



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #163

Rorke Denver

Commander Rorke Denver has run every phase of training for the U.S. Navy SEALs and led special-forces missions in the Middle East, Africa, Latin America, and other international hot spots. He starred in the hit film *Act of Valor*, which is based on true SEAL adventures. His New York Times bestseller titled *Damn Few: Making the Modern SEAL Warrior*, takes you inside his personal story and the fascinating, demanding SEAL training program. In his second book titled *Worth Dying For: A Navy SEALs Call to a Nation*, Rorke tackles the questions that have emerged about America's past decade at war—from what makes a hero to why we fight and what it does to us. Rorke was most recently seen on FOX's *American Grit*. The series followed 16 of the country's toughest men and women as they faced a variety of military-grade and survival-themed challenges set in the wilderness.

Rorke was also an NCAA All American lacrosse player at Syracuse University where he was a member of two NCAA Championship teams.

Quotes

"I feel like Cortés, I'm going to burn the boats at the beach. Meaning if I'm going to do something, I'm going to do it."

"I think the idea of heroes has been thrust upon this pedestal that may be a little too glitized up than it actually is. I want to focus more on everyday heroes."

"We wouldn't be talking right now if I'd have been ok with my failures and I moved on to work at Walmart or something."

"You CAN do hard things."

About Doing the Hard Things 13:41 - 14:42

"In my mind, it's doing hard things that makes life sweet and makes experiences worth doing. Nobody ever jumped up and celebrated doing something easy. It's the hard things, it's the challenging things, it's the things you might not succeed at, that you could fail at. That's where the growth lives, that's where the real passion and pride of who you are lives. So you've got to seek it out. I think we've very much created this insulated bubble of comfort in this world where you can go from ambient temperature of 70° in your house to your car at the same degree to your office at the same degree and never really get uncomfortable if you don't want to. We see the results. We're obese, we're stressed out, we're living in a digital world and people are shooting each other at the office and schools."

About the Value of Suffering (18:40 -19:15)

"I think it serves us an anchor point or a baseline understanding of what you can handle. So if you want to suffer a little, then you know you can suffer a little and that's good. But however hard you're willing to push yourself, in my mind, it serves as an inoculation for the hard times that you weren't planning for."

About Not Quitting (22:06 -22:30)

It is honestly that simple. I just see it through with my kids and my friends, because if you can just develop this level of not giving up, you're going to go far. You might not get every goal you're shooting at, but you're guaranteed not getting it if you give up. So not quitting is the elemental baseline that someone needs to have."

About Being Courageous 32:35 - 33:09

I love mythology and stuff. Poseidon, Zeus and all these people, you can't really respect them that much because they were immortal, right? We're far more capable because we are mortal and we can fail and lose and fall apart and die and end this adventure in a blink of an eye. That's where courage comes from. The Gods weren't courageous because they have nothing to lose. We have to be courageous if we want to do big things because it can cost us everything.

Action Item

If you wake up before 6 am, wake up 15 to 30 minutes earlier than you currently do. You'll get more done and go to bed earlier, and you're not missing much at the end of the day, as much as you're gaining at the beginning of the day. If you wake up after 6 am, wake up 30 to 45 minutes earlier. Do this for a month and it will lead to an actual habit.

Another thing you can do is take cold showers. That's a horrible bit of suffering you can do first thing in the morning, but it works as an inflammatory, it helps you lose weight and it invigorates you when you do it.

Website and Social

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<https://rorkedenver.com/coffee/> and/or
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