



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #168

Mike Ellison

Mike Ellison is a multifaceted artist. He's a musician, actor, poet and noted public speaker. Whether addressing genocide in Rwanda, combating bullying and teen suicide in Detroit, chatting with senators, or jamming with Grammy-winning rock legends on stage, Mike is a charismatic communicator and is always in his element. Mike is equally at ease delivering a commencement address to graduates or working with senior executives of Fortune 500 companies.

Mike was born in Ethiopia, raised in VA and fully realized his calling as an interdisciplinary artist in Detroit. He's released independent records, headlined national tours, and registered acting credits that span film, theater, and television. He also produces original content and provides voiceover for films, commercials and concert tours.

Quotes

"You know you love what you're doing when you start to do something, and then you look up and the entire night's passed through and you didn't even notice."

"I'm my best self when I'm part of initiatives, projects or causes that are bigger than myself."

"Any time that I've led with ego or my own selfish interest, it has been a rough road and it hasn't led to fulfillment."

"The sooner we're able to not live our lives in comparison to someone else is when I think we can be a little bit more fulfilled."

About Counting Your Blessings & Being Bold 10:43 - 11:30

"If you don't have to worry about what you're going to eat, what you're going to wear and where you're going to sleep, you have an advantage over billions of people on this planet. And you have a little more leeway than you think to take some risks,

some chances because you're beyond the opportunity for self-actualization. There are times at performances I would ask people, 'How many of you have ever thought of your true goals during their spare time?' Typically, everyone raises their hand. And I raise this other thought, which is, 'For billions of other people on this planet, spare time is a personal goal.' You have people who literally work from sun up to sun down just to exist. That should give us a license to be a lot more bold with our lives than many of us choose to be."

About Betting On Yourself 23:36 - 24:16

"Now the notion that you're going to get a job somewhere that's safe and stable and take care of you until retirement is dwindling. So whether you work for yourself or somebody else, you're going to have to be creative and reinvent yourself. That's just the reality for most people. Whether you realize it or not, you're already betting on someone else who you think is smart, has talents and more driven, and who you're also assuming is fair enough to pay you what you think you're worth. For me personally, I just rather bet on myself and put my faith in God and the universe to do their best even when I don't deserve it."

About Drowning Out Negative Thoughts With Positive Thoughts 37:43 - 39:08

"A lot of times, we have thoughts and we think just because they are in our head, they're ours. You wouldn't take a knife and stab yourself in the thigh repeatedly because it would hurt. And yet, we stab ourselves mentally over and over again with these self-defeating thoughts about ourselves. 'I used to do this. I'm ashamed of that,' all these negative things and they are very real so we assume they are our own thoughts. Now, we can have a bigger philosophical discussion as to whether we're talking about good versus evil, positive versus negative, God versus the devil. That aside, they're negative and they're not your own. And yet, we hold on to those thoughts like they're ours because they happen to be coming through our head. That might sound a little esoteric and artistic to the listeners but every thought that comes through your head, 'You're going to suck as a podcast host,' that's not your thought. What you have to do is you have to overwhelm the negative, drown out the noise so that every one of those thoughts, you have to come up with a phrase to dismiss it. Talk to yourself and tell yourself something else because now more than ever, we're getting these negative images of ourselves through what success is supposed to look like."

Action Item

"I would say think about some things that you really want to do or need to do and make a list. Once you write item number one, stop and go do that. What happens is we make these lists and it looks so daunting, and you never get off the starting block and it just becomes a more self-defeating decision.

The other thing I would say is to choose what you're feeding yourself with media. You wouldn't walk up to a gutter and pick up some trash and put it in your mouth.

One of the biggest tools I got from a friend is he gave me a jump rope. That jump rope is the key to my health and fitness because if I start my day with that, no pun intended, I've got a jumpstart."

Episodes Referred

Tony Horton: <https://jimharshawjr.com/85/>

Website and Social

Website: <http://mikeellison.me/>

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

Songs:

SURRENDER - <https://youtu.be/dtHBoC2YIQg>

WARRIOR'S RHYTHM (my favorite work out track) - <https://youtu.be/adD3wzr-5O8>

STEPPING INTO DESTINY - <https://youtu.be/Xg8i3trsvlk>

A ROCK IN GOD'S SLINGSHOT - https://youtu.be/8rCUgsvA_to