



# **JIM HARSHAW, JR.**

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*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #468

**Fletcher Brown**

Imagine being in the icy grip of the North Atlantic— waves crashing around you, fighting to save lives as your helicopter teeters on the brink of disaster, knowing that every decision you make is the difference between life and death.

For Fletcher Brown, a retired US Coast Guard rescue pilot, this was just another day at the office.

In this powerful episode of ["Success for the Athletic-Minded Man" podcast](#), Fletcher shares his extraordinary experiences of bravery and precision that will blow your mind.

From saving two boys clinging to bamboo in a raging river to surviving not one, but two helicopter crashes— Fletcher's experiences are a testament to the power of training, teamwork, and sheer determination.

But this isn't just about harrowing rescues, it's about the lessons learned in the cockpit that can be applied to your life and career.

Whether you're aiming for a personal best in your next race or striving to close that big deal at work, Fletcher's insights on discipline and resilience will inspire you to harness your athletic drive for greater clarity, consistency, and focus.

Make sure to listen until the end for a surprising twist that reveals a unique connection between Fletcher and me! Tune in now for a dose of real talk on success and heroism.

## Top Quotes From This Episode

*"You got to have a goal. If you don't have a goal, where are you headed? You're a ship without a rudder. Once you got a goal, you got to have a plan to get there."*

*"You're going to have failures and lessons on anything you attempt to do. So the real key to success is, did you learn from those lessons? And in the future, did you apply the solutions that you figured out would help that situation?"*

*"If what you did resulted in saving somebody's life, or even significantly improving their life, you got all the reward you're ever gonna need."*

## Show Notes

**This episode touches on the following key topics and ideas:**

- **Coast Guard Legacy (2:11):** Fletcher shares his family's deep ties to the Coast Guard, dating back to its inception and detailing the adventurous and heroic paths of his grandfather and father.
- **Personal Journey (8:31):** Fletcher recounts his unexpected path to the Coast Guard and his rigorous training, culminating in a distinguished career as a rescue pilot.
- **Harrowing Rescues (14:41):** Incredible tales of bravery, including rescuing two boys from a flash flood in Puerto Rico and a dramatic North Atlantic rescue under severe weather conditions.



*The crew and the people rescued standing outside of the helicopter.*

- **Unscheduled Water Landings (20:55):** Fletcher's experiences with two emergency water landings, highlighting the intense training and quick thinking required in life-or-death situations.
- **Lessons from a Lifetime of Service (34:48):** Fletcher emphasizes the importance of goal setting, planning, teamwork, and learning from failures in both life and career.

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