



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #462

D.J. Eagle Bear Vanas

Have you ever wondered how deep the connection between pain and progress can go?

Join me on this episode of ["Success for the Athletic-Minded Man" podcast](#) as I sit down with D.J. Vanas.

D.J. is not only a bestselling author and keynote speaker, but also an enrolled member of the Ottawa tribe and a former U.S. Air Force officer. His unique journey from overcoming the hardships of a troubled childhood to delivering programs for NASA, Disney, and the U.S. military is nothing short of inspiring.

In this episode, D.J. shares the profound lessons from his book, ["The Warrior Within."](#) mental toughness, and tribal traditions— particularly a powerful and intense ceremony that made my jaw drop! Curious? You'll have to listen in to hear how this ritual pushes the boundaries of physical and mental endurance.

D.J.'s story is a testament to harnessing inner resilience, much like how athletes push through physical limits. His insights will also challenge you to reflect on your own journey, urging you to push beyond your comfort zones and strive for excellence in every aspect of your life.

Tune in to discover how you can adopt a warrior spirit to achieve clarity, focus, and consistency in business and life. Don't miss out. Listen now!

Top Quotes From This Episode

"One of the most important elements in creating a life of success— however you define that— is surrounding yourself with the right people."

"The goal is always to become better. No matter how good we've been, no matter how much we've struggled, we can always do better going forward. [But] we can't

do that when we're our own worst enemy, when we don't reach out and ask for help or say, 'Hey, I don't know all the answers here.'"

"If we are not put here to serve others, why are we here at all?"

"The hardest, most painful things we ever go through in life bring out the best stuff we never knew we had."

Show Notes

This episode touches on the following key topics and ideas:

- **Early Life and Motivation (2:28):** Born to teenage parents in poverty, D.J. grew up amidst challenges like unemployment, addiction, and suicide. His drive for a better life led him to excel in school and athletics, inspired by biographies of great leaders like Chief Joseph and Teddy Roosevelt.
- **The Impact of Mentorship (8:47):** D.J. reflects on the pivotal role mentors played in his life. He credits his parents' work ethic and his teachers' tough love for shaping his character.
- **Dealing with Crushed Dreams (17:54):** D.J. shares a pivotal moment from his time at the Air Force Academy when he was told he would never fly due to poor eyesight. This crushing news forced him to reevaluate his path and ultimately led him to discover new opportunities.
- **Service as a Core Value (21:05):** D.J. discusses the importance of service in all aspects of life. He explains how service is central to his Native American heritage, where a warrior is defined by their contributions to the tribe.
- **Mental Toughness and the Warrior Spirit (26:21):** D.J. delves into the concept of the Warrior Spirit, which involves a relentless belief in moving forward and fighting for something bigger than oneself. He explains how traditional warrior training in Native American culture, involving difficult ceremonies and physical challenges, builds mental toughness.
- **What's an action item the listener can take in the next 24-48 hours? (35:04):** Write down 10 moments where you displayed bravery and courage. Reflecting on these experiences helps build a "courage reservoir" to draw upon in future challenges. This practice reinforces mental toughness and self-confidence.

List of Resources Mentioned in the Episode

["The Warrior Within: Own Your Power to Serve, Fight, Protect, and Heal"](#) by DJ Vanas

[WATCH] [Discovering Your Warrior Spirit with D.J. Vanas](#)

[READ] [Good genes are nice, but joy is better](#)

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

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Other Episodes Referenced

[#420 What's Your Legacy? 9 Ways to Leave Your Mark on the World](#)

Guest Website and Social

D.J. Vanas

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