



# JIM HARSHAW JR

*Revealing Failure as the Path to Success*

## **Wrestling with Success Podcast**

Action Plan Episode #58

Josh Spodek

Today I bring you Josh Spodek. A Professor at NYU and columnist for Inc., he holds five Ivy-League degrees, including a PhD in Astrophysics as well as an MBA, both from Columbia University, where he studied under a Nobel Laureate. He holds six patents. He leads seminars in Leadership, Creativity, Sales, Strategy, and Motivation at institutions including Columbia Business School, Harvard, Princeton, Columbia and MIT.

His coaching clients include start-up founders as well as employees of Citigroup, American Express, Google, Yahoo!, Sony, IBM, ExxonMobil, the U.S. Navy, the U.S. Army, and many others. He has been quoted and profiled by ABC, CBS, NBC, CNN, The Wall Street Journal and others.

He's completed 6 marathons and competed at the world level in Ultimate Frisbee. His blog at [JoshSpodek.com](http://JoshSpodek.com) is for successful people who want to bring about more of that success, which is what we're going to talk about today.

### **Josh Spodek on Leadership:**

Understanding Yourself: Mindfulness, perception, awareness on how you think,

Leading Yourself: Creating habits, how to speak authentically

Understanding Others: Taking what you've learned so far and extrapolating this.

Using the tools.

Leading Others: How to behave and communicate in ways that people feel comfortable sharing their vulnerabilities with you so that you can help them and lead them effectively.

### **On leadership:**

"Martin Luther King wasn't leading people to do what he wanted them to do. He was leading them to do what they wanted to do in the first place."

"Eisenhower said that leadership is the art of getting someone else to do something you want done because he wants to do it."

"If you just think it's about you, they're going to view you as imposing your values on them more than helping them achieve what they want. If you have people that don't want to do what needs to be done, you have a hiring issue. You've created the team ineffectively."

"The more you put the interests of other people first, the more effective you're going to be."

### **SIDCHA: Self-Imposed Daily Challenging Healthy Activity**

Josh does 52 burpees every day. He started with 10 and when that got too easy, he did 11. He now does 26 every morning and 26 every night. He's up to nearly 80,000 burpees!

He blogs everyday. He's done so for 6 years with over 2,200 blog posts.

"A lot of people say to me, 'Wow, you must have a lot of discipline to do this. You must have a lot of dedication.' But they have it backwards. It's not that I have a lot of discipline and therefore I can do this. I did this and it developed my discipline."

### **Book recommendations:**

Getting to Yes by Bruce Patton, Roger Fisher and William Ury

Gimp by Mark Zupan

Man's Search for Meaning by Victor Frankl

Leadership, Step by Step by Josh Spodek (*coming soon*)

### **Website:**

<http://www.SpodekAcademy.com>

<http://joshuaspodek.com/>

<http://www.SIDCHA.com> (coming soon as of publish date of 8.1.16)

**Other shows references:**

Episode 33 with Dr. Rob Gilbert (Success Hotline)

Episode 27 with Joe DeSena (Spartan Races)

Episode 47 with Wayne Kurtz (goal setting, 30 Ironmans in 30 days!)

Episode 54 with Tommy Baker