



# JIM HARSHAW JR

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## *Revealing Failure as the Path to Success*

### **Wrestling with Success Podcast**

Action Plan Episode #56

Nick DiNardo

Today I bring you Nick DiNardo. Nick is an entrepreneur, consultant, and public speaker focused on adversity, personal growth, and education. Throughout his career, he has interviewed hundreds of experts from multiple disciplines on overcoming adversity, dealing with trauma and stress, and the crucial role that it plays in our cognitive development and education.

Nick has dealt with adversity his entire life. At seven years old, Nick's family went from living the American Dream to a foreclosed home, divorce, and mental illness. He spent a year sleeping on the floor of a one room apartment and sharing a kitchen with 17 people.

He writes and podcasts about his journey, the story and science of adversity, and personal growth at [NickDiNardo.com](http://NickDiNardo.com).

Nick was a multi-sport athlete in high school football, baseball and track and played football at Wesleyan University in Middletown, CT.

### **The Downside of Goal-setting**

"We focus so much on the goals that we cause anxiety and stress and we're not actually focusing on the process of getting to those goals. If we have respect for the process, the mini goals, the micro balls, then we can actually get to those goals much easier and appreciate them as well."

"The difference between the high performers and the average is their ability to identify and use these moments of adversity to their advantage rather than avoid them."

### **On high-performers and how they deal with adversity:**

"The number one thing is their motivation. Some of them have experienced adversity and they get angry about it. The left that fuel them into success. The only issue with that is that it's not sustainable. When they do reach a level of success They need something else to feel happy about that. They're never present and fulfilled. Then there's this other group of people that use it as a learning moment. As something to develop their intellect-- the "growth mindset"-- that Carol Dweck talks a lot about. So they're intrinsically motivated. They can actually be present when they're applying the lessons learned from adversity into the things they're passionate about."

### **A step-by-step process for controlling your inner self-talk:**

Listen at the 27:45 mark

### **On mental fitness:**

"We focus on our physical fitness but very rarely do we actually have a productive practice around our mental fitness."

### **Nick's book:**

The Game of Adversity: 8 Practices to Turn Lifes Toughest Moments into Your Greatest Opportunities

<https://www.amazon.com/Game-Adversity-Practices-Toughest-Opportunities-ebook/dp/B00VTV6PoS>

### **Book recommendations:**

Daily Rituals by Mason Currey

Man's Search for Meaning by Victor Frankl

Zen and the Art of Motorcycle Maintenance by Robert Pirseg

### **Website:**

<http://www.NickDiNardo.com>

<https://twitter.com/nickdinardo33>

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