



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success through Failure Podcast
Everything Is Possible When You Believe: Stories and Tactics of High Achievers

Action Plan Episode #262

What's holding you back? What's stopping you from believing that your hope, your dream, your wish is possible?

In this episode, we break down your limiting beliefs, talk about imposter syndrome, and challenge the voice in your head that says, "I'm not good enough. I'm not smart enough. I'm not capable enough." I share real world examples of people like you who leveraged their own unfair advantages-- like Bill Gates and Steve Jobs-- to create runaway success.

Quotes:

"Everything is possible when you believe; nothing is possible when you don't believe."

"People have fear. They're regular people just like you and me. "

Jim's story of trusting and betting on his belief

I wrestled a man by the name of Lincoln McIlravy, one of the greatest collegiate wrestlers of all time. He was a three-time NCAA Champion, a four-time finalist, *and* went on to be a world silver medalist. I wrestled him in his senior year at the National Championships. I get to face arguably the best pound-for-pound, undefeated, number one ranked wrestler in the country in the second round. And I'm an unseeded sophomore. My coach, Jon McGovern, who is now the head wrestling coach at Dubuque University, convinced me that I would beat Lincoln McIlravy. He assured me a hundred percent that everything is possible when you believe. I believed that this was possible. I stepped onto the mat to take on the number one undefeated wrestler in the country, and I proceeded to get my tail whooped. And it was terrible. It was ugly.

I bet it's not the ending to the story that you thought I was going to give you. But here's the deal, I had a 1 in 1000 chance of beating Lincoln McClravy. And the only chance that I had to increase those odds was if I believed and I did. I believed it was possible. So my chances increased tenfold from one in a thousand to one in a hundred.

Inspiring success stories of people whose beliefs and visions are bigger and stronger than the odds against them

Erik Weihenmayer, a mountaineer who climbed Mount Everest, kayaked some of the most dangerous unreasonable stretches of whitewater on the Grand Canyon. And he's blind!

Wilma Rudolph, born into a family of 22 children. She was number 20 out of 22. She was crippled as a child with polio. The doctors and experts told her she would never walk again. Well, she walked again. And then she didn't just walk, she ran. She became an elite runner and made it to the US Olympic team and won a gold medal. It didn't stop there, she did it, again and again, a three-time Olympic gold medalist.

Károly Takács, a pistol shooter in Hungary back in the 1930s who became the best in his country. Károly became a world-class pistol shooter, but because of his rank of Sergeant in the Army, he wasn't allowed to compete in the Olympics. The law changed after the 1936 summer Olympics, and he is not allowed to qualify to shoot for Hungary. The next year he trained for the World Championships, and a grenade went off in his hand, exploded, and blew up his right hand. Now he can't shoot with his right hand, which was his hopes, dream, goal, and wish. Everything he had worked for was gone because of an injury. He disappeared. He went underground for a whole year, and nobody knew where he went. The next year was the National Championships. He showed. Everybody was thanking him for showing up and showing support because they knew he was the best, but now he can't shoot anymore. To their surprise, he wasn't there to show support. He showed up because he will shoot! He has been practicing for the past year with his left hand, his non-dominant hand, and guess what? He won! He won the National Championships, and he's now the best in the country again. He came around to the 1940 and 1944 Olympic Games but was canceled due to the second World War. Again, all of his goals, hopes, dreams, and wishes were dashed. They're taken out of his own hand because of something outside of his control. So first it was the injury, now it's the World War. Two Olympic Games are gone. But still, he kept at it and won the Olympic gold medal in 1948 when it could have happened in 1936. He finally wins his Olympic gold medal.

Oprah Winfrey, born impoverished, a single mother who moved from state to state in her childhood. Oprah was sexually abused by a trusted family friend when she was young. She became pregnant at the age of 14, but now, she is one of the wealthiest women and one of the most recognizable names in the world.

Barack Obama got a Muslim name, but that didn't keep him from office along with all the other challenges he conquered.

Debunking doubt and imposter syndrome

Imposter syndrome is real. Impostor syndrome is a psychological pattern in which one doubts one's accomplishments and has a persistent internalized fear of being exposed as a "fraud". I too have those doubts about myself. After I became an All-American, I had to wrestle about 40 - 45 minutes later. I got pinned. It was a punch in the gut. Maybe I got lucky; I had all these coaches who happened to be All-Americans in my weight class. So I had these great training partners, and I just got lucky. Maybe I'm an imposter. These people who you look at, who you think are not imposters, they wake up with a bedhead. They forget where they put their keys. They get in arguments with their spouse, they have to work hard at making their success happen. They have to deal with their self-doubts, their imposter syndrome. They're just regular people. A great quote by Jackson Browne, "Remember that everyone you meet is afraid of something, loves something, and has lost something. Everyone you meet is afraid of something." People have fear. They're regular people just like you and me.

Like Jesus Christ from the Bible, he suffered from this problem. Jesus himself had pointed out that a prophet has no honor in his own country; a prophet is not respected in his own country like he is in other places. This is mentioned other times in the Bible that no Prophet is accepted in his hometown. Luke 4:16, there's a verse that says he left there and he went to his hometown. When Sabbath came, he began to teach in the synagogue, and many who heard him were amazed. People said, "Is he not Mary's son and the brother of James? Is he not this dude we play baseball down the street, who we saw growing up as a snot-nosed kid?" Jesus said to them, "Only in his hometown, among his relatives and in his own house is a prophet without honor."

I get on phone calls with people for clarity calls. and people can't believe they're talking to me. I'm just a dude. My friends don't even listen to my podcast; my family doesn't listen to my podcast, even my closest inner circle don't. Because

I'm just a dude. I'm just Jim, they've seen me mess up. they know I'm real. So don't let this mindset hold you back; you're not an imposter.

Action Item:

I want you to stay leveled up and listen to episode 259, where I talked about nine weird mindset, tactics, and hacks that you can use to create belief in yourself. Because I'm talking about creating belief in yourself and talking about everything is possible when you believe. No more "But uhh..." and all sorts of excuses. I want you to level up.

Take action. If it feels right for you to have a call with me, just go to <https://jimharshawjr.net/apply>. There's more in you; there's more potential in you. You just need to know that you're driving with the parking brake on. Let's release that thing.

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Episodes Referenced:

#202 "Yeah, but" Syndrome: Erasing Doubt and Believing In Your Capacity to Succeed <https://jimharshawjr.com/202>

#259: Nine(9) Weird Mindset Hacks That You Can Use To Break Limiting Beliefs <https://jimharshawjr.com/259>

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