



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #84

Jason MacKenzie

Jason MacKenzie is an expert on peak human performance. He's a father, speaker, author and coach. He teaches audiences around the world how cultivating vulnerability will liberate the strength, wisdom and courage we already possess. He is a survivor of his wife's battle with bipolar disorder and subsequent suicide and has overcome a decade-long battle with alcohol. When he stopped running from grief and fear he became the husband and father his family deserves. His driving purpose is to help lift those who want more from their lives to increasingly higher levels of personal and professional performance. Jason is a strength-finder and works with you to help you ask powerful, affirmative questions about what's best about you and your life. He'll help you dream about the future and then guide in you in carrying the best of yourself forward.

Quotes

"We are all perfectly imperfect."

"People want to see others as better than themselves because it gives them an excuse not to try."

"You are surrounded by people who want to help you. You just have to have the courage to ask."

About Being Yourself

"I grew up believing that any success that I had had to come at the expense of somebody else's success. I thought that my climb up the corporate ladder meant that I had to basically fight off the other people who are fighting to climb the corporate ladder too. So what I did is I built a wall around myself. I created almost a persona to show to the world. The version of myself that I thought I needed to be in

order to create the kind of success that I thought I was supposed to create. It took me into my 40s to realize what it was doing to me and it had quite devastating consequences which I'm sure we'll talk about. But what I found out since – and this is what I'm compelled to shout from the mountain top – is that when you lay down your shield, when you let the real version of you show up and be seen and heard, you become so positively powerful."

About Vulnerability

"One of the ways I define vulnerability is to say it's having the courage to look yourself in the mirror and be honest and without judgment about who you see staring back at you. So vulnerability changes "My life is screwed up and it's all my fault. Therefore I am screwed up" to "Where I am right now is a necessary step on the journey that I am creating." There's a huge difference between those two things. I think the first thing to realize is that every single one of us has a messy aspect to our life."

About Making Mistakes

"We all make mistakes and walking around pretending that we don't is so limiting because you're actually robbing people of the ability to learn the lessons that you have learned from your mistakes."

About Failure

"That failure was really a manifestation of a much more fundamental failure which happened way earlier in my life, which is failure of imagination and a failure to understand that I don't have to live the life that has been prescribed to me. I don't have to fit into the mould of what I'm told it is to be a man and a father and a leader."

Action Plan

Sit down with a pen and a piece of paper and write a fearless and judgment-free inventory of yourself right now because I'll tell you; sometimes, admitting where we are to ourselves is the hardest person admitting to. Just writing it down on a piece of paper without judgment, that's the key. Those can be professional, personal, fitness, relationships etc.

Recommended Books

The Dadly Book of Open

<https://goo.gl/yfooTv> (Amazon link)

<http://thebookofopen.com/jim/> (Free copy)

The Miracle of Morning

<https://goo.gl/oUJFu3>

Episodes Referenced

#78 with NFL Quarterback Tom Flick

#46 with Larry Hagner of Good Dad Project

Websites

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