ever get to the that point where you're going to reach the pinnacle. It's in the mistakes that you start to realize [mistakes are] an ingredient that you need in order to succeed."

On dealing with a bad situation:

"There's no such thing as a bad position. Every position is workable if you approach it from that mindset. And if you approach your life in the same way, even though there are difficult situations, there's always a solution. If there's one thing you learn in sports, it's exactly that."

On having balance in your life:

"One of the key elements to finding balance in your life is self-awareness. This is a starting point. An easy place to start is to take a day, while you're moving around and things are hectic, just to take stock of how much time is in the future or in the past Most people will be surprised at how much time is spent thinking about the future or holding

on to the past. What they start to realize is that very little time is spent in the present moment."

On being present:

"One of the ways to get a bit of presence in a hectic world is to focus on your breath." To learn more about what he talks about here, go to the 25:00 mark and listen.

On mindset:

"The Buddhists say, 'what you think, you become.' It really is important to monitor how you think about things. [...] What you occupy your mind with you will become."

Book recommendation:

Man's Search for Meaning by Victor Frankl

Websites:

www.CoachRodneyKing.com

www.FullContactLiving.org

<https://twitter.com/coachrodneyking>