



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #166

Eric Davis

ERIC DAVIS is a former U.S. Navy SEAL and decorated veteran of the War on Terror. He has been recognized as one of the premier sniper instructors in the U.S. military. He is the founder of EricDavis215.com, an online platform that aims to help others recalibrate their intuition on how to live a good life and lead others to do the same. Since 2008, Eric has been repurposing and teaching the performance principles he used and discovered as a SEAL and sniper instructor. Eric lives in southern California with his wife and two of his four children.

Quotes

"Failure to me is when we run out of time, talent or strength, and running out of these things actually does something special. It actually gets you more time, talent or strength if you know how to do it."

"Usually when we fail, we don't fail all the way."

"One of the core elements of happiness that I teach is to understand your breed, your personality etc. So that you understand what makes you happy or tick."

About the How, not the What 05:15 - 06:07

"It's not necessarily about what skill set we're building. Those are actually quite easy. You can Google the skillsets of a sniper, just like you can Google the skillsets of an author or an entrepreneur or a football player. The "what" is very simple. As a matter of fact, it's so simple and ubiquitous that it's what most people get stuck in. It's the how that really gets it. So whether you look at snipers or a sales professional or somebody looking to gain more control of time and energy in their life, it's the same thing. We need to capture and identify all of the things that are going on in this situation, break them down into small pieces so that we can start training and

manipulating our intuition and our habits and practices so that we can produce the result that we want."

About the Power of the Little Things 10:10 - 10:40

"People don't care for all these little things because they don't think that they're that big of a deal. But what happens is when two or three of these small things get together, they start making a huge impact. People are like, 'Man, I'm trying to earn more money, I'm trying to have more time in my schedule, I want more energy to be with my family.' Whatever it is they're trying to do, they don't ever notice what the thing is that is standing in their way because it's not one single major thing that's obvious that they can attack and kill. It's three, four, five, ten, fifteen tiny little things that they just continuously ignore."

About Finding What you are Bred for 30:00 - 30:50

"...They have excessively high prey drive and are excessively exuberant and playful. This level of energy often spans from their youth into adulthood. They can be destructive and develop bad behaviors if not given enough stimulation and exercise. This often causes problems for others who are not familiar with such a breed.' So that described a few things. That described me my entire life, that could very well describe a kid with ADHD or an adult with ADD. But what that was, was the breed description for my Belgian Malinois. That's when it hit me. A French poodle, or a bulldog or a Malinois or a Chihuahua, they're all dogs but they're bred differently, and so are we."

Action Item

Do an enneagram test to understand yourself a little bit better, what was stamped into you from birth, what's been created from your experience and what can you change.

Recommended Tools

A strategic checklist that allows us to identify and capture all of the elements of something that's important to us, and then allows us to execute them in an effective and efficient way and allows us to evolve them. I use Google Docs.

Episodes Referred

Mark Divine: <https://jimharshawjr.com/45/>

Thom Shea: <https://jimharshawjr.com/132/>

Rorke Denver: <https://jimharshawjr.com/163/>

Website and Social

Website and free e-book: <http://www.ericdavis215.com/>

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Instagram: https://www.instagram.com/eric_davis215/

Book: <https://www.amazon.com/Eric-Davis/e/B016XGED5W>