



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #448

Akeem Shannon

Through a series of stumbles, falls, and hurdles, Akeem Shannon learned that failure isn't the end— it's often the beginning of something greater.

Akeem's journey starts with humble beginnings— facing failures and navigating through rough waters. Yet, despite the odds, he didn't just survive; he thrived. From college dropout to CEO of an Inc Magazine Top 50 Fastest Growing Consumer Brand, Akeem's story is one for the books.

In this episode of ["Success for the Athletic-Minded Man,"](#) Akeem peels back the curtain on his rollercoaster journey through the American business reality TV series, "Shark Tank," where his product, Flipstik, captured the hearts of audiences and judges alike, proving that persistence pays off— even when the odds seem stacked against you.

But Akeem's journey isn't just about entrepreneurship. It's about the power of mindset.

Drawing from his athletic background, he shares how he transformed self-doubt into unwavering belief. Think of it as training for the mind, where each setback is just another opportunity to flex your resilience muscle.

Join us as we uncover the highs, lows, and unexpected victories of Akeem's inspiring journey. Get ready for a story of resilience, redemption, and the relentless pursuit of success!

Top Quotes From This Episode

"It's just been an incredible journey of failure, success, and then failure again with lots of setbacks, but man, I wouldn't trade it for the world. It's been truly a great pleasure to be on this trip."

"I'm just going to take the next step. If it's not enough after I take the next step and I'm not feeling it, I won't take another. But what I found was every step that I took, I got closer and that was enough because I'm seeing the progress start to happen."

"If you believe in yourself, you can go do it, but it starts with the mindset."

"You have to protect your mind. When my mindset is off, my business is off, my relationships are off, everything's off."

"Take the first step. You can't take a second step if you don't take the first one. If you just choose to take the next first step that you have, not only is it possible and easy for you to achieve, but when you see some momentum happening from it, all of a sudden, it's like, 'man, I think I want to do this again.'"

Show Notes

This episode touches on the following key topics and ideas:

- **The Journey Begins (1:49):** How Akeem went from being a college dropout to CEO of Inc Magazine's Top 50 Fastest Growing Consumer Brand.
- **The Shark Tank Experience (20:39):** Akeem introduces his product, Flipstik, and recalls how it caught the attention of influential figures like Diddy and Snoop Dogg.

Akeem shares his excitement about pitching Flipstik on Shark Tank but faces unexpected challenges with the episode's airing due to the 2020 pandemic and election coverage.

- **Lessons Learned (32:49):** Akeem reflects on his negative mindset during his athletic days and contrasts it with his later entrepreneurial journey.
- **What's an action item the listener can take in the next 24-48 hours? (36:10):** The importance of protecting one's mindset, taking small actionable steps, and staying focused on achievable goals.

List of Resources Mentioned in the Episode

["The Alchemist"](#) by Paulo Coelho

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

[#398 From Geno Auriemma to Bruce Arena: Dr. Tom Perrin's Work with the World's Best Coaches](#)

Guest Website and Social

Akeem Shannon

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