



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #143

Helen Maroulis

Today I bring you Helen Maroulis. Born and raised in Maryland, Helen won her first World Championship in women's wrestling in 2015 by outscoring her opponents 35-0. At the 2016 Summer Olympics in Rio, Helen became the first ever American to win a gold medal in women's freestyle wrestling at the Olympic Games. In the gold medal match, Helen defeated Saori Yoshida, a 13x world champion and 3x Olympic champion- the most successful wrestler in the history of the sport- and an opponent who'd beaten Helen twice before. Helen is truly a legend in her own time.

Quotes

"I believe the highest motivator is love."

"Our strengths are also our weaknesses, and our weaknesses are also our strengths."

"The more I chase perfection, the more I'm actually setting myself up to being unhappy."

"Whatever scares you, run towards it."

About Gratitude

"I think gratitude is an extremely important mindset. There's always going to be some factors we can't control, some things that might not go our way. Every single person has something going on in their life. I could get upset that I'm injured right now but there's someone else that's going through something. There's someone that's also injured. So everyone is going through something. The beauty of gratitude is that it frees you from your external circumstances."

About the 2016 Olympics

I would wake up an hour early every day to journal. I was like, 'I can't control the way it's going. I'm doing everything I'm told. I'm doing everything right. But I can control

this first hour of my day. I'm going to choose joy and gratitude and just be in a good place.' So I did that every day through and past the Olympics. By the time the Olympics came around in those last three weeks, it was kind of life-altering. I would read my journal and be like, I thought I always wanted this gold medal but I already got everything I wanted out of this. I'm no different than the person that took silver. We both get the same things out of this sport. I got the perseverance, the work ethics and I got the lessons going through these challenges. All the things that I'm going to use in my life, I already have. So I didn't need to win at that point, I'm just doing it to enjoy it."

About Redirecting Negative Thoughts

I've had anxiety and over-thinking and a lot of thoughts go through my head. I think the big thing is when the thought goes through your head and it's not what you'd like to be thinking, just recognize that you are not that thought, and to separate and just be merciful and graceful with yourself. So I'm like, 'Oops, probably shouldn't have thought that. OK, let's think of three positive thoughts to replace that one.'"

Action Item

I'm a huge fan of journaling. Maybe a lot of people already do that but I really like to journal and to write things down. I think you write better than the way you think it. Thinking is hard to monitor every thought that comes in whereas writing, you can say, 'I'm not going to choose to write it this way.' That has helped me put perspective on things in a more positive way.

And I would say the biggest thing is be very patient and forgiving with yourself, and ask yourself why. I ask myself 'why' a lot, 'Why am I doing this? Why am I saying this? Why am I acting this way?'"

Tool Recommended

"I have this really amazing supplement sponsor. They're called Nutri-Dyn. I got a concussion in India. I just started taking this brain restore powder by Nutri-Dyn and it's been awesome. I think my recovery is going extremely well and I feel more alert and clear which is crazy because I have a concussion."

<https://www.nutri-dyn.co.uk/product/chondro-jointaide/>

Link to Maroulis vs. Yoshida 2016 Olympics

<https://www.youtube.com/watch?v=clt14HCywWk>

Episodes Referred

Brian Boland: <http://jimharshawjr.com/141/>

Recommended Book

Jacob the Baker by Noah benShea

<https://www.amazon.com/Jacob-Baker-Gentle-Wisdom-Complicated/dp/0615777619>

Websites and Social

Website: <http://www.helenmaroulis.com>

Twitter: https://twitter.com/helen_maroulis

Instagram: https://www.instagram.com/helen_maroulis/