



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #72

Gina Parris

Gina has been a motivator in the field of personal development for over thirty years. She began studying, applying and teaching on high performance as a teenager. When she was not speaking or training as a competitive athlete, she was honing her sales skills at a specialty menswear boutique where she was a top performer. She even gave her first paid speech at 16 year old.

It's been Gina's life's work to help people to reach their God-given potential and to turn their stress into strength. She's a Tony Robbins certified Strategic Intervention coach and her clients include top athletes, coaches & sports parents, as well entrepreneurs and other professionals.

On frustration:

"Every frustration is an invitation to come up higher."

On taking action:

"What are the simplest ways that successful people think and what steps do they take?"

Gina Parris' 5 Step Process:

S-spell out our vision
C-commit to the process
O-optimize our environment
R-raise our skillset
E-eliminate our internal blocks

State Mastery

Focus- You choose what you focus on.

The meaning you give to that focus- This is the most subjective... see below.
Physiology- You can "fake it until you make it" or, Gina prefers, "be it until you see it"

More on "The meaning you give to that focus"

"One person can have a failure and say, 'Yes! I'm that much closer to achieving my goal. Another person can fail and take it up on themselves to say, 'I am a failure.'"

Gina Parris on Gratitude:

"The faster you can move to a state of gratitude, the faster the fears dissipate."

Books referenced:

The Athlete's Edge by Gina Parris

Thin Within by Judy Halliday <http://amzn.to/2erDV8W>

Meditations by Marcus Aurelius <http://amzn.to/2erzSsY>

The Holy Bible

The Greatest Secret in the World by Og Mandino <http://amzn.to/2fHRmHN>

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