



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast
Action Plan Episode #490
Bruce Babashan

What would you do if a kid from halfway around the world showed up at your gym, broke, unable to speak English, and declared, “*Me, champion*”?

That’s exactly what happened to Bruce Babashan— a boxing coach with a heart for transformation and an eye for talent.

But this story isn’t just about boxing; it’s about grit, mentorship, and the choices that define success.

In this episode, Bruce shares the journey of Alex, a young Romanian boxer who sacrificed everything to chase his dream in America. From sleeping outside the gym to crushing opponents in the ring, Alex had it all... until one wrong decision shattered it.

Together, we unpack what it really takes to succeed, why process beats passion, why your circle of friends matters more than you think, and why the climb to the top is as much about mindset as it is about talent.

Whether you’re chasing your first million, running a marathon, or building a legacy, this episode is your ultimate playbook.

Don’t miss the lesson Bruce shares on how success can be lost faster than it’s gained— and how you can avoid the same fate. Tune in now!

Top Quotes From This Episode

“Being successful and knowing how to handle success are two different things.”

“Everything in life is a process. Part of your process is who you choose to associate with, who you choose to have in your life, and who you choose to be around that creates the environment in which your process exists.”

“Process is king.”

Show Notes

This episode touches on the following key topics and ideas:

- **The Romanian Dreamer Who Defied All Odds (2:37):** Bruce shares the unforgettable story of Alex, a young man from Romania with nothing but a dream to become a boxing champion. Arriving at Bruce's gym with no money, no plan, and barely any English, Alex's journey highlights the power of pure determination.
- **[Environment of Excellence \(11:30\)](#):** Success isn't just about hard work— it's about surrounding yourself with the right people. Bruce recounts Alex's rise as a boxing champion and the critical mistakes that derailed his career.
- **The Spiritual Side of Devotion (23:50):** Devotion to your craft is more than just physical effort— it's spiritual. Bruce explains how true dedication changes your mindset and transforms the way you navigate life.
- **The Trap of Outcomes (26:55):** Bruce discusses why focusing too much on outcomes can derail your efforts. Instead, live fully in the moment and nailing your daily actions.
- **What's an action item the listener can take in the next 24-48 hours? (37:55):** Bruce shares his detailed method of deconstructing goals and mapping them backward into granular steps. Whether in coaching or business, this approach creates clarity and accountability.

List of Resources Mentioned in the Episode

["The 7 Habits of Highly Effective People"](#) by Stephen Covey

Guest Website and Social

Bruce Babashan

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

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