



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #60

Tom Rowland

Today I bring you Tom Rowland. Tom is a fisherman by trade. He's developed a vast media empire from scratch. He's started and hosted multiple outdoor television shows including one on ESPN, NBC Sports and The Sportsman's Channel and . He started as a fishing guide in Montana, Wyoming and Idaho and continued as a guide in Key West, FL with no prior experience and eventually won the ESPN Great Outdoor Games. He's also a successful CrossFit athlete and completed SealFit Kokoro, developed by Navy Seal Mark Divine, who was my guest on episode 45. Tom credits his background as a wrestler for his business and personal success.

On setting goals and being flexible:

"I can assure you that none of the original goals that I set for any of this look anything like they do today. [...] I've had unbelievable amounts of failure. Unbelievable amounts of disappointment and sacrifice to get to where I am right now. And this is certainly not the end."

What Tom learned in Sealfit Kokoro:

"I learned that if I want to become an extraordinary leader, I need to become an extraordinary follower. That hit home. Hard. It change a the way that I leave in my business. It changed the way I leave in my family. It made me a more effective leader all around."

"Form a good enough plan to where it's good enough to get you started. Then you change your course along the way. You can change your course and stumble into opportunities that are way better then what you started out working on."

What is Sealfit Kokoro?

"It's a test that connects you to the very core of who you are, and what you're made of. **SEALFIT Kokoro** Camp is, quite simply, the world's premier training camp for forging mental toughness, modeled after the US Navy SEAL Hell Week."

-from sealfit.com/kokoro

Daily Habit:

"Fitness. I thought, 'how could I lead my family if I wasn't strong- physically fit-myself?' I used to leave the dock at 5 o'clock in the morning I will get up before that because I felt it was my responsibility to make sure that I had a healthy body. That has become something I've become very firm about."

Breathing Technique: What is the Wim Hof Method

"The **Wim Hof Method** is similar to Tummo (inner heat) Meditation and Pranayama (yogic breathing). Yet it is something else entirely."

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

Murph Workout (from www.CrossFit.com):

"Murph"

For time:

1 mile Run

100 Pull-ups

200 Push-ups

300 Squats

1 mile Run

In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005.

This workout was one of Mike's favorites and he'd named it "Body Armor". From here on it will be referred to as "Murph" in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.

Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it.

Other episodes referenced:

Joe De Sena of Spartan Races: <http://www.jimharshawjr.com/27>

Larry Hagner of Good Dad Project: <http://www.jimharshawjr.com/46>

Mark Divine of SealFit: <http://www.jimharshawjr.com/45>

Quotes:

"The things that I thought were my greatest weaknesses have become my biggest strengths."

"Attack your weaknesses. Identify your weaknesses and make them your strengths."

Book recommendations:

Extreme Ownership by Jocko Willink

-Tom also recommended Jocko's podcast

Websites and Social:

<http://www.TomRowlandTraining.com>

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