



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #266

Heath Eslinger

Heath Eslinger is a dynamic leader and communicator who has been changing lives for over two decades. His passion for individuals and organizations to simply evaluate their circumstances and do things “a better way” has become contagious. His experience as a successful Division I wrestling coach has given him a training ground to see what it really takes to get an organization to believe in a system, buy into a philosophy, and perform at a high level. This experience, coupled with a passionate ability to communicate, makes him a speaker that listeners love to hear.

In athletics specifically, Heath realized as a coach that many athletes, parents, coaches and organizations were missing out on the true joy of the journey. Society has become so consumed with an immediate outcome that we have lost sight of the life lessons our journey teaches. “A Better Way” was developed to help parents, coaches, athletes, teams, and organizations get the most out of their journey by focusing on developing intrinsic qualities that will last a lifetime and carry you through some of life's most difficult times.

Top Quotes From This Episode

“The greatest coach in any individual's life is themselves.”

“The key to efficient travel is not just knowing where I'm going, but it's also being willing to be honest about where I start.”

“Don't get so consumed with what matters now that you completely lose sight of what matters most.”

“Where success and struggle intersect, you tuck tail and run, you fail. But when you look at it in the eye and face it, that's when you overcome it. That's when hope is created, resiliency is built, and your tank is full.”

"I truly believe that hope is the most needed prescription in the world today because despair is the most dangerous disease."

Show Notes

Heath Eslinger is a passionate speaker and consultant who has helped countless athletes, coaches, and parents to see and experience the true joy of the athletic journey. As a former Division I wrestling coach with a number of accomplishments under his belt, Heath is well-equipped to change the lives of athletes, coaches, and parents and help them get the most out of their athletic journeys.

This episode touches on the following key topics and ideas:

- Heath and how he made good time in the Ironman Triathlon (05:05)
- Heath's environment of success and how he followed his own plan (07:53)
- Being truthful and honest with yourself in a world of comparison (10:28)
- Finding your inner circle (13:14)
- Fear and anxiety decreases performance: Navigating through a society obsessed with outcome (13:52)
- Gaining perspective & cultivating long-haul attributes (16:30)
- Leaving coaching to do something bigger (20:10)
- Working with clients: Training, Educating and Making an Impact (23:45)
- Habits towards success (25:56)
- How Heath overcame failure (28:13)
- The qualities you value most (32:54)

List of Resources Mentioned in the Episode

• *7 Habits of Highly Effective People* by Stephen Covey Get it on [Barnes and Noble](#) | [Walmart](#) | [Amazon](#)

- [Franklin Covey](#)

- A Better Way Athletics

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Learn more about host Jim Harshaw, Jr. and how he can help you reveal failure as a path to success over at JimHarshawJr.com.

Other Episodes Referenced

[#27 Joe DeSena and How to Be a Spartan](#)

[#45 Navy Seal Mark Divine on Becoming Navy Seal Fit with an Unbeatable Mind](#)

[#85 Fitness Guru Tony Horton of P90X on the Psychology of Becoming Great](#)

Guest Website and Social

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