



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

### **Success Through Failure Podcast**

Action Plan Episode #205

Andre Kajlich

In 2003, André Kajlich was a charismatic 23-year-old student attending his father's alma mater in the city of Prague. One night, partying with friends into the early hours, he wound up on the tracks in front of an oncoming subway train.

His devastating injuries required that both legs be amputated above the knees, and after three weeks in a medically induced coma, he awoke to an insanely altered reality. He has become an ultra-endurance pioneer, a world champion paratriathlete, an Ironman World Champion, and the only wheelchair athlete to finish an Ultraman Triathlon (he's done four: Hawaii, Australia, Canada, and Israel). He finished the Race Across America, handcycling 3,100 miles in just 12 days, sleeping 90 minutes a night to make it from Oceanside, CA to Annapolis, MD. During the Brazil135 UltraMarathon, André completed 135 miles through jungle terrain in 62 hours, sometimes crawling along the forest dragging his wheelchair behind him. He was not only the first person in a wheelchair to finish these, but he was also the first to even attempt them. He is without question, an inspiration.

### **Quotes**

"I still struggle to get out of bed for workouts in the early mornings."

"A lot of times, a big part of the challenge is impatience and wanting things fast."

"It's by digging in the dirt, that I discovered the most."

"Enjoying that process of learning and growing is the most important part."

### **About Bringing The Right Attitude To All Challenging Aspects Of Life 17:25 - 18:09**

"I think it is important to call it a struggle. You could also call it a challenge. I think about being out there on a hill and in a workout. Then the challenge is great. 'I'm

going to get to the top of the hill. It's not even that far away,' and I feel good. But then, sometimes it hits me that all these things are challenges and if I can just have that attitude towards them, that proud, charging-up-the-hill kind of feeling, and you take that into the little things like the challenge of making sure you get out to the gym, to the office on time or whatever it is. When you have that 'bring it on' attitude, then you're willing to come up with solutions and try. I just keep trying different ways until I find one that works. That attitude helps a lot."

### **About Taking The First Step 21:52 - 22:25**

"I'm pretty sure that everybody has that nagging thing that they just want to do, no matter how crazy or simple it might be, that they are just not getting around to doing. What I found is that when you go and do those things, the satisfaction, the growth, the leveling up is incredible. I was never aiming to go do Race Across America. I was aiming to go around the 2.8-mile lake by my house. That sort of mentality, of just following what I wanted to do has led me here and it's awesome."

### **About Andre's Habit 42:48 - 44:20**

"I have a habit of waking up and writing. I try to make that the very first thing that I do. I don't know who I was listening out to out there that talks to the creativity you have in the morning and without zero screen time. Don't start with email, don't start with social media, just sit down and write. So I'll make a quick espresso and sit down. Sometimes, I had planned from the night before what I want to write and I'll just write a sentence. I'd write a fictional story about a lady in the sea, some weird stuff like that. Or something would just pop in my mind, or nothing will. I'll just sit there until something does that I feel is worth writing about. I think that habit is one of the most important things that I could do. It's a lot like conversations we're having right now. I often don't know what I think until I start talking about it with somebody. It's the willingness to sound stupid or be wrong. I think conversations are just so important, especially for society today to be able to have and not vilify the other person, but try to make progress. When it's writing, it's me having a conversation with myself."

### **Action Item**

"Taking the first step and committing is really difficult. When I've done my best work, it's when I try to not overcrowd myself. It could be just the one thing to accomplish tomorrow. But just write it down and be accountable. It's one thing to say, 'Oh, I want to go to the gym.' Two weeks later, you've still not gone. But if you really schedule it out, at least you know what you're not doing. The second time, you try a little

technique. Just take them on as challenges. Get the clothes by the door and set it all up the night before. Do whatever it takes. But yes, just writing those little goals. The challenging thing about big challenges is the small challenges every day."

### **Website and Social**

Website: <https://www.andrekajlich.com/>

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

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

Facebook: [https://www.facebook.com/kajlich/?ref=profile\\_intro\\_card](https://www.facebook.com/kajlich/?ref=profile_intro_card)