



# JIM HARSHAW JR

*Revealing Failure as the Path to Success*

## **Success Through Failure Podcast**

Action Plan Episode #85

Tony Horton

Tony is the wildly popular creator of the best-selling fitness series: P90X®, and most recently 22 Minute Hard Corps®. Tony is a world-class motivational speaker, personal development coach and author.

### **Quotes**

"The fact that we have the world at our fingertips is an excuse killer."

### **About Taking Charge of your Life**

"I had this speech impediment called cluttering. It wasn't really stammering or stuttering, it was just this inability to be able to stream a sentence together at a pace that was slow and precise and articulate. It was devastating. I inherited it from my father and my father inherited it from his grandfather. It was genetically passed down. You just assume as a kid that, "Everybody else has got it. I've got it so I don't know what I have to do about it." I was just in panic all the time.

With some personal development, a lot of things changed. When I was in college, I started reading Andrew Weil. *Looking out for #1* was the first personal development book I ever read and it just gave me the information that was so foreign yet so awesome because there was nothing like it for me in my life. It wasn't about being selfish. It was really about figuring out ways to get your act together so you can be more selfless, so you can spend less time on personally developing yourself and begin to find a career and a purpose so that you're making a difference in the world."

### **About Coming to Terms with Failure**

"There has to be this deep profound desire to no longer want to suffer. So instead of bitching, whining and complaining about it, or going into a shell or living a smaller

life or whatever it is, you have to at some point make some bold decisions and be okay with some sub-par outcomes throughout the course of the journey. I use sub-par as an alternative to failure."

### **About Eating Right and Exercising**

"My salvation was exercise and eating better. There's a health care crisis, so that means a vast majority of people in this country are not doing those two things on a regular basis. So it's easy to see why we're not as productive as we could be. We're not as happy as we could be. We're not as successful as we can be because we're overweight and overwhelmed. We're filling our body with types of foods that don't have enough nutrients to feed the mind's ability to solve problems and be consistent and to pursue our life's dreams. You just can't. If you're eating Doritos and Red Bull for lunch, you're screwed. If you're getting up in the morning and eating three bowls of sugary cereal or pancakes or waffles – which have the same basic ingredients as cupcakes – there's no surprise that you can't figure stuff out. You just feel tired and overwhelmed. You're unproductive."

"People don't assume that exercise and eating right have anything to do with their level of success and productivity but they're directly related."

"I have an amazing life and the foundation is eating right and exercising."

### **About Taking Risks**

"I was like a shark. I went from saying "no" to everything to saying "yes" to everything."

### **Action Plan**

"This comes from Keith Ellis's book, *The Magic Lamp*. Get a blank piece of paper and a pen. Make a line down the middle. Write down the things that you really want to pursue if they could just be handed to you. Whether it's having your own T.V. show, being an astronaut, having a million dollars etc. just be bold. What are 20 things that are cool to you? Be outrageous. If 20 is too many, write down 10.

On the other side of the line, write down 10 or 20 things that you find interesting, that you have the desire to bust your butt to try to achieve. Chances are the two would be even. You'll see a lot of the same things on either side of the line. Start crossing them out. Do it 16 times if you'd want to. Choose which is more important to you. You go all the way down the list and you have two things that rise up on either list and that's probably who you are."

**Recommended Books**

<https://www.amazon.com/Tony-Horton/e/B004AQ4WAE/>

**Episodes Referenced**

#68 Greg McKeown <http://www.JimHarshawJr.com/68>

#80 Michael Bungay Stanier <http://www.JimHarshawJr.com/80>

**Websites**

[www.TonyHortonLife.com](http://www.TonyHortonLife.com)

[www.THCare.com](http://www.THCare.com)

[www.facebook.com/TonySHorton/](https://www.facebook.com/TonySHorton/)