



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #368

Tom Ryan

Tom Ryan is the Head Coach of the Ohio State University Wrestling Team. It was his guidance and leadership that led the team to unprecedented heights by winning the 2015 NCAA National Championship, among many milestones.

He also had a decorated wrestling career as a 2x NCAA All-American, taking second in the 1991 NCAA Tourney and third in 1992 for the University of Iowa.

Tom embraced "chosen suffering" to become elite in what he does. This became the inspiration for his book, ["Chosen Suffering: Becoming Elite In Life And Leadership."](#)

It wasn't until he and his wife, Lynette, suffered the sudden death of their five-year-old son, Teague, that they encountered "unchosen suffering" in a way they never wished. In this fire, they found their faith and a process to push through the pain.

Tom joins us in this episode of the Success Through Failure podcast to share his passion for transforming ordinary lives into elite champions through his stories of unbelievable courage, strength, love, and faith. Tune in now!

Top Quotes From This Episode

"We can trick ourselves into thinking that the perfect plan guarantees things, [but] the reality is there are no guarantees."

"The world is full of people that tell themselves lies. We constantly lie to ourselves—I know I have many times—but when I get somewhere that's productive, I tell myself the truth and I have truth tellers around me."

"The world is powerful and the world wants to consume us. So we need people that understand that and help us fight it."

"Love is real. Love is the most powerful force in the universe."

"Failing is critical. And when you do [fail], be 'hard on yourself' not 'down on yourself.'"

Show Notes

This episode touches on the following key topics and ideas:

- **From Syracuse to Iowa (1:47):** Tom on following his dream of wrestling for Coach Dan Gable of the University of Iowa.
- **Process over outcome (2:54):** “Even the perfect plan executed perfectly can come up short.”
- **First workout (5:34):** Tom relives the first time he stepped into the University of Iowa’s wrestling facility.
- **Start small (10:03):** Be real with yourself. Tell yourself the truth.
- **No regrets! (12:39):** How Tom’s career didn’t end the way he wanted it to.
- **Controlling the space (13:48):** “Be the landlord of your mind.”
 - **(16:08)** Habits and routines to protect your thoughts.
- **Keep working! (19:25):** Tom on the power of mantras.
- **My priceless (20:53):** Tom’s search for truth after losing his healthy five-year-old son.
- **Here’s to hope! (26:08):** The catalyst for Tom’s book, “Chosen Suffering.”
- **“Everything was a fail!” (28:19):** The value of putting yourself in situations where you learn about yourself.

What’s an action item the listener can take in the next 24-48 hours? (30:00)

- Start with something really small; start somewhere

List of Resources Mentioned in the Episode

Tom Ryan’s book, ["Chosen Suffering: Becoming Elite In Life And Leadership"](#)

[Why I teach my children to fail | Jim Harshaw | TEDxCharlottesville](#)

Chet Scott’s book, ["Becoming Built to Lead: 365 Daily Disciplines to Master the Art of Living"](#)

[Lee Strobel's books](#)

Malcolm Gladwell’s book, ["Outliers: The Story of Success"](#)

[Listen to Jordan Peterson's motivational contents](#)

Andy Stanley's book, "[The Principle of the Path: How to Get from Where You Are to Where You Want to Be](#)"

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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