



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #252

Jim Hensel

Jim Hensel is an author, speaker, and CrossFit Masters Athlete. A former collegiate athlete and Director of Player Development at multiple college football programs, Jim went on to create a curriculum that is now used in a state university syllabus as well as in mentoring high-performance athletes, including world champion MMA fighters and CrossFit athletes including 8x champion, Rich Froning. As a mindset and culture coach, he is the creator of Mayhem Mindset and works with CEO's, professional athletes, and high-performance entrepreneurs to help individuals get clear on their calling, find significance and codify their core values.

Quotes

"This idea of organizing your core values, establishing identity, and then writing it into a code applies to all areas of life."

"Hey man, 100% of the human beings to walk this planet, our emotions have betrayed us. That is to be human. Emotions are a great firestarter but they're not sustainable fuel."

"I want you to be able to generate and perform based on energy - not emotion - that's connected to what you really believe."

"Failure is a prerequisite to success. The phrase I created for my life is taking purposeful risks."

About Knowing Your Identity and Core Values 06:24 - 09:09

"My best friend calls me the stupidest smart guy he's ever met. All of everything that I know today, that I believe in, that's the truth in my life, came from failure. I guess who I was a person, if you want to talk about identity or core values, wasn't really tested in my life until I was in my 30s. The bottom line was my wife left. I was married to my high school sweetheart and I'd known her since I was 8 or 9 years old.

We had two children who were 3 and 5. She didn't want to be married anymore and she left. That was probably the darkest time in my life. In that space, what I realized and was hit in the mouth with was I don't even really know how I want to move forward. I was face-down depressed. Other than those two little girls who I was going to be responsible for, it was really searching for reasons to come forward and struggling ultimately with what I really believed in. What I realized in that hard time was I didn't own my beliefs or core values. They were my father's or some preacher or something like that. But I hadn't really done the work to be prepared for tough times. I thought I was ready. In *Mayhem Mindset*, ready means that your emotions are under control right now but you haven't done the work. Prepared means your emotions are under control but you've actually done the work to be ready for adversity. In that really tough time, I began to grasp what was real in my life and what I really believed in, but I didn't own it. So I was sinking in a hurry. It's a little bit like now, I guess. It's crazy, with the virus and stuff going on right now. I don't know a mature, responsible person who's not trying to make their biggest choices and decisions based on their strongest beliefs. We all do. The problem is that when momentum or our systems or our habits fail us. We have to have that position of strength, which are those strongest beliefs and core values. In the culture that we live in, so many people haven't stopped to take the time to decide what that means in their life. That's the space I was in, during my really dark time. So I had to figure it out."

About The Mayhem Mindset Process 21:37 - 23:41

This is the question I want you to answer. In your greatest moment of opportunity or in your darkest hour, will you be enough? Can you count on yourself, and then can the people who trust you count on you? The question "Am I enough?" is the question all of us at some point in our life are trying to answer. Then, what I want you to do is take the way you say what you believe and put it on the shelf. I don't want you to articulate and write and talk about the thing you said you believe your values are like you always have. I want you to gain new perspective. So each of the challenges you work through is designed to kind of strip you of everything and force you to be able to work through and describe and talk about who you are and what you believe in a way you haven't done before. We're trying to gain perspective. For example, I talked to Rich Froning and he is an eight-time World Crossfit Champion. My first question to Rich was, "Hey man, if I take CrossFit away from you, who the hell are you? How about I take your wife away from you? How about I take your job away from you? Let's strip you of all that. What are you left with? What are your values, talent, and your purpose?" So the process is really designed to throw something

new at you each week, force you to kind of work through that with the tool I want you to work with, the front of your brain. And then you do a little bit of writing and journaling each week. By the time we get to week eight, we've got this body of work that represents your emotions, good and bad, and things that you believe in. Then we can go from there and really organize this into a strong set of values that represent all of who you are and put that into language so you can hold yourself accountable."

About Overriding Our Bad Decisions 26:37 - 27:57

"We know that the first part of the brain that fires is the limbic part of the brain that deals with emotions. So we feel first. All of us feel first. It's to be human. The second part of the brain that works is the neocortex and the neocortex put language to the emotion. So for me, I created a tool and it was this; feel, filter, think, flow. I'm a systems guy. So I've got to have it laid out like that. I know I'm going to feel first. But this filter piece, I don't have that. I've got to work with that. The filter, I call it who you be, or these values. So we've got to create that so that when we feel, we've got a fighting chance because who we are and what we believe has been put into language. It's now a tool so that I can think clearly, not just based on my emotions but on what I really believe in. Now you've got a fighting chance that the result will be connected to your strongest beliefs. If you don't really know who you are, you haven't done that work and it's not in language, then you're really stuck in what I call the Matrix. That's really bouncing back and forth between trying to keep your emotions in the right space, and then trying to respond."

About The Importance Of Language 32:15 - 33:53

A CrossFit example would be AMRAP. If we show up to the gym and I say we're going to do a 20-minute AMRAP and you don't understand what an AMRAP is, how are you going to be successful even if you're super fit? AMRAP stands for as many rounds as possible. You have to understand the language of the workout to be successful. It's the same with school. If you can't answer the questions in the language that the professor has taught to you - and I'm not talking about English, I'm talking about whatever subjects - then you don't pass the test. We could go on a giving example after example of what that means. So this idea of values, if you haven't done the work to really write it down and you can't articulate it, you can't speak it out of your mouth, then it's not really a tool. It's just some idea. If it's just some idea, in those big moments of adversity, it won't be there for you. If you don't understand the meaning of that value and the meaning of that word and you're not authentically connected to it and you have not defined it in a way that means

something to you, then it's really not a tool. You can't use it in times of adversity and honestly, they're not even there for you when you're successful."

Action Item

1. Stop right where you're at and list five core values. Just make a short list. Take 30 minutes and think about it like this, the biggest rocks in your life, things you really know you believe in regardless of emotions and what anybody else says. Make a list. Just put five down, and then define them. Start yourself with that process. Think about the emotions that get the best of you. And then think about a value that would be the opposite of that. If you're a worrier, maybe it's hope. If you get angry all the time, maybe it's self-control. Think about something like that. Make that list. Get your mind thinking in a way that you could quantify this idea of values in your life.

Share

<https://jimharshawjr.com/share>

Episodes Referred

Michael Chandler: <http://jimharshawjr.com/99>

Website and Social

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

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

Facebook: <https://www.facebook.com/Jimmy-Hensel-111596050389028/>

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