



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #156

Isaac Greeley

My goal with this episode is to bring you another interview with a “regular guy” who has found a way to have it all. I want to show you that you can lead an amazing life and achieve meaningful goals while not being an internationally acclaimed speaker or a Navy SEAL or a bestselling author. My guest today is Dr. Isaac Greeley. He’s a regular guy in that he doesn’t have a book to promote or a product to sell you. Beyond that, he’s anything but regular. Isaac is an entrepreneur, coach, and chiropractor. He’s the owner of The Mat Factory, an MMA, wrestling and Brazilian Jiu Jitsu club just outside of Pittsburgh. He’s also a black belt in Jiu Jitsu. At 42 years old, he not only trains and spars with his athletes- including professional fighters- he is a professional fighter himself. Further, Isaac is a partner in a chiropractic practice with five locations. He’s a father and husband. He’s an avid outdoorsman and fly fishing junkie. And he’s a philanthropist.

If you’ve ever heard the phrase, if you want something done, give it to a busy person. Well, Isaac is that busy person who people come to to get things done. And he gets them done.

Isaac is one of the original Pathfinders. That is, he was a member of one of my earliest groups of Reveal Your Path and he continues his growth through my Reveal Your Path Pro inner circle.

I want to explore Isaac’s mindset and methodology for getting so much done in the same 24 hours as you and I have.

Quotes

“If you want to get something done, give it to a busy person.”

“I find that I make my most gains when I’m faced with fear.”

“I’ve set aside a day a week for my daughter.”

About Finding the Right People 11:28 - 12:00

"I've been kind of seeking out more positive people. I call it trimming the fat. I don't want to be around people that are bringing me down or say things are going to be too hard or that I can't do this. I try to surround myself with people with the same mentality. Once you get a momentum with positive people, it seems like if you surround yourself with the right people, you can get a lot more done. You can get more accomplished. You can realize issues and problems and get through them faster."

About Setting Goals to Gain Balance in Life 30:10 - 30:58

"I've always set my goals, I always wrote down my goals, I've always had my goals in front of me. But to actually categorize my goals to make sure I'm hitting on all the important areas is something I've only dove into in the last couple of years. This has been really super important to me to make sure I balance things out. That's how I started Reveal Your Path, because I had issues with balance and I needed to get the balancing straight. So being able to see that every day, that this week, I have action items to focus on my relationship with my wife and daughter and my family and people that are important in my life. My health and my wealth and myself are always underneath. You always have to think what are the most important core values to you. Core values might change over time but when you see those three or four most important things, it makes things come to life on where you should be setting your goals."

About Getting The Help You Need 12:02 - 13:04

"I was at a point in my life where I was taking on too much. I was overwhelmed. My balance was off. I needed to reassess my core values and see what was really, really important to me. I had a hard time saying no, balancing all the things I really, really wanted to do with work and family. It became a very tricky scenario for me because I didn't want to fail at any of them but i was almost forced to fail at something. I had to prioritize things and by joining Reveal Your Path program, it was a great breakthrough for me because I got to be around like-minded people who were having same type of issues, just a little differently. They all had great insights and different ways of combating things, balancing things. They gave me great advice when I needed it. That was a big step for me, to actually reach out for some coaching of my own."

Action Item

"It's the little things. Some people say it's making your bed or doing push-ups. We do a thing every month which is we do an exercise every day. It sounds simple but it just makes you accountable. So pick one exercise or one thing you want to do. Maybe it's read for 15 minutes. Whatever it is, start small and you'll see where that

takes you. When you have one thing in your life that's consistent, you build a routine around that, it's easy to build other positive routines. Pretty soon, if you have three or four positive routines that's guiding you, that changes everything. "

Recommended Tool

Wim Hof breathing technique, intermittent fasting, and healthy living like eating properly and sleeping properly.

Website and Social

Website: <http://www.thematfactory.net/instructors.html>

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