



# **JIM HARSHAW, JR.**

*Clarity of Action. Peace of Mind.*

Success Through Failure Podcast

Action Plan Episode #412

## **7 Navy SEALs, 7 Lessons: How Failure Fuels Success**

The very thing most of us fear... Navy SEALs embrace. In a world where failure is often seen as a weakness, these great warriors reveal the true power of falling short.

In this special episode of the Success Through Failure podcast, we look back on the life-altering experiences of 7 Navy SEALs that I've interviewed in the past. Here, we uncover their extraordinary journeys not through their feats of heroism, but through their moments of failure.

These men have fought on the front lines of some of the most dangerous conflicts in modern history, and they've all experienced failure in some way. But it's not just about the failures themselves— it's about how these SEALs approach failure and use it to their advantage.

Through their stories and insights, these SEALs show us that success is not about never failing, but about learning from failure and using it to become stronger. It's about embracing the struggle and using it to become the best version of ourselves. Tune in now and explore the true nature of success through the eyes of these 7 Navy SEALs.

### **Top Quotes From This Episode**

*"You're going to screw up. Learn from it. Get over it."*

*"Failure is when you run out of time, talent, or strength."*

*"If you quit, you're guaranteed not to succeed. If you don't quit, you still have a chance."*

*"Gratitude is having an orientation towards recognizing and celebrating the good, even when things are bad."*

## Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (1:18):** Share the podcast on social media by tagging me and using the hashtag #STFpod:
  - a. Facebook: [@jimharshawjr](#)
  - b. Twitter: [@jimharshaw](#)
  - c. Instagram: [@jimharshawjr](#)
  - d. LinkedIn: [Jim Harshaw, Jr.](#)

- **Failure as a necessary part of training (1:42):** Robert O'Neill explains how failure is built into Navy SEAL training and serves as a tool for learning and improvement.

*Failure is part of the process of growing and getting better.*

- **Failure as Running Out of Time, Talent, or Strength (4:12):** Eric Davis defines failure as running out of time, talent, or strength and distinguishes it from quitting and stopping.

*Failure doesn't mean you're not good enough or you're not worthy enough.*

- **The Importance of Not Quitting (5:44):** Rorke Denver emphasizes the significance of not quitting in SEAL training and the potential for success by persevering.

*If you quit, you're guaranteed not to succeed. If you don't quit, you still have a chance to succeed.*

- **Embracing Failure for Real Problem Solving (7:35):** Thom Shea discusses how the SEAL community plans for and embraces failure to uncover real problems and enhance performance.

*Failure makes you stronger, and it's an essential part of the training of the greatest warriors in the world.*

- **Slowing Down and Savoring Moments (10:47):** Jeff Eggers highlights the need to slow down, savor moments, and find stillness amid the busyness of the digital age.

*Slowing down and savoring moments is an important part of learning from failure.*

- **Practicing Gratitude (12:17):** Pat Dossett discusses the importance of cultivating gratitude as a way to find silver linings in challenging situations. He emphasizes the SEALs' ability to practice gratitude in real time and utilize it for energy and resilience.

- **Cultivating the Inner Domain (13:36):** Mark Divine emphasizes the significance of cultivating the inner domain, which includes self-awareness, intuition, and a deep sense of oneself. He highlights the importance of understanding one's purpose and how it contributes to personal growth and success.

### **List of Resources Mentioned in the Episode**

[JimHarshawJr.com/SEALs](http://JimHarshawJr.com/SEALs)

### **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](http://JimHarshawJr.com/APPLY)

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### **Other Episodes Referenced**

[#342 The SEAL Who Killed bin Laden: Robert O'Neill on Fame, Jealousy, and PTSD](#)

[#166 What Are You Bred For? Former SEAL Eric Davis on Happiness, Failure, and Doing the Little Things](#)

[#163 Courage, Suffering, and Doing Hard Things: Insights on Living from former Navy SEAL Rorke Denver](#)

[#132 How To Master Your Inner Dialogue with Retired Navy SEAL Thom Shea](#)

[#174 The 3 Myths of Leadership: Navy Seal and McChrystal Group Executive Director Jeff Eggers](#)

[#265 Navy SEAL and co-founder of MadeFor Pat Dossett on Optimal Performance, Entrepreneurship, and Failure](#)

[#45 Navy Seal Mark Divine on Becoming Navy Seal Fit with an Unbeatable Mind](#)