



# JIM HARSHAW JR

*Revealing Failure as the Path to Success*

## **Success Through Failure Podcast**

Action Plan Episode #81

Jon Vroman

Jon Vroman is an award-winning keynote speaker, ultra-marathon runner, host of the Front Row Factor Podcast and founder of Front Row Foundation, a charity established in 2005 that creates front row experiences for individuals who are braving life-threatening illnesses. The core message of Living Life in the Front Row™ inspires people to crush their fear, create epic moments and celebrate life...before it's too late.

### **About mindset**

"Nobody ever taught me in school how to program my mind. Nobody taught me how to condition my mind. I wasn't surrounded by the right environment, people or beliefs."

"If you can't you must."

"When your 'why' has heart, your 'how' gets legs."

"While I appreciate your advice, I can't accept your verdict." -Tony Robbins

### **My challenge: Develop an affirmation to change a story**

Identify one story that you're telling yourself that's holding you back- whether around health, money, relationships or personal ability- and change it.

Muhammad Ali once said, "The repetition of affirmations leads to belief and when that belief becomes a deep conviction, things begin to happen."

**How we treat people:**

"We often treat people like we remember them yesterday, not as who they've become today. I often treat myself as who I was yesterday and not who I've become."

**Recommended Books:****Websites and Social:**

<http://frontrowfactor.com/>

<http://twitter.com/jonvroman/>

<http://instagram.com/jonvroman/>