



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #169

Bonnie St. John

Despite having her right leg amputated at age five, Bonnie St. John became the first African-American ski medalist in Winter Olympic competition. In recognition of her historic achievement, Bonnie was quoted on millions of Starbucks coffee cups and was honored with her portrait at Oxford as a distinguished alumna.

In addition to her success as a Paralympic athlete, Bonnie is a bestselling author, a highly sought-after keynote speaker, and leadership consultant for Fortune 500 companies. She graduated Magna Cum Laude from Harvard University and won the Rhodes Scholarship.

Bonnie has been featured extensively in the media including The Today Show, CNN, CBS Morning News, NBC News, PBS, NPR, The New York Times, People Magazine, The Oprah Magazine, Forbes, and Success magazines, to name just a few.

The author of seven books, Bonnie co-authored her latest work, MICRO-RESILIENCE: Minor Shifts for Major Boosts in Focus, Drive, & Energy, with her husband, former entertainment industry CEO, Allen Haines.

Quotes

"I learned that people fall down, winners get up and gold medal winners just get up faster."

"Being extraordinary doesn't always look cool."

"It's not only who you surround yourself with, it's also who you tune into. Are you listening to people who are saying you can't, or you can?"

"Did you have a bad day or did you just have a bad 5 minutes that you let ruin your day?"

About Looking Extraordinary vs. Being Extraordinary (10:55 - 11:20)

"Sometimes looking extraordinary gets in the way of actually living an extraordinary live and following your dreams. Looking extraordinary, you do for other people to make them happy. They even said sometimes, it makes you feel even worse about yourself because you know it's fake. So you don't actually feel good about yourself. So it's draining, it's not really what you want, you're trying to impress other people."

<https://qz.com/1055144/the-difference-between-looking-extraordinary-and-being-extraordinary/>

About Not Letting Failure Stop You (18:30 - 19:25)

"One of the amazing things about that story of breaking both of my legs and one gets lost in the mail is it could have meant, 'Go home. You've failed at this school. You don't have a leg left to stand on.' People asked me why didn't I go home and when I look back and I think about it, I tried so hard to get there. That was my dream. I wasn't going to go home unless somebody made me go home. I thought the principal would say 'You should go home.' or my mom would call up and say, 'You're trying to kill my daughter.' I thought some responsible adult would stop me. But in the absence of that, I wasn't going to stop myself. And if you don't stop yourself, if you don't let failure stop you inside yourself, what can stop you?"

About the First-Aid Kit for Your Attitude (28:58 -29:30)

"The first-aid kit for your attitude is just looking at what are some things you can do to turn your attitude around. What helps you is going to be different than what helps me. But you can actually put together a physical kit that has things. It could have photos, mementos from a vacation, thank-you notes etc. so you can have a customer that tears you to shreds, you can read thank-you notes from customers that appreciate you and again, shift your focus so that you don't stay focused on the one customer. You can also do your first-aid kit on your phone too."

Recommended Tool

"Treadmill desk. It allows me to add a little movement in. It's not my whole fitness plan. You don't run on a treadmill desk. You're just walking while you're doing emails or something else. It allows me to get more movement in my day, spend less time sitting. And it correlates with these studies that say you're going to be more innovative and have more ideas if you're moving."

Action Item

“In the Microresilience book, we talk about renewing your purpose, getting in touch with your purpose and infusing purpose into your life and day. So if there's something you're passionate about, like if you want to write a book or you want to start a podcast or you want to paint a picture or something that you're not doing in your work now but you would like to, find an hour a week to do it. Just add it into your schedule.”

Recommended Book

Drop The Ball: Achieving More By Doing Less by Tiffany Dufu
<https://www.amazon.com/Drop-Ball-Achieving-More-Doing/dp/1250071739>

Tiffany Dufu's Social Media

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

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

Website and Social

Website: <http://bonniestjohn.com/>,

<http://microresilience.com/>

<http://bluecircleinstitute.com/>

Instagram: <https://www.instagram.com/bonnie.st.john/>

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

Facebook: <https://www.facebook.com/bonniestjohn/>

Books: <https://www.amazon.com/Bonnie-St.-John/e/B001GNTYY>