



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast  
Action Plan Episode #478  
**Bo Eason**

What does a 9-year-old with a big dream, a crayon, and a piece of paper have in common with a top NFL draft pick and a Broadway star?

They're all the same person: Bo Eason.

At just 9 years old, Bo declared he'd become the best safety in the world— and stuck with that goal until he was drafted as the NFL's top safety.

He started his career in the NFL as a top pick for the Houston Oilers, continuing on with the San Francisco 49ers. During his 5-year career, Bo competed beside and against some of the greatest players of his generation.

But when a career-ending knee injury shattered his dream, Bo didn't stop— he once again defied the odds— this time by taking his personal story to Broadway. His one-man play, "Runt of the Litter," was declared *"one of the most powerful plays in the last decade"* by *The New York Times*.

Now, Bo helps the world's top leaders and performers master the art of storytelling to inspire, motivate, and win.

In this episode of "Success for the Athletic-Minded Man" podcast, Bo breaks down his *No Plan B* strategy for overcoming setbacks and reveals why the biggest limitations are the ones you place on yourself.

If you've ever felt like the world is telling you "no," Bo's story is here to remind you that it only takes *one* person to say "yes"— *you*. Don't miss this episode!

## **Top Quotes From This Episode**

*"The only people whose dreams never come true are the people who stay crying. You can cry, but you gotta get up eventually, you gotta re-engage."*

*"The people who have the most options in life usually are kind of mediocre. The people who have no options but the gold medal usually win the gold medal."*

*"Master one thing, master all things."*

## **Show Notes**

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

- **Share this episode! (2:44):** Share the podcast on social media by tagging me and using the hashtag #SAMpod:
  - **YouTube:** [@jimharshaw1](#)
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  - **LinkedIn:** [Jim Harshaw, Jr.](#)
  
- **Bo Eason's Childhood and NFL Aspirations (3:20):** Bo recounts the moment when he declared he wanted to become the best safety in the NFL when he was just nine years old. The importance of perseverance when results are slow or non-existent.
  
- **Building a Winning Mindset (6:01):** Bo discusses He shares his experience of playing high school football with his brother, Tony Eason, who later became an NFL quarterback.
  
- **"Becoming" Your Vision (9:41):** Bo elaborates on how he began acting like the best safety right after making his declaration, treating people, training, and living as if he was already a top player.
  
- **Success Principles (16:48):** Bo reflects on the two principles that made him a successful NFL player and then a world-class stage performer, screenwriter, and motivational speaker.
  
- **Learning from the Best (19:32):** Bo shares a story of receiving mentorship from Al Pacino and Frank Darabont, illustrating the value of surrounding yourself with people at the top of their game.
  
- **The Power of Storytelling (29:10):** Bo delves into the concept of personal storytelling as a tool for connection and influence. Whether in business or personal pursuits, being able to articulate your vision and invite others to participate is a powerful asset.
  
- **"There's No Plan B for Your A Game" (34:13):** Bo shares the inspiration behind his book, which details the principles of committing fully to a single path without the safety net of a backup plan.

- **Get a Dawn (37:03):** Bo introduces the concept of having a "Dawn"— a dedicated supporter who is unwavering in their commitment to your dreams.

### **List of Resources Mentioned in the Episode**

["There's No Plan B for Your A-Game: Be the Best in the World at What You Do"](#) by Bo Eason

### **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](http://JimHarshawJr.com/APPLY)

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### **Other Episodes Referenced**

[#463 Transform Your Life with a Pathfinder Vision: The Secret to Achieving Your Dreams](#)

[#384 Green Beret Scott Mann and Operation Pineapple Express: The Dramatic Rescue of Afghan Partners During the US Evacuation](#)

[#472 Nobody is Coming to Save You: Scott Mann's Guide to Leadership](#)

### **Guest Website and Social**

**Bo Eason**

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