



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #322

Charlie "The spaniard" Brenneman

For the 6th time (starting with episode 4 and now 322 😊), Charlie "The Spaniard" Brenneman is back on the Success Through Failure podcast for another crazy and insightful episode.

Charlie fought the scariest men on Earth, taught junior and senior high Spanish, won a reality TV show, and read incessantly for many years. My good friend—who is a UFC veteran, speaker, and author—calls upon his myriad personal and professional experiences and knowledge to inspire you, challenge you, and make you believe.

This time, Charlie joins us to give us a peek at the latest additions to his impressively long reading list, the 5 areas he actively pursues to become a life-long learner, and his habits that make him an elite performer.

Don't tell him, but it's always a fun time having Charlie on the show 😊 so don't miss it! Listen now!

Top Quotes From This Episode

"My philosophy of reading is all of these books are forming to shape my mind, so I take 1 to 3 things from every book and then apply it to my life."

"We're artists and we can either create our lives to be beautiful, terrible, or miserable and it's up to us."

"Learning gives you a better life. It makes you a better person. It helps you with your personal growth: improve your relationships, acquire a new skill, or you can simply be entertained."

Show Notes

This episode touches on the following key topics and ideas:

- **It runs in the family (6:47):** Charlie talks about building his environment of excellence by joining events like Iron Man and Spartan World Championship.
- **Charlie's reading list (13:05):**
 - Don Miguel Ruiz Jr's books:
["The Mastery of Self"](#)
["The Four Agreements"](#)
 - Danny Trejo's ["Trejo: My Life of Crime, Redemption, and Hollywood"](#)
 - Yeonmi Park's ["In Order to Live"](#)
 - Viktor E. Frankl's ["Man's Search For Meaning"](#)
 - Ben Mezrich's books:
["Bringing Down the House"](#)
["The Antisocial Network"](#)
["Bitcoin Billionaires"](#)
 - Rickson Gracie with Peter Maguire's ["Breathe: A Life in Flow"](#)
 - Michael D'Antonio's ["Hershey"](#)
- **5 areas to actively pursue to become a life-long learner (19:22):**
 1. Books (*Check out [Charlie's reading list](#)*)
 2. Podcasts
 3. Travel
 4. Actively pursuing conversations
 5. Documentaries
- **Be intentional (27:41):** Control the media that you allow and block into your life. Follow people that bring you value.
- **Habits of an elite performer (29:59):**
 1. Getting up early
 2. Exercising on a regular basis
 3. Drinking lots of water and black coffee
 4. Getting enough sleep
 5. Reading
 6. Taking handwritten notes to solidify learning

List of Resources Mentioned in the Episode

[Blinkist](#)

["21: Bringing Down the House Movie Tie-In: The Inside Story of Six M.I.T. Students Who Took Vegas for Millions"](#) (movie)

["The Social Network"](#) (movie)

["Schumacher"](#) (documentary)

["Seaspiracy"](#) (documentary)

["The River Runner"](#) (documentary)

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

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

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Other Episodes Referenced

[Wrestling with Greatness Episode 4: Interview with Charlie "The Spaniard" Brenneman](#)

[#10 Who is Jim Harshaw?](#)

[#217 Core Habits, Pursuing Your Calling, and High Performance: Charlie "The Spaniard" Brenneman Shares Insights](#)

[#235 Stop Wishing and Start Becoming: Discipline, Toughness, and the Pursuit of Excellence with The Spaniard](#)

[#272 Finding Time In Your Day: Discipline, Values, and Consistency with Charlie "The Spaniard" Brenneman](#)

Guest Website and Social

Charlie "The Spaniard" Brenneman

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

[The Spaniard Show podcast](#)