



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #57

Tristan James

Today I bring you Tristan James. At only 20 years old, Tristan has become an expert in human motivation with endorsements by Pastor Joel Osteen and Mike Tyson. He is a best-selling author and nationally recognized motivational speaker, and international life coach being called the "next Tony Robbins." During his time in high school, Tristan won 7 state championships in forensics and debate, he was also the recipient of the Boys and Girls Club Youth of the Year award in 2014, as well as Student of The Year from the National Speech and Debate Association.

On having a mentor:

"He never let words like 'poverty' or 'pain' become an obstacle to the goals that I'd set for myself and the potential that I knew that was inside of me."

On changing the way you do things:

"We don't really understand the meaning of life until we watch someone pass away or something happens to our body that really changes the way we think. Tony Robbins and psychologists calls it a pattern interrupt. It's the idea that you're doing something habitually and then something so dramatic happens that it changes the way that you do things."

One habit that Tristan does everyday:

"Gratitude or prayer or meditation or whatever you want to call it. Take time in the morning to reflect on what you did yesterday or on people in your life that you met or people that you have in your life now. Really get centered on gratitude. Once you get centered on gratitude, you're able to see so much more."

One action that the listener can take in the next 24-48 hours to help them move toward their goals:

"Write your goals down on paper. It's the idea of knowing where you're going and knowing the landmarks and points in the road for how to get there. We live in a technology age where we are able to pull up a map on your phone and it will tell us how to get to the destination. We won't be able to get there unless we tell Siri where we are going. Underlining and outlining the specific things that you want, i.e. selling 2,000 copies of a book or playing for a certain professional team. Whatever the goal is you really need to write it down and write down the steps to get there."

Quotes:

"If one person can be successful, why can't the person listening to this show?"

"It's not about how many times we fall. It's about how many times we get back up."

Book recommendations:

The Water Hose by *Tristan James*

<https://www.amazon.com/Water-Hose-Autobiographical-Sketch-Struggle/dp/1504331362>

The Sell by *Fredrik Eklund*

Website:

<http://www.tristanjames.org/>