



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #303

Joe Hawley

Joe Hawley played Offensive Line in the NFL for 8 seasons with both the Atlanta Falcons and Tampa Bay Buccaneers. In 2017, after realizing his heart and body just weren't in it anymore, he decided to walk away. This decision left him feeling a wide array of emotions. Leaving the sport he spent his entire life playing— and without really knowing what to do next— he decided to explore his freedom for the first time.

That's when he decided to give everything he owned away to charity, bought a van, and hit the road on a trip across the country that completely changed his life. He traveled for almost two years exploring places all over the country; amazing national parks, beautiful scenic roads, and connecting with incredible like-minded people. But the most profound thing that happened to him during the entire experience— he found himself.

Now, he's on a journey to inspire others to find themselves, through his writing, speaking, and coaching.

He's the Founder of [The Härt Collective](#), an online community and group coaching program for former athletes and is currently in the process of writing a book.

Top Quotes From This Episode

"Take responsibility for where you're at. Take your power back. Know that you are in control of what you want to create. Look at failures as just lessons and learn to fail as fast as you can."

"Everything happens for a reason."

"Live with less so you can experience more."

"Spend your money on experiences, not stuff. Don't try and fill that void with a bunch of stuff, because it's just going to continue to fade. But if you can get outside your comfort zone and spend that money on experiences with your family, with your friends, those are things that really add value to your life."

Show Notes

This episode touches on the following key topics and ideas:

- **Draft Day (3:58):** Joe looks back on the day he achieved his childhood dream of making it to the NFL; the days leading to draft day.
- **Behind the NFL fame (7:04):** Joe on the struggles of a rookie player.
- **A roller coaster ride (11:13):** Joe shares the ups and downs of his career: his battle with depression, getting a 4-game suspension for taking Adderall, and almost getting released from the team; the turning point that pivoted his life and career back around.
- **Goodbye, NFL (17:10):** Joe relives the day he tore his ACL and MCL, which eventually led him to the decision to leave the sports scene.
- **The good times (21:21):** The fun side of being an NFL player; gaining fan accounts dedicated to his beard ([@FearHawleyBeard](#)).

Go catch this [interview on our YouTube channel](#) and see Joe's full beard—which has been dubbed as one of the top beards in the NFL.

- **When it's all over (21:53):** Transitioning out of professional sports proved to be a struggle for Joe. How Joe dealt with the identity crisis— that affected even his loved ones— after leaving a big part of his life behind.
- **Man, Van, Dog, Blog (25:48):** In the journey of enjoying his newfound freedom, Joe explored his own version of the [Productive Pause](#) through traveling and living a minimalist lifestyle.
- **What's your purpose? (27:58):** Despite the life-changing experiences he obtained through traveling, Joe sought a more purposeful life and anchored himself with the idea: "How can I be of service?" Which gave birth to [The Hart Collective](#): a community built exclusively for former male professional athletes, who are focused on reaching higher levels of success outside of sports.
- **Finding yourself (31:55):** Some of the effective tools that Joe utilizes for self-discovery are meditation and journaling.

List of Resources Mentioned in the Episode

[@FearHawleyBeard](#) (Official Twitter Of Joe Hawley's Beard (No affiliation with the real Joe Hawley))

Want to talk to a personal performance coach?

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

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Guest Website and Social

Joe Hawley

[Website](#) | [Instagram](#)

TheHartCollective.com

[Quantum Coffee with Joe Hawley podcast](#)

[Life Beyond the Game podcast](#)