



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #400

**Lessons from Bestselling Authors to Olympic Gold Medalists:
Celebrating 400 Episodes of Success Through Failure podcast**

Eight years and hundreds of hours in front of my microphone later, the Success Through Failure podcast has now reached 400 episodes!

I've had the privilege of speaking with some incredible guests like bestselling authors [Steven Pressfield](#) and [Tim Ferriss](#), ultra-endurance athlete [Rich Roll](#), Paralympic medalist [Bonnie St. John](#), ClickFunnels co-founder [Russell Brunson](#)—and the list goes on! Each interview is filled with stories of triumph and struggle.

So in this very special episode, let's take a look back at the biggest success through failure lessons from the past 100 episodes featuring my memorable interviews with the godfather of endurance racing, Dean Karnazes; "The Comfort Crisis" author, Michael Easter; Army Ranger from Black Hawk Down, Keni Thomas; Frank Schwartz aka Dark Helmet from F3; Olympic gold medalist, Lindsay Shoop; and UFC fighter, Michael Chandler.

This is not just any ordinary episode. This is a celebration of failure, success, and everything in between. Because if there's one thing I've learned over the past 400 episodes, it's that failure is not the end. It's just the beginning of great things— big and small.

Get ready to be inspired, motivated, and empowered to embrace failure like never before. Listen now!

Top Quotes From This Episode

"Mental toughness is learned. You don't become mentally tough without doing tough things."

"Leadership is in the service of others."

"As a leader, you're not going to make the right choice all of the time. [You're] going to make choices that are missional and non-missional."

"Can you handle your next failure, your last failure? Can you go back and reframe that as an opportunity for you to reach yet another level? To find even more success in your life?"

Show Notes

This episode touches on the following key topics and ideas:

- **Subscribe, listen, leave a review (4:15):** Subscribe to the Success Through Failure podcast ([iTunes](#) | [Spotify](#)) and don't forget to give us a rating and review!
- **[Share this episode!](#) (4:23):** Share the podcast on social media by tagging me and use the hashtag #STFpod:
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 - c. **Instagram:** [@jimharshawjr](#)
 - d. **LinkedIn:** [Jim Harshaw Jr.](#)

The biggest lessons from the past 100 episodes

Doing hard things

- **Push yourself to the limit (7:38):**

"At heart we're wild animals. So being kind of a feral beast, and in a way still pushing my body in that same sort of way, there's something very animalistic and very pure to who we are as a species." ([Episode 311 with Dean Karnazes](#))

- **Do a Misogi (10:10):**

"The idea is that once a year, I'm gonna do something really, really freaking hard outside. There are only two rules. One, it's gotta be really hard. You should have a 50/50 shot of finishing it. Number two is that you can't die." ([Episode 312 with Michael Easter](#))

Leadership

- **Setting an example for the people you serve (14:46):**

"We all serve somebody. And you learn very quickly that the people you're serving are the men and women on your left and your right." ([Episode 333 with Keni Thomas](#))

- **Reframe your choices (16:56):**

"I'm willing to accept that you made a choice that was 'non-missional,' but I don't know that I'm willing to accept that you made a bad choice. The only bad choice is if you're making a choice solely to serve yourself. That's a bad choice." ([Episode 360 with Frank Schwartz](#))

Mindset of a Winner After Failure

- **Be willing to let go of regret (20:03):**

"You can't control time, you can't control the past, you can't control other people, but you can decide how you wanna feel at the end of the day and the way that you want to emotionally live your life and go, 'okay, what do I need to do to be able to live that way?'" ([Episode 320 with Lindsay Shoop](#))

- **How to handle life after a loss (21:30):**

"I made three big mistakes. Number one is that I wanted to hide from the loss. Number two, I had skill amnesia. I somehow forgot how good I was. And number three, I found myself inside a jail cell of self-pity." ([Episode 323 with Michael Chandler](#))

List of Resources Mentioned in the Episode

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

Books by Greg McKeown:

