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Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #404

How LeBron James and Steph Curry Found Their Winning Ways: Profile in Failure

LeBron James and Steph Curry are two of the greatest basketball players of all time. But their success didn't come easy. In fact, it was their ability to rebound from failures and adversities that made them the MVPs of the game— and in life.

LeBron James faced criticism and scrutiny early in his career, but he never gave up, working tirelessly to improve his game and eventually leading his team to multiple NBA titles.

Steph Curry, on the other hand, battled a series of injuries that threatened to derail his career, but he refused to let them define him. Instead, he used this to become a better player, and earned a reputation as one of the greatest shooters in the history of the game.

In this Profiles in Failure episode of the #STFpod, I take a deep dive into the backstories of these two legends, who are front and center in the sports world now and the challenges they've faced getting to and maintaining their elite levels of performance.

Discover how LeBron and Steph turned their setbacks into opportunities for growth and success. Get ready to be inspired by their stories of resilience, determination, and unwavering spirit. Tune in now!

Top Quotes From This Episode

"Money doesn't do anything when your ego's involved."

"A lot of people are 'supposed' to be great, but greatness doesn't always just happen."

"That's the difference between hard work and inspired action. Your vision and your values have to be connected to, be tethered to your goals. Otherwise it's just hard work."

"You have to push yourself. You have to operate at the highest level. You have to have the mental fitness. You have to have the teammates around you. You have to

say the right things and do the right things and take the right actions and have a purpose behind what you're doing, so that it's inspired action and not just hard work."

Show Notes

This episode touches on the following key topics and ideas:

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Failure Profile: Stephen Curry and LeBron James

1. Overcoming Adversity (5:54):

Steph Curry has faced several injuries throughout his career, including ankle and knee injuries that sidelined him for significant periods of time. Despite these setbacks, he has come back stronger and continued to perform at a high level.

Meanwhile, LeBron James faced intense scrutiny and criticism early in his career when he failed to win a championship in his first several seasons. However, he continued to work hard and eventually led the Miami Heat to two NBA championships.

What about you? Can you imagine if you were criticized in public for decisions that you've made and even the things you have no control over? How would you rise above it?

2. Mental Toughness (9:30):

Both Curry and James have had to deal with the pressure and expectations of performing at the highest level, often in high-stress situations such as the NBA playoffs. They have both talked about the importance of staying focused and not letting external factors distract them from their goals.

Both have also spoken about the importance of mindfulness and meditation in helping them stay mentally sharp and focused on the court.

James went even further to rebranding "mental health" as "mental fitness," giving a very stigmatized topic a positive connotation.

3. The Importance of Failure (13:23):

Curry has talked about his early struggles in the NBA, including a period where he was frequently injured and struggling to find his place on the Golden State Warriors. However, he used these failures as motivation to work harder and eventually became one of the best players in the league.

James famously lost his first NBA Finals appearance in 2007 with the Cleveland Cavaliers. However, he used this experience as motivation to work harder and eventually won multiple championships with the Miami Heat and the Cleveland Cavaliers.

How about you, how would you rebound from your failures?

4. Leadership (14:27):

Curry is known for his positive attitude and supportive leadership style, often encouraging his teammates and lifting them up during difficult times. He has also been recognized for his ability to lead by example, both on and off the court.

LeBron James has been a vocal leader throughout his career, often speaking out on social issues and using his platform to effect positive change in his community.

5. The Power of Hard Work (16:19):

Both Curry and James are known for their incredible work ethic and dedication to their craft.

1. Curry is renowned for his pre-game warm-up routine, which includes hours of practice on his shooting and ball-handling skills.
2. Curry has also talked about how he constantly seeks out feedback and criticism in order to improve his game, both from his coaches and his teammates.
3. James is known for his intense workouts, which often include grueling cardio and strength training sessions.

What about you? Are you actually putting in the work?

6. The Importance of Teamwork (17:06):

Curry has been praised for his ability to work well with his teammates and create a positive team culture. He has talked about the importance of trust and communication in building a successful team.

James has also emphasized the importance of teamwork throughout his career, often citing the importance of building strong relationships with his teammates and coaches. He has also been known to take younger players under his wing and mentor them.

Do you have that? Do you have these things around you? Because that is what is required to get to your next level.

List of Resources Mentioned in the Episode

[Calm x LeBron James](#)

Watch: [LeBron James meditating during a game](#)

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](https://jimharshawjr.com/APPLY)

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Other Episodes Referenced

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[#155 Making Success Easy\(er\): Turning Hard Work Into Inspired Action](#)