



# JIM HARSHAW JR.

---

## *Revealing Failure as the Path to Success*

### **Success Through Failure Podcast**

Action Plan Episode #213

Charlie Engle

Charlie Engle is an ultramarathon runner, an adventure-seeker, a global explorer and a philanthropist; he's also a recovering crack addict, a convicted felon, and a man driven to the edge of human endurance and achievement.

After a decade-long addiction to crack cocaine and alcohol, Charlie hit bottom with a near-fatal six-day binge that ended in a hail of bullets. As Engle got sober, he turned to run, which became his lifeline, his pastime, and his salvation. The Matt Damon-produced documentary, *Running the Sahara*, followed Engle as he leads a team on a harrowing, record-breaking 4,500-mile run across the Sahara Desert, which helped raise millions of dollars for charity.

Charlie's growing notoriety led to an investigation and a subsequent unjust conviction for mortgage fraud for which he spent sixteen months in federal prison in Beckley, West Virginia.

In his book *Running Man*, Charlie tells the surprising, funny, and emotional story of his life, detailing his setbacks and struggles and how he blazed a path to freedom by putting one foot in front of the other.

In his latest adventure, Charlie seeks to become the first person in history to trek from the lowest point to the highest summit on every continent. From the lowest point of the planet - the depths of the Dead Sea - Charlie will swim, free dive, run, paddle, mountain bike and climb his way through multiple countries and landscapes, striving to complete his journey on the very tip of the earth - Mount Everest.

## **Quotes**

"The only thing you're capable of truly committing to whole-heartedly is the effort, the commitment to start."

"Stop waiting for the circumstances to be perfect to get started on that thing you wanted to do."

"If you're a person who thinks you have all the answers, good luck to you."

"The effort may not equal the lessons or the outcome. But that's part of life. You figure that out as you go, and you make adjustments."

"I always say that words said to us by a complete stranger can change the course of our entire lives, if we're paying attention."

## **About Charlie's Lowest Point 10:36 - 12:56**

"Normal people don't have to control their drinking, but it took me a long time to understand that. I thought my son was going to change that because I knew I didn't want my child to be in an addictive environment. I thought he would just change it by being born. For a couple of months, he did. I looked at this little boy and I felt love, feelings for him and from him that I didn't know existed. As an addict, I just assumed I was broken, like I wasn't entitled somehow to have those feelings. And I certainly wasn't entitled to love. So once I got that, I had hope for the first time in my life that I was finally going to get past this addiction. Two months later, I found myself in the worst part of the neighborhood for no explicable reason. I don't know what the catalyst was, but there I was for six days, killing myself. That ended with the police searching my car and me sitting on the ground, watching this scene like it's out of the movie. There was bullet holes in my car that was put there by someone who was trying to shoot me. I remember the policeman reaching under the driver's seat of the car and pulling out a glass pipe, and looking at me in this condemning way. Any sane, rational person would've been thinking, 'I'm in some serious trouble now.' All I could think was, 'So that's where that was.' I had the clearest thought I'd ever had in that moment, that my son can't save me. Nobody is coming to save me. You have to choose if you're going to save yourself or not."

## **About All Of Us Coaching By Example 20:29 - 21:00**

"You and I are sort of both life coaches to a certain degree, some of that is formal, some of that is informal. The best coaching and mentoring that any of us ever do is

just by living our truth. By doing what it is that we say we stand for and allowing other people to observe that to make their decisions about what they want to do with their own life."

### **About Running 23:17 - 24:48**

On the surface, it may look like my running was obsessive and whatever. But addiction is about having no feelings and being invisible. If you want to hide, that's what addiction is for. Running is the exact opposite. If you run a marathon, or a run around your block, if it's hard for you, you understand the concept. It's not hiding. It's almost the opposite. So if you take that lesson and the lesson of even going from a three-mile run and feeling the discomfort and the desire to quit, even, but you find a way to push past that moment where you want to quit and go a little further and get till the end of the run, that satisfaction and peace that you feel at the end of that, that's what I became addicted to, I guess. That's where i wanted to be all the time. Point being, I learned quickly that the greatest and hardest lessons and most useless lessons I learned hadn't come from addiction and recovery, they had come from running. I understood I can purposely put myself in an uncomfortable position through athletic achievement."

### **About Attraction Versus Promotion 40:32 - 43:03**

"Here I am, 19 years sober, I've conquered all these demons, I ran the Sahara, and on Valentine's Day 2011, my teenage sons are driving me to prison to drop me off, at Beckley, West Virginia to start a 21-month sentence in federal prison. I was scared and mostly I was angry. I was mad at what had been done to me. It took me only a few days to figure out that if I kept that angry attitude, I was not going to make it. Fair or unfair no longer mattered. This was the situation. I was in prison and I had to figure out who I was going to be in that place. And I turned to running again. I ran outside every, single chance I had and when we were on lockdown or I couldn't leave my cell, I ran in place. I did it sometimes for 6 or 8 hours at a time. People thought I was nuts. But in this idea of attraction rather than promotion, people thought I was nuts but guess what? Slowly but surely, guys started to come up to me and say, 'Hey, can you teach me how to run? I'd like to lose weight, feel better.' They saw the way I was handling my time in there and they said to themselves, 'Hey, I would like to have some of that feeling for myself.' So when I got to Beckley, there was probably three people running around the track regularly. By the time I left that place, there were 50 guys in my running group, running every, single day. I had 25 guys doing yoga on the softball field three days a week. It's this attraction rather than promotion. If you just do your thing and you're honest about it, and

you're passionate about it, the right people will be attracted to that and you will build your tribe"

### **Action Item**

Stop waiting for the circumstances to be perfect to get started on that thing you wanted to do. I don't care if it's starting a family, starting a business, or training for a marathon. People always come up to me and say, 'I want to run a marathon, how do you go about it?' and I'm like, 'Do you own a computer?' 'Yes.' 'Find a race, pay your money, and enter.' There's so much power in the commitment to get started and that will get you moving down the path to your goals.

### **18 Tactics To Staying Focused At Work**

<https://jimharshawjr.net/insider-secrets19300394>

### **Website and Social**

Website: <http://www.charlieengle.com/>

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

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

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

Book: <http://www.charlieengle.com/runningman>