



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #79

Diamond Dallas Page

Today I bring you Diamond Dallas Page. Yes, I am a competitive wrestler interviewing a semi-retired professional wrestler. When I came across what Dallas is doing now, I was absolutely blown away. But before we get to that, let me introduce him to those who don't know who he is. In addition to his two-decade professional wrestling career, Dallas is an actor, motivational speaker and fitness instructor. He broke into the wrestling world as a business manager in 1988 before signing with WCW, where he went on to become a 3x World Champion. And notice I said semi-retired... he's been in the ring as recently as 2015 so he's still at it. That brings me to my next point, Dallas credits his ability to still wrestle to the workout program he developed which he calls DDP Yoga. He originally developed DDP YOGA for athletes like himself who had suffered years of injuries due to high impact sports. He tried yoga for the first time after rupturing two disks in his back during the height of his career. He began mixing in traditional sports therapy and eventually developed DDP Yoga. He's had clients lose hundred of pounds, overcome debilitating injuries and reclaim their lives. More than anything, I'm excited for you to hear his story and some of the stories of the people whose lives he's transformed.

This is not about a weight loss program. This is about healing your body. You heal your body, you heal your mind. Your body feels like garbage, you feel like garbage.

About surrounding yourself with the right people:

"Write down a list of the positive things in your life and the negative things in your life. How do you change the negative ones? Sometimes you have to get away from a group of people and start to hang around a group of people who are most like you want to be. Surround yourself with people who make you want to be better. Not by people who don't give a damn. "

"Everyone will tell you why you can't do something. Very few will tell you why you can."

About teaching and sharing what you know:

"The more you teach, the more you learn. The more you learn, the better you get."

About hard work:

"You never know who's watching you work."

About positive self-talk:

"No one can do more damage to yourself than you."

About DDY Yoga:

"DDP Yoga is for people who wouldn't be caught dead doing yoga."

About diet:

"Food can heal you."

<http://geneticroulletmovie.com/>

Websites and Social:

Monday Motivation videos and others: <https://www.youtube.com/user/Dallapage>

<http://twitter.com/realDDP>

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