



# JIM HARSHAW JR

*Revealing Failure as the Path to Success*

## **Wrestling with Success Podcast**

Action Plan Episode #40

Chris Duffin

Chris grew up in a world of poverty that most of us will never experience let alone witness. He spent much of his youth traveling with his family to find work, living in the wilderness and even spending a harsh winter living in the back of a pickup truck. When putting himself through college he adopted and raised his three teenage sisters. .

Chris went on to graduate from the Oregon Institute of Technology with a degree in engineering then went on to get an MBA. He has a decade of executive level company and division turnaround work. He's also a world class powerlifter, entrepreneur and body movement specialist. The owner of Elite Performance Center, he's the only person in the world today squatting and deadlifting over 900 lbs at his body weight. Chris has owned several world records over the course of his career. He's also the only powerlifting strength coach who is regularly invited to teach PhD level courses on human movement.

Chris has powerful messages on how to create lasting success that he's learned through adversity, powerlifting and wrestling.

### **Quotable:**

"You never know who you are unless you test your limits."

"Nobody in the world knows if you short-changed yourself, except you."

### **On getting under a squat bar with 1,000 lbs on it:**

*"You've gotta be able to accept the fear of walking up to that bar. and at the same time you have to be able to learn how to let it go. If you have any doubt whatsoever in your mind like "Oh my God, what if I don't do this?" that bar is going to crush you. You have*

*to have absolute fearlessness to be able to accomplish that. I think people should practice living in fear."*

**On mediocrity:**

*"Too much of what you see around you everyday is people seeking comfort. Seeking mediocrity. And to me, that is exiting life."*

**One habit Chris does regularly that he credits for his success:**

*"Creating space for reflection. You need to take some time each week to figure out what works and what didn't. It's not time to sit down and catch up on reports or catch up on cleaning the house. It's a matter of thinking 'what could I have done better? What could I have changed this week that could have moved me farther forward on my life's vision?"*

**On physical activity:**

*"Physical activity is such an incredible thing for mental, emotional and spiritual well-being that's lost in today's arena."*

**Websites:**

[www.Kabuki.ms](http://www.Kabuki.ms) 50% off initiation fee with discount code: HARSHAW

[www.KabukiStrength.com](http://www.KabukiStrength.com)