



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #309

John Register

John Register is a two-time Paralympian, Paralympic Games Silver Medalist, Persian Gulf War veteran, and TEDx Motivational Speaker. He embraced a “new normal” in becoming an amputee following a misstep over a hurdle while training for the 1996 Olympic Games.

An Oak Park, Ill. native, John discovered how to “amputate his fear of disability” and founded the US Olympic Committee Military Sport Program in the early 2000s.

He has launched a book titled, [10 Stories to Impact Any Leader: Journal Your Way to Leadership Success](#), as business leaders return to work with their staff amid stressful circumstances surrounding the Coronavirus pandemic and the recent unrest in our cities.

John teaches others through his “Hurdling Adversity” speeches and podcasts to “amputate their fear and embrace their new normal.” He finds that “it is the personal stories that inspire teams more profoundly with greater impact.”

Top Quotes From This Episode

“Life can change with one wrong step and life can get back on track with one right step as well.”

“The ceiling can become the floor and we can elevate and spring off of that new floor that we have. And that's the new normal for me. It's never a destination, it's only a plateau by which we grow.”

“When my truth outweighs my fear, I will commit to the courageous act. I'll commit to a courageous life.”

“Only you can make the jumps that you need to make in life.”

Show Notes

This episode touches on the following key topics and ideas:

- **The life-altering misstep (3:30):** John takes us to the day of the accident that changed his life for good.
- **Anything can change (7:33):** John on the uncertainty of life; how things in our lives instantly change and shift us.
- **The recovery (9:23):** John shares his fear of losing his dreams and identity as an athlete and a husband after his amputation.
- **Network of support (13:10):** How the people around John— his family, the military, and his fellow athletes— played a role in his recovery and in facing his fears and self-doubts.
- **Change in perspective (14:20):** John talks about the impact of society and the deep-rooted societal stereotypes on the way we perceive people with disabilities.
- **Making the jump (17:08):** John credits his wife, Alice, on helping him embrace the "New Normal" mindset, which they have been practicing for over 20 years now.
- **Your truth outweighing your fear (24:03):** John shares his experience on attending an amputee camp where he experienced the valuable lesson of finding your courage to make the jump— literally and figuratively.
- **Challenge your truth (27:44):** Find the courage to ask others about the truth instead of living with the idea that you're not valuable, you're not capable and claiming that as your truth. But always be cautious with misinformation and ulterior motives.
- **Control your story (32:46):** Time builds up doubts, so when you're ready, go take that jump. Uncertainty is life, so take that leap in your life and live without regrets.

Tell me about a time when you failed. (37:02)

- John on experiencing failures during two speaking engagements which taught him about (1) staying in your lane, (2) developing relationships with people of varying expertise, and (3) ways to improve his public speaking skills.

What's an action item the listener can take in the next 24-48 hours? (40:57)

1. Create a mnemonic consisting of your core values for the word RESILIENCE, for example: Rituals, Endurance, Story, and so on... and place it somewhere visible to constantly help you get back into the game.
2. Find your silent spot that allows you to do your best thinking.

3. Download the free infographic at AmputateFear.com and see where you are on the journey from fear to freedom.

List of Resources Mentioned in the Episode

John Register's "[10 Power Stories to Impact Any Leader: Journal Your Way to Leadership Success](#)"

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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