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*You Can't Get Pinned When You're on Top*

## **Wrestling with Greatness Podcast**

Action Plan

from the interview with Zach Even-Esh

***Zach is a speaker, author and entrepreneur and owner of the two locations of his own bricks and mortar gym as well as a the leader of a massive online community through his online platform called the Underground Strength Coach. He shares with us how to find time for the relentless pursuit of excellence in everyday life- from parenting, to work, business, fitness... everything.***

***Zach is a guy who doesn't believe in shortcuts and knows that in order to achieve greatness you have to be clear on what you want and you have to take massive action.***

### **Zach's Mindset on Stress and Being Busy:**

"I don't know when it's ever going to slow down so I embrace it instead of fight it. Keeping my mindset like that allows me to work with the stress instead of letting it suffocate me. You're either grateful for it or letting it bog you down."

### **Gratitude:**

The key to happiness and success is being grateful.

### **On pain:**

"I had to go through so much physical and emotional pain to win my first match."  
*What physical or emotional pain are you going through that is making you stronger and tougher? That is preparing you for the next step in your journey?*

### **From John Smith:**

"At a wrestling camp John Smith said, 'Set goals for every match'." *How can you apply this to your life? How can you set goals for yourself everyday?*

### **On hard work:**

"I teach my children that hard work is fun. It's beautiful. It's a gift."

**Zach's recommendations on training:**

"I don't discriminate against any kind of training. The most important thing is to keep it fun." He recommends working around your injuries and doing what you enjoy whether it's weight training, endurance, yoga, outdoors-only training, kettleweights, etc.

"Health is everything. If you're not healthy you're hurting the lives of everyone else who loves you."

**Zach's thoughts on deep breathing:**

Because we sit so much of the time (driving, desk work), learning belly breathing will reset and restore the way your body functions. Poor breathing affects the way our body moves- we start getting shoulder pain and back pain. When you learn belly breathing you'll feel your body stretching and opening up.

**One piece of action to take today:**

Do something for your health. Exercise, nutrition, deep breathing... something, anything.

**What would you tell your 20-year-old self?**

"Believe in yourself. I was a hard-worker but I didn't believe in myself. I didn't really succeed until I started believing in myself"

**Book recommendations:**

Winners Never Cheat by Jon Huntsman

*Turning Pro* by Steven Pressfield

*Warrior Ethos* by Steven Pressfield

*Spartan Up* by Joe DeSena

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