



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #52

Travis Macy

Travis is a runner and ultra endurance athlete, author, speaker and high performance consultant. Travis won the Leadman Series and has the fastest known traverse of Zion National Park. He's competed in Abu Dhabi, China and Australia and many other parts of the world. His book is titled "The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports and Life." We're going to dive into four of those principles and a few other topics in today's interview.

Tips and Tactics on Work-Life Balance (Work-Life Integration)

"A lot of people get stuck in me stories where they say quote of I have a job so I can travel or be an athlete" or now I have kids so I can't do this or I can't do that. Those are just stories. If you want to believe something else, you can make it happen. The key for me is being very clear on what my priorities are in life and what do we really value as a family. For us, time together as a family is at the top of the list. We also value travel and special experiences. Consequently, we set up our lives to support those."

Mindset #5 from Travis Macy's book The Ultra Mindset: Thinking About Your Thinking

In summary, Travis explains that you should think about WHAT you're doing when you're doing something detail oriented or that requires your close attention. Think about WHY you're doing what you're doing when things get tough... you're at mile 20 of a marathon, you're working late or traveling for work.

Mindset #6 from Travis Macy's book The Ultra Mindset: The 4:30 AM Rule

"When your alarm goes off you really don't care what you feel like at the moment. You've made the commitment to get up and do this when you set the alarm so now I'm going to do it."

"You are going to have to cut something out. Some people want a lot of TV. If you watch two or three or four hours of TV a day, in two or three or four hours a day You could be a world-class endurance athlete or whatever you want."

"So many people are caught up in a story about being busy. It's like this badge of honor. "I'm so busy." People get so caught up in that. If I believe I have enough time to do the things I want to do then I probably will."

Mindset #7 from Travis Macy's book *The Ultra Mindset: Bad Stories, Good Stories: The Ones You Tell Yourself Make All the Difference*

"If you have a negative story in your head dragging you down, the simple act of putting it down on paper and then looking at it can decrease the power of that story. And in some cases make you realize that it is a ridiculous concept."

"My recommendation after that is to write out positive alternatives. As one of those alternatives begins to stick, you might consider making that into a mantra that you can tell yourself went out begins to creep in."

"Then go out and do something to prove that the negative story is not true and that the positive alternative is true."

"A great way to prepare for the unexpected adversity and a challenge that is definitely going to come in life is by taking on some adversity and suffering by choice."

Mindset #8 from Travis Macy's book *The Ultra Mindset: Never Quit... Except When You Should Quit*

If you are doing something that you really care about and that you know aligns with who you are in your vision of who you want to be-- if you know that that's the path you're on-- then don't quit because it's too hard. Going big and doing something that's important to you trumps being comfortable.

How to Know When to Quit: "On the other hand, if you're doing something that doesn't align with who you are or who you want to be or how you want to live, then maybe you should quit."

Quote:

"Life is a choose-your-own-adventure and each person gets to define what it means to be successful."

Website:

<http://www.travismacy.com/>
<https://twitter.com/TravisMacy>

The Ultra Mindset Book:

<https://www.amazon.com/Ultra-Mindset-Endurance-Champions-Principles/dp/0738218146>