



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #146

Romal Tune

Today I bring you, Romal Tune. Romal Tune is the son of a drug-addicted single parent mother. He found his way out of poverty and graduated from Howard University and Duke School of Divinity. He became a minister, a sought-after speaker, and social entrepreneur. Outwardly, he was successful but inside he was battling the trauma and emotional brokenness caused by his upbringing.

After reconciling with his mother, she died of lung cancer. Romal then endured his second divorce. Questioning his faith and will to live, he made a choice to examine his life and seek counseling. In his book titled *Love Is An Inside Job*, he shares his process of applying therapy and faith to anger, shame, and self-doubt.

No longer carrying the emotional weight, he now empowers others to stop living a life hindered by the past by helping them heal their stories. Romal is now a global leader who takes individuals and institutions from setbacks to success by using the power of story.

Quotes

"The things that happen in your life do not have the right to define the rest of your life."

"I think you can redeem time and it's never too late to have a fresh start, as long as you're still here."

"Every failure teaches you something, if you're willing to learn the lesson."

"Be confident enough to pursue the level of peace and joy on an internal perspective that you want to see in your external success."

About Questioning the Roots of Your Negative Emotions

"Those life-limiting beliefs and what you think you can't do started somewhere and you accepted it as true and continued to live into it in this present moment. So what

Love is An Inside Job does is take people on a journey through my life experiences with the hope that they will begin to look at their own. I share a lot of these stories that created these life-limiting beliefs. No one likes to revisit things that hurt, right? But I always tell people you don't revisit your stories to remember what happened. You revisit it so you are able to remember it differently, to take back your self-worth from it, to redeem your identity from it and who you could become in the world."

About Good Success

"Awareness is different from acknowledgement. As my therapist would tell me, awareness is walking through the grocery store and you see someone you know, but you don't feel like talking so you go the other way. But acknowledgment is you see and you're aware of the broken places that you've tried to self-correct or try to heal through other means. But now, you acknowledge, 'Hey, this still hurts,' or, 'This is still impacting me and it's showing up in my behavior and my attitude. It's even showing up in my drive to succeed. I'm mostly trying to succeed because I want to prove people wrong, or that I want attention.' It's still external. Good success is a little different. It's not so much about proving the people wrong, it's about proving the people who believed in you right."

About Functioning at a Higher Level

"When you do the self-work, you function at such a higher level. There's another level of energy and being in the world that you tap into when you do the internal work. When you meditate, journal, when you're honest with yourself, when you are physically fit, all of these things come together to make a whole person. You have healthy relationships and you spend time with family, with friends. It elevates the energy level that you function at in the world because you're living a holistic existence at that point and you're not compartmentalizing your life."

Action Item

"Be still enough to sit down with a pen and paper or with your phone or your computer and start writing down 'What actions do i need to take to become the best version of me that I could I possibly become in my lifetime?' And then ask questions like, 'What are things about me that are holding me back from becoming that person?' Which behaviors, which attitudes, which beliefs, and you make a list. And then you say, 'What is the course of action I need to take to change each one of these so that I can become the best version to be in my lifetime?' because you only get to do this once. So you might as well set out to have an amazing life, internally, in terms of what you feel about yourself and externally, in terms of how you show up in the world and the life that you lead. Start with some journaling. If you're ready, find yourself a good therapist."

Tool Recommended

I'm big on my protein shakes. I use MuscleTech a lot.
(<http://www.muscletech.com/>)

In terms of apps, Evernote is one that use. But there's this thing called Go365 that pings you about exercising and nutrition and about taking walks or jogging and getting physicals. I would encourage people to find an app that helps you monitor and stay on top of your health. One of my other favorite apps I use is a meditation app. It's really just the music.

<https://evernote.com/>

<https://www.go365.com/>

<https://play.google.com/store/apps/details?id=com.avryx.meditationmusic&hl=en>

Episodes Referred

The Power of Cognitive Conversions: <http://jimharshawjr.com/139/>

Website and Social

Website: <https://romaltune.com/>

Twitter: <https://twitter.com/RomalTune>

Instagram: <https://www.instagram.com/romaltune/>

Books:

Love is an Inside Job:

<https://www.amazon.com/Love-Inside-Job-Getting-Vulnerable/dp/1478992603>

God's Graffiti:

https://www.amazon.com/Gods-Graffiti-Inspiring-Stories-Teens/dp/081701733X/ref=pd_lpo_sbs_14_img_0?encoding=UTF8&psc=1&refRID=5MYHQ8SKT43EMXP2117Z

