



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #399

Sherri Coale

As a high school coach, Sherri Coale never dreamed she'd one day be leading one of the biggest women's basketball programs in the country. But with grit and determination, she rose to the top.

Sherri grew up in a small town in Oklahoma, played college basketball at Oklahoma Christian, and then became a teacher and a high school basketball coach.

Then, Sherri was handed the keys to the University of Oklahoma women's basketball program. She turned around a struggling program and went on to a Hall of Fame career as the winningest women's basketball coach in OU history.

In this episode of the [Success Through Failure podcast](#), Sherri shares her wisdom and insights on leadership, building a basketball team from scratch, and overcoming adversity.

This episode isn't just for basketball enthusiasts; it's for anyone who wants to learn about life, leadership, and building something great.

Get ready to be inspired by the story of Sherri Coale, a true legend of women's basketball. Tune in now!

Top Quotes From This Episode

"Coaches don't win any games without great players."

"You have to know what you need and then go get it."

"That's not to say that you don't hurt when you lose. That's not to say that you're not devastated when your season ends before you think it should. It does mean that what happens at the end does not define you. And I think that's healthy, not just for coaches, but certainly for players."

"What a skill that is to take into your life— the ability to make your own decisions based on information and a sound thought process. That in and of itself would be enough reason to participate in sport."

"You know when you're in your lane of passion because you'd work on something for five hours and feel like you just got out of bed and you can't wait to go to work."

Show Notes

This episode touches on the following key topics and ideas:

- **Join the episode 400 giveaway! (0:35):** Win a Success Through Failure shirt by following my social media platforms, liking the pinned posts, and tagging 3 friends in the comments section!
 - [Facebook](#)
 - [Instagram](#)
 - [Twitter](#)
 - [LinkedIn](#)
- **[Share this episode!](#) (3:22):** Share the podcast on social media by tagging me and using the hashtag #STFpod.
- **Living the dream (4:27):** How Sherri became a Division I coach for the University of Oklahoma's women's basketball team.
- **First day of work (7:57):** Sherri takes us back to her first day as a major college basketball coach.
- **A blessing in disguise (9:34):** Why having great players is as important as having a great coach.
- **The setbacks along the way (14:41):** Sherri shares the failures she faced in her coaching career and what she learned from them.
- **Redefining success (19:46):** Focus and set goals on the things that you can control.
- **The power of asking questions (24:23):**
 1. You learn from asking questions
 2. It builds your self-esteem
 3. It improves your ability to make sound decisions
- **Post-game ritual (27:55):** Sherri explains the "post-game thoughts exercise."
- **The writer's life (31:34):** Sherri talks about her journey to becoming an author and her first book, ["Rooted to Rise."](#)

What's an action item the listener can take in the next 24-48 hours? (34:59)

- Write at least one handwritten note to someone every single day.

List of Resources Mentioned in the Episode

Sherri Coale's book ["Rooted to Rise: The Redwood Legacies of Life-Anchoring People"](#)

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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Guest Website and Social

Sherri Coale

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