



# JIM HARSHAW JR

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## *Revealing Failure as the Path to Success*

### **Wrestling with Success Podcast**

Action Plan Episode #66

Nate Quarry

Nate grew up in a sheltered lifestyle and did not participate in organized sports until age 24, when he first became exposed to MMA. After a period of self-discovery, he rejected his Jehovah's Witness upbringing, which he later characterized as a cult who control their members 24 hours a day. This led to expulsion from the Jehovah's Witness faith and caused him to become alienated from his family and former friends. He began to associate with others outside of the church and along the way began to train in mixed martial arts fighting. He landed a spot on the Ultimate Fighter tv show and eventually made his way to Team Quest in Oregon. He fought 22 professional fights, winning 18. He's now an entrepreneur with his hands in multiple businesses.

#### **Quotes:**

"Whatever you love to do, someone out there is making a living doing it."

"I'm never going to look back on my life and wonder 'what if?'"

"I was willing to make sacrifices to make my dreams come true."

"I hang out with people who are smarter than me."

"There are so many people out there that don't believe in you. Don't be one of them."

#### **The One Question Everyone Should Know to Ask:**

"What question should I be asking that I'm not smart enough to know that I should be asking?"

**Nate Quarry's Key to Success:**

"My key to success is that I was willing to work hard and I was willing to look stupid."

**One Action to Take in the Next 24-48 hours:**

"When you wake up in the morning, look at your life and write down what you are grateful for. I truly believe that happiness is based on gratitude. What are you grateful that you have in your life?

And then on the other side of the paper write down what you are unhappy about.

What do you want to change? What could change in your life that would make you completely happy?

Whether it's owning your own business, competing in sports, losing weight, making your marriage a better relationship...

Write these down and set these goals."

**Episodes Referenced**

<http://www.JimHarshawJr.com/48> with Keith Wilford

<http://www.JimHarshawJr.com/49> with Doug Muir

**Websites and Social:**

<http://zombiecagefighter.com/>

<https://twitter.com/naterockquarry>