



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #59

Niyi Sobo

Today I bring you Niyi Sobo. Niyi is a former NFL running back for the New Orleans Saints. He was a Division I All American in college playing for both Portland State and the Oregon State . He's now a mindset and peak performance coach for athletes and high performers, helping them "build supreme confidence and dominate under pressure."

He's the founder of ImNotYou.com and host of the Sports Motivation Podcast. And Niyi is a husband and father of 5.

Niyi Sobo's Reality Check

"A lot of people are out of touch with reality. There are these things in our life that we're not satisfied with so out of fear, out of pain, out of the desire to be comfortable, we avoid those things.

Where am I at in my life right now?

What's and not the way that I want it?

What have I been settling for?

What am I scared of?

What are my deepest fears?

What sort of vices have I use to cover up these fears?

Get with people you know and ask them how do you show up 2 people. what are your strengths? What are my weaknesses?

Then create a new vision. Create a vision for how you would like it."

How to know if you have a weak ego.

Do you get really nervous when people give you feedback?

Do you get defensive when people tell you stuff about yourself but you know it's true?

Do you avoid things you know you're not good at (that might help you)?

On having a coach or mentor

"Having a coach or mentor is critical. [...] If you are in a situation right now where you lack clarity, don't expect to get clarity by staying in your same environment. You need someone else outside of yourself, outside of your own head, to expose you to new information."

Quotes

"You get better at making decisions by making decisions."

"Find time to learn and do it in an aggressive way."

"The goal should be to pick up information fast so you can act on it."

On reading books:

"Overwhelm your subconscious with new information and establish a new vision and some goals and just move!"

Book recommendations:

The 50th Law by Robert Greene

Website:

<http://imnotyou.com/>