



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #353

Travis Macy

Travis Macy is a speaker, coach, professional endurance athlete, and author of "The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life."

This finisher of over 130 ultra endurance events in 17 countries was a former classroom teacher with a Master's degree in Education.

His racing and adventure exploits have been covered by The New York Times, ABC, Penthouse Magazine, Runner's World, Adventure Sports Magazine, Competitor Magazine, UltraRunning Magazine, Trail Runner Magazine, and Breathe Magazine, among others.

After six long years, Travis is finally back on the Success Through Failure podcast!

This special crossover episode with The Travis Macy Show is all about risks. Here, Travis and I will share some personal risks we've taken and the lessons we've learned when things worked and— more importantly— when they didn't.

If you're currently contemplating on taking a big risk— or if you're afraid of taking one— this episode is for you, so don't miss it. Tune in now!

Top Quotes From This Episode

"Be grateful when something's on the table."

"Sometimes we look at risks and think, 'Oh my gosh, if I fail, all will be lost. I'll be at ground zero.' But as it turns out, usually, you're not. What happens in the long-term is yet to be determined."

"If you are on your personal legend and you're not going for it, there's a big risk to that."

"Life is a team sport. We can all lead. We can all follow. We can all give help and accept help. And you also get to pick your team."

Show Notes

This episode touches on the following key topics and ideas:

- **Throwback (2:27):** Listen to my first interview with Travis way back in episode 52: JimHarshawJr.com/52.
- **It's all about the risks (5:41):** Our views on taking risks.
- **Seeking control (7:14):** Travis on navigating uncertainty.
- **From employed to unemployed (09:00):** My short-lived role as an assistant coach at the UVA wrestling team.
- **Back to square one (11:09):** Travis on missing an opportunity to get his book published by a good publisher; how they recovered.
- **My first business (17:21):** From a business partnership gone wrong to finding the silver lining.
- **Go for it! (22:08):** Travis shares the time I encouraged him to join the Eco Challenge with his dad.
- **Putting coaching aside (29:41):** How I chose the path of great adventure in Guatemala.
- **You can always come back (35:05):** As they always say, when one door closes, another opens.
- **New environment (37:38):** The struggles of moving out in the midst of a pandemic.

List of Resources Mentioned in the Episode

Travis Macy's book, ["The Ultra Mindset"](#)

[Eco Challenge](#)

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!

How to Leave a Rating and Review for STF on iTunes

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

Other Episodes Referenced

[#52 Travis Macy, Author of The Ultra Mindset, Talks Success in Business, Sports and Life](#)

Guest Website and Social

Travis Macy

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

[The Travis Macy Show](#)