



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #342

Robert O'Neill

Robert O'Neill is one of the most decorated and recognized US service members for killing the world's most wanted man, Osama bin Laden.

Because of his courage in combat, Rob is a sought-after public speaker, author, and advocate for veterans.

He is also the bestselling author of *"The Operator: Firing the Shots that Killed Osama bin Laden and My Years as a SEAL Team Warrior."* Following its success, Rob, and his co-author Dakota Meyer, have released *"The Way Forward: Master Life's Toughest Battles and Create Your Lasting Legacy"*— which I had the privilege of reading in advance of its release (spoiler alert, it is phenomenal!).

"The Way Forward" presents Rob and Dakota's philosophy in combat and life. This isn't a book about the glory of war and combat, but one about facing your enemies, some who are flesh and blood and some that are in your mind— your doubts, your boredom, and your regrets.

In this episode, Rob takes us back to the historic mission in Abbottabad, Pakistan and the many facets of that he and his team had to handle right after the successful raid— from salutes and jealousy to his personal battle with PTSD. Tune in now.

Top Quotes From This Episode

"The only way to learn is to fail."

"You're going to screw up, learn from it— now, get over it. Don't dwell on it. You're not getting it back. Learn."

"You don't learn a lot from success. And what I've also learned is success causes complacency."

"Failure is misunderstood because a lot of people are afraid of it, and that's why a lot of people won't try."

"Panic is contagious, but so is calm. And as a leader, it doesn't matter what you feel. If you portray calm, your people will be calm."

"If you wanna be fast, slow down."

Show Notes

This episode touches on the following key topics and ideas:

- **His story (4:01):** Rob shares how he became a Navy SEAL
- **Training for the US Navy (5:18):** What's it like to go through the "hardest training in the world"?
- **Learning through failure (8:39):** Teaching you through negative reinforcement
- **Failure is misunderstood (12:40):** Rob on why the fear of failure hinders people to try things, which may lead to a sense of envy
- **SEAL Team (13:32):** How Rob went from SEAL Team 2 to SEAL Team 6
- **The raid (15:16):** Rob takes us back to the mission where he killed Osama bin Laden
- **Mission accomplished (23:03):** Rob on what transpired right after the successful raid
- **Finding humanity (25:31):** The "human element" behind the missions, the killings
- **The end (27:20):** Rob's moment of complacency through success
- **Everything has changed (28:12):** Rob reveals the resentment and jealousy he received when word go out he killed the infamous terrorist leader
- **SEAL ethos (30:25):** How rob feels about speaking publicly about killing Osama bin Laden
- **Treating his PTSD (31:37):** Rob shares his battle with PTSD using alternative treatments
- **"First Day" (34:19):** *"Fear is natural. It's ok to be afraid."*
- **"Stress is a choice" (35:47):** On getting used to [being uncomfortable](#)

What's an action item the listener can take in the next 24-48 hours? (37:23)

- Make a to-do list in order of priority, then delete everything except the top 5, and get those done
- Do a "stress log" and think about how you could have handled the situation

List of Resources Mentioned in the Episode

Robert O'Neill and Dakota Meyer's book, "[The Way Forward: Master Life's Toughest Battles and Create Your Lasting Legacy](#)"

Watch "[Zero Dark Thirty](#)"

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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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