



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #417

Laban Ditchburn

Meet “The World’s Best Courage Coach” Laban Ditchburn, a genuine example of transformation. Childhood troubles of all sorts led him to find validation in every wrong place. But through self-discovery, humility, and hard work, he conquered his addictions, negative habits, and limiting beliefs to create the success that he enjoys today.

Now, Laban is physically, mentally, spiritually, and emotionally in charge of his own destiny. He reshaped his body, swapping sixty pounds of body fat with thirty pounds of muscle, and found a cure for his 17-year battle with an “incurable” autoimmune disease in the process. He now gets his highs from the world’s toughest ultra-marathons and searching the planet for the world’s best steak.

As the World’s Best Courage Coach, Laban shares what he’s learned about conquering demons and being unstoppable in getting where you want to be. He hosts his own podcast and YouTube channels “Become Your Own Superhero,” and created the “Podcasting Heroes” movement, a training program specializing in teaching digital creators how to connect, bring on to their show, and form deep connections with world-class A-list guests.

As an author, Laban’s debut and internationally acclaimed book “Bet on You” is a raw, hilarious, and inspiring must-read message of hope, inspiration and motivation for those wanting to take action. A word of warning, this book is not for the fainthearted— only for the willing!

Whether it’s online or in person, Laban is utterly committed to being the best he can be— as a father, a coach, and as an inspiration to those looking for someone to look up to in changing their lives. So don’t miss this interview!

Top Quotes From This Episode

“Comparison is the thief of joy.”

“The people that have gone through the most amount of pain end up being the most successful in the healing journey in my personal experience.”

"You know that famous saying 'Success leaves clues,' right? I would say failure leaves clues as well."

"And the encouragement for anyone in terms of putting themselves in a physical situation like this, that the impact, flow and effect of being able to overcome that adversity has bled into every other aspect of my life. For people ... who are a bit more like my background, who are mediocre at lots of things: if you can find something that you can overcome like that, it will shift literally every other cell in your being and allow you to lean into this place of absolute magnificence."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode! \(1:59\)](#)**: 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.](#)
- **Openness to opportunity (3:13)**: Laban shares the moment at his lowest low when he saw his shot at redemption and took it.
- **When enough is enough (9:45)**: The self-honesty required to ask yourself the hard question of how far you're willing to go for your goals.
- **Difficult decisions changing lives (14:02)**: Laban talks about a real-world example of how his marathon run made him break his limits.
- **Dry fasting (19:12)**: How his personal practice helped Laban and his wife to overcome their health challenges.
- **A gift from Les Brown (21:54)**: Laban opens up about the backstory of his book, "Bet on You," and the hurdles he faced while penning his personal journey for the world to discover.
- **Become your own superhero (25:51)**: Laban spills the beans on how he scored Les Brown as a guest on his show, all while having just 10 subscribers.
- **The secret to success (30:03)**: Eliminating negative self-talk— either from you or from other people— will help reframe your mindset and pave the way for successfully achieving your goals.
- **What's an action item the listener can take in the next 24-48 hours? (33:30)**: Find your own genius-level experience at something— no matter

how small— and lean into it every day, no matter how uncomfortable life's circumstances may be.

List of Resources Mentioned in the Episode

Laban Ditchburn's book, "[Bet On You](#)"

Listen to Anna Ditchburn's "[Happy on the Inside](#)" podcast

Sergei Filonov's book, "[20 Questions & Answers About Dry Fasting: A Complete Guide To Dry Fasting](#)"

Les Brown on [Youtube](#)

Brian Weiss's book, "[Many Lives, Many Masters: The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives](#)"

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

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

[#336 West Point Director of Performance Dr. Nate Zinsser on How to Create a Confident Mind](#)

Guest Website and Social

Laban Ditchburn

[Website](#) | [Instagram](#) | [Twitter](#) | [Facebook](#) | [YouTube](#)