



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #44

Chris Spealler

Chris was a top 5 finisher at the first ever CrossFit Games in 2007 and is also the only man from that event to earn a spot in the 2014 Games. As a former college wrestler from a family of standout athletes, Spealler quickly became one of CrossFit's biggest names. He's a 7x qualifier for the CrossFit Games, finishing in the top 10 three times. He continues to train and coach at CrossFit Park City in Utah, where he lives with his wife Sarah and their two children.

Quotes:

--"Time doesn't necessarily dictate my priority."

--"Find your weaknesses, make friends with them, and beat them to death."

--"We probably learned more from the losses than the victories. You can't replace that with just trying to find the easy way out."

On striving for big goals:

"I've never wanted to have to ask the question 'What if? [...] What if I would have tried. What if I would have laid it all on the line. What if I would have given it everything I had. [...] What if I would have trained harder. [...] And now, thankfully, I never have to ask that question."

Book/Resource Recommendations:

"Never, Never, Never Give Up" book of quotes by
<http://www.theangrytherapist.com/>

Websites:

<http://chrisspealler.com/>

<https://www.beyondthewhiteboard.com/>

<https://www.instagram.com/cspealler/>