["Essentialism: The Disciplined Pursuit of Less"](#)

["Effortless: Make It Easier to Do What Matters Most"](#)

Joe Pistone's book, ["Donnie Brasco: My Undercover Life in the Mafia - A True Story by FBI Agent Joseph D. Pistone"](#)

Watch: ["Donnie Brasco"](#)

Watch: ["Cool Runnings"](#)

Michael Easter's book, ["The Comfort Crisis Embrace Discomfort to Reclaim Your Wild, Healthy, Happy Self"](#)

["Chicken Soup for the Soul" books](#)

["The Go-Giver" series](#)

[Books by Ken Blanchard](#)

[Books by Jon Gordon](#)

Watch: ["Black Hawk Down"](#)

Mark Bowden's ["Black Hawk Down: A Story of Modern War"](#)

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

[#1 What You Can Learn from Successful People Who Wrestled](#)

[Check out all the solo episodes](#)

[#343 Simplify Life and Make Success Effortless with NYT Bestselling Author Greg McKeown](#)

[#334 Infiltrating the Mafia: Success, Failure, and Staying Alive with Joe Pistone aka Donnie Brasco](#)

[#327 From Ghetto to Greatness: The True Story of Jamaican Olympic Bobsledder Devon Harris](#)

[#320 Better Great Than Never with Olympic Gold Medalist Lindsay Shoop](#)

[#312 The Comfort Crisis and What To Do About It With Michael Easter](#)

[#316 Performance Beyond Exponential: Jay Abraham Shares the Philosophies Behind Breakthrough Mindsets](#)

[#307 Jack Canfield on How Exactly to Use Visualization and the Law of Attraction to Create Breakthrough Success](#)

[#311 Suffering, Affirmations, and the Value of Absurdly Hard Goals: Inside the Mind of Ultramarathoner Dean Karnazes](#)

[#340 Joe De Sena on Resilience for Families and the Spartan Lifestyle](#)

[#284 Author of The Go-Giver, Bob Burg: How and What to Give to Create Massive Success](#)

[#75 Speaker, Endurance Racer Rich Roll: How to Take Real Action Toward Living the Authentic Life You Want](#)

[#278 The Dos and Don'ts of World-Class Leadership from the Expert Himself: Ken Blanchard](#)

[#268 Deep Work, Digital Minimalism, and Doing Your Highest Value Work with Cal Newport](#)

[Episodes with Steven Pressfield](#)

[#158 Survival Instructor, Author, TV Personality Cody Lundin on Living a Meaningful Life](#)

[#246 & #247 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer](#)

[#36 Making Lists, Staying Fit and Other Leadership Habits of Big 12 Commissioner Bowlsby](#)

[#50 Russell Brunson of ClickFunnels and DotCom Secrets](#)

[#69 Strategy Before Tactics: Marketing for Growth in Business and Life with Duct Tape Marketing's John Jantsch](#)

[#79 Diamond Dallas Page: An Unlikely Journey to the Professional Wrestling World Title](#)

[#117 How to Find Your Purpose with Author, Speaker Jon Gordon](#)

[#116 A Process to Increase Productivity, Stay Focused and Get the Right Things Done with Worldwide Influencer David Allen of Getting Things Done](#)

[#85 Fitness Guru Tony Horton of P90X on the Psychology of Becoming Great](#)

[#300 Best of Episode: Top Hacks, Tactics and Strategies from the Most Popular Episodes](#)

[#312 The Comfort Crisis and What To Do About It With Michael Easter](#)

[#333 Black Hawk Down: Army Ranger Keni Thomas Recounts the Battle of Mogadishu and Powerful Leadership Lessons from the Battlefield](#)

[#360 Authentic and Practical Leadership Lessons that You Can Actually Use from F3 President Frank Schwartz](#)

[#323 Mindset of a Champion from a Champion: UFC's Michael Chandler on Success, Failure, and Your Journey to Greatness](#)

[#320 Better Great Than Never with Olympic Gold Medalist Lindsay Shoop](#)