



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #54

Tommy Baker of Tommy Baker Fitness

Tommy Baker is an human performance coach. He focuses on doing one thing, and I doing it exceptionally: he inspires, motivates and creates powerful results with people's physical body to act as a catalyst to improve all other areas of life. He's got all kinds of coaching certifications... he's a Crossfit Coach, Underground Strength Coach, Holistic Lifestyle Coach and Ultimate Athlete Certified. He believes that when you change your mind, your thoughts and your words that you ultimately change your actions.

On failure:

"Detaching from outcome is so important. Sure, we're all chasing goals but if you show up with your best foot forward, your highest energy, your most preparation, everything you've got-- to quote one of my mentors, "full effort is full victory"-- then deep down you'll know that you gave your best shot. And that outcome may feel amazing when you get it or you might be heart broken when you don't but when time passes, you'll have learned a massive lesson about yourself."

On habits:

"Everyday I pick 2-3 people and I send them an encouragement or appreciation message. It could be someone I met a few weeks ago on the street or at a seminar or some who I haven't had contact with in a decade or an ex-employee or maybe it's in my intimate relationship and I just focus my attention on authentically lifting them up and giving them some encouragement. And what it does for them is fantastic and what it does for me is fantastic. It's a win-win. Whether it's on your entrepreneurial journey or athletic journey, we all have those days where we're just questioning the whole damn thing. [...] It's hard to say that by doing this I'm going to get a return in my bank account but the level of fulfillment is everything I need."

One action to take in the next 24-48 hours:

Tommy talked about turning the phone off, the tv off, the internet off and putting

pen to paper to set goals. Everyone knows that they should do it but a tiny percentage of people actually do. He emphasized the clarity that comes from doing so.

On success:

"The difference between success and failure isn't some cataclysmic, earth-shattering event, smoke and fire event that's going to happen one day. It's the culmination of small, simple, seemingly mundane tasks that add up and compound."

"In anything you do, it's going to be two to three to four to even ten times harder but it's all about the process and growth that happens in that place."

"It's ok to have an off day. You just reflect and learn and take the next step the next day."

Website:

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

Tommy Baker Fitness Twitter:

<https://twitter.com/tommybakerfit>

Instagram:

https://www.instagram.com/tommy_elitefit/

Book Recommendations:

The Slight Edge by Jeff Olson