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# JIM HARSHAW.net

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

## **Wrestling with Greatness Podcast**

Action Plan

from the interview with Jake Herbert and Andy Hrovat

***Jake and Andy are unique. They see the same problems as everyone else and choose to find solutions whereas others simply do the same as everybody around them. "Go surround yourself with the best," encouraged Andy referring to your ability to raise your standards of what is considered "good" or "successful." Here's what else they had to say...***

### **Andy Hrovat regarding the #1 habit**

The number 1 habit to pick-up if you want to change other habits and impact your life the most is drinking more water. This is based on statistics from the founders of the Coach.me app. I researched this myself and found that [Coach.me explained this](#) by saying, "Meeting basic needs unlocks your potential to achieve higher level goals."

### **Quote from Andy about peak performance:**

"When you're constantly learning about yourself as a person and how to better yourself then everything else in your life is easier whether it's business, relationships, time management or otherwise."

### **Quote from Jake about reducing turnover in any sport or activity:**

"If you don't like the sport and fall in love with it then you're not going to bleed or hurt for it later on."

### **Book Recommendations:**

- **Jake:** *The Talent Code* by Daniel Coyle
- **Andy:** *Bounce: Mozart, Federer, Picasso, Beckham, and the Science of Success* by Matthew Syed
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### **What Advice Would You Give 20-Year-Old Self?**

- **Jake**
  - Change my diet.

- Work smarter not harder. Jake focuses on thinking about what he's doing instead of just doing today he did yesterday. That takes getting off the hamster wheel and evaluating your habits. "Working hard for the sake of working hard isn't the best. Working hard and work smart? Now that's better." [...] You can't get better at six or seven things in one practice so you want to hyperfocus everyday and get really good at one thing."
- **Andy**
  - Study peak performance through diet, nutrition, sleep and activity.
  - Go to Russia a lot sooner than he did. Basically, he is referring to surrounding yourself with the best possible people that you can so that you increase your standards of what you consider excellent.

### **Connect with Jake and Andy**

- **Resources**
  - [BaseWrestling.com](http://BaseWrestling.com)
  - [DoubleLegNinja.com](http://DoubleLegNinja.com)
- **Web**
  - [JakeHerbert.com](http://JakeHerbert.com)
  - [Andy Hrovat](http://AndyHrovat.com)
- **Twitter**
  - [@JakeHerbert84](https://twitter.com/JakeHerbert84)
  - [@AndyHrovat](https://twitter.com/AndyHrovat)