



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #466

Dr. Kevin Basik

What does it take to go from ordinary to extraordinary?

In this episode of "[Success for the Athletic-minded Man](#)" podcast, I sit down with Dr. Kevin Basik, Chief of Leadership Programs at the National Medal of Honor Institute, to uncover the secrets behind the valor of Medal of Honor recipients and how their habits can skyrocket your success.

Kevin introduces us to the concept of the Medal of Honor and the profound stories of those who've received this highest award for valor in combat. These individuals, though everyday individuals, performed extraordinary acts in the face of extreme adversity.

Their stories are not just about military bravery but about the universal values of integrity, courage, sacrifice, and commitment. Kevin's mission is to inspire and equip us with these values to navigate our own life's battles.

Kevin also shares powerful battle cries that you can adopt to stay motivated through life's toughest challenges.

This episode is your blueprint to translating heroic bravery into everyday success. Ready to discover your inner hero and transform your life? Tune in now!

Top Quotes From This Episode

"Fear hates reps."

"Growth mindset is all about adding the word 'yet.' I can't do this, yet."

*"It's better to have a hole in your organization than an a-hole in your organization."
(Adam Grant)*

"One of the battle cries that gives us confidence and helps us in the storm is to breathe. Just breathe. Because if you stop or you're not breathing properly, things start to spiral on the control."

Show Notes

This episode touches on the following key topics and ideas:

- **What is the Medal of Honor? (2:28):** Dr. Basik explains that the Medal of Honor is the nation's highest award for valor in combat, awarded to individuals who perform extraordinary acts of bravery.
- **National Medal of Honor Institute (4:16):** Dr. Basik introduces the National Medal of Honor Institute, located within the upcoming National Medal of Honor Museum in Arlington, Texas. Its mission is to inspire and equip people through the stories and values of Medal of Honor recipients.
- **The Courage Catalysts (9:49):** Dr. Basik shares three key catalysts for courage that are common among Medal of Honor recipients: competence, confidence, and commitment, and how these can be applied in everyday life challenges.
- **The Storms of Life (23:20):** The three phases of life's storms: before, during, and after. He discusses how each phase brings unique challenges and how understanding them can help us navigate them and achieve post-traumatic growth.
- **Battle Cries and Creeds (26:04):** Dr. Basik explains the importance of battle cries and creeds as tools for overcoming the storms of life.
- **What's an action item the listener can take in the next 24-48 hours? (33:51):** Dr. Basik recommends to read some creeds, and say, "what would mine be?" The clearer your battle cry is, the easier it is to cross the gap and bring your commitments to life. *(Check out the last page for the printable copy of the battle cries and creeds from Dr. Basik)*

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Other Episodes Referenced

[#462 Echoes of the Ancestors: D.J. Vanas on Modern Warrior Spirit](#)

Guest Website and Social

Dr. Kevin Basik

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

BATTLE CRIES AND CREEDS

Before the Storm

- The power of “yet”: I don't know how to do this *yet*.
- “What if it goes wrong” is catastrophizing. Instead, say, “what if it goes right.”
- Brene Brown: We do hard things in this family.

During the Storm

- Maximus from “Gladiator”: If we stay together, we survive.
- Stoics: This too shall pass.
- Control what you can control.
- Just breathe.
- Lou Holtz: WIN (What's Important Now)
- NASA: Failure is not an option.
- Let go and let God.

After the Storm

- If I can survive that, I've got a resource, I've got a story. Scars tell stories.
- Failure is an event. It is not an identity.
- New Zealand, All Blacks: To keep our culture right, we need to have humility.
- James Kerr: Sweep the sheds.
- Warrick Dunn: I can be bitter or I can be better.
- Play like a champion today.

