



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #45

Mark Divine

Mark is a highly sought after speaker, coach, author and makes frequent media appearances to discuss Seal way of life. He was the Honor Man in his Seal BUDS class, meaning he finished #1 in his his class. He served 8 years active duty in the Navy Seals and 11 years as a Reserve Seal, retiring as Commander in 2011. He's from upstate New York and holds a degree in economics and an MBA in finance. He's also a New York Times and Wall Street Journal bestselling author and has had a book at #1 in Amazon. He's published three books: 8 Weeks to SEALFIT, Way of the SEAL, Unbeatable Mind. He's got another book available for pre-sale now that we'll ask him about today.

Quote:

"I believe that we all have a unique and discernible purpose. We're here to serve in some powerful way. And I also believe that most people don't figure this out."

On Goals:

"Society is worried about the external measures of success. The warrior is worried about the internal measures of success. That's because the internal measures are peace of mind, non-attachment, having a spirit that won't quit, honor and integrity."

On Silence:

"We have to cultivate a practice that I call "sacred silence." Sometime every day sitting in silence. In the process I teach we start with breathing." Listen at the 9:45 mark for more detail on breathing.

On Success:

"Our outer success is fought for every step of the way. My martial arts teacher used to say, 'One day, one lifetime.' Today is the only day you've got. You might as well win. You might as well make it your best. You might as well do your best. But chances are-- no plan will survive contact with the enemy. You're going to make mistakes. You're going to screw up. Don't linger on them. Don't move forward with regret. That takes time.

That's a warrior discipline- to really learn from your mistakes and move forward without any regrets."

On Failure:

"Even though my life looks really successful from the outside, I've failed my way here multiple times. And some of them were pretty bloody."

One Action Item for Today:

"To start a practice of breath control--it's called box breathing." Listen at 35:15 for details on how to do "box breathing and the physiology behind why.

Book/Resource Recommendations:

See the links to Mark's books below.

Websites:

<http://sealfit.com/>

<http://unbeatablemind.com/>

<http://www.wayoftheseal.com/>