



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #51

Scott Jones

Scott played baseball in college and now owns L2S, which stands for "Life's 2 Short", an event production company as well as runs all aspects of AthleteOnFire.com and BecomingUltra.com. He's interviewed and worked with some of the top athletes in America and has discovered what makes successful people tick. Scott and his wife, Lauren, have two boys and live in Littleton, CO.

Quote:

"Be world class at everything you do."

Three things that high performers do:

1. Visualize
2. Take action- Start!
3. Evolve

How to Visualize Success

"The definition of stress is your reaction to a stimulus . This is a really good way to practice how you're going to feel when certain things come up in your life or your job or your relationships. You can practice how you are going to feel when your boss talks down to you or gives you a job that you don't want to do. You can practice those reactions and the stress that comes from those reactions is going to be less. [...] You can only do certain things physically so many times. You can only hit a baseball so many times in practice. You can only run 13 miles for your next half marathon so many times. [By visualizing) you can go through a whole 13 Mile course for a half-marathon if you've done your homework a little bit and you can visualize what it's going to feel like on that hill at mile four or that flat area at mile 12 or what it's going to feel like to get fluid or nutrition at mile eight."

Work life balance tips:

"You have to set boundaries because it can get overwhelming. Just having some rules that you can fall back on when it gets a little crazy is important."

- Scott and his wife will sometimes set a boundary in the evening where they'll do nothing but family time after a certain time of day.
- Scott and his wife trade off watching the kids. Because they don't pass them off to a daycare, they get more time with them than most families.
- They prioritize based on what time of year it is. Certain times of year, they have to buckle down and work longer hours. Other times, they work less and spend more time with the family.

Book Recommendation:

The River of Doubt: Theodore Roosevelt's Darkest Journey

"It's a great analogy for life. You don't know where this river is going.. You don't know what you are going to run into but the adventure of it all is what makes it all worth it."

Websites:

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

<https://twitter.com/athleteonfire/>