



REVEAL YOUR PATH

Success for the Athletic-Minded Man Podcast

Action Plan Episode #536

Jake Plummer

You've had a bad meeting, a bad pitch, a bad conversation with your wife, and the voice in your head doesn't let you forget it for the rest of the day.

Former NFL player Jake Plummer used to have that same voice waiting for him every time he walked off the field, except his mistakes were being replayed on national television.

Jake grew up in Boise, Idaho, played quarterback at Arizona State on the undefeated 1996 team, then spent 10 years in the NFL, four seasons with the Arizona Cardinals and six with the Denver Broncos.

In this episode of "Success for the Athletic-Minded Man," we get into how Jake learned to reset after a bad play in front of thousands of people, and why he says belief in yourself has to come before anyone else's belief in you.

Jake shares why he walked away from football in his mid-30s while he could still walk away on his own terms, rather than wait for the game to make that decision for him. Ten years of scrutiny and physical punishment, and he never had one major injury to point to. It was what came after football that started breaking his body down.

Joint pain and inflammation in his late 30s sent Jake looking for answers outside a doctor's office. That search led him to hemp extracts, then to functional mushrooms like Lion's Mane, Reishi, and Cordyceps, and eventually to co-founding Umbo. He breaks down what these mushrooms are actually supposed to do for sleep, energy, and recovery.

Most guys wait for something to force a decision (an injury, a burnout, a wake-up call) rather than walking away from something on their own terms. Jake did it while he was still healthy, still capable, still at the top of his game. If you've been putting off a decision like that in your own career or health, this conversation is worth tuning in to. Don't miss it!

Top Quotes From This Episode

"I always challenge people to go out there and not just be this single solo entity that has blinders on. Open up to the beauty and people out there. And when you leave a wake of kindness, love, and curiosity behind you, you'll be a legend."

"Consistency over time equals results, just like with anything."

Show Notes

This episode touches on the following key topics and ideas:

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- **Small-town to NFL (2:31):** Jake walks through going from Boise to a decade in the NFL, emphasizing hustle, playing multiple sports, and leaning on belief and teammates.
- **The Pat Tillman friendship and loss (4:45):** Jake describes Pat as a charismatic, curious friend who modeled showing up for people and asking hard questions, and how Pat's death still hits him.
- **Belief, confidence, and contagious leadership (8:59):** Jake digs into how self-belief and passion sustain performance, and how a leader's mood changes the whole team. If you want to perform under pressure, focus on one thing you love about the task and let that calm, repeatable energy carry the room.
- **Leaving football and identity transition (15:54):** Jake explains the heavy mental and spiritual load of walking away, even when physically intact, and why the locker room bond made leaving tough.
- **Post-career life, play, and recovery (22:25):** After the NFL, Jake pursued handball, backpacking, and surgeries that pushed him into better long-term health habits. He also got into hemp/CBD through work with

Charlotte's Web and saw reduced inflammation and better recovery, which opened his curiosity to plant-based tools.

List of Resources Mentioned in the Episode

[The Operator: Firing the Shots that Killed Osama bin Laden and My Years as a SEAL Team Warrior](#) by Robert O'Neill

Other Episodes Referenced

[Performance Under Pressure: 10 Tactics for Getting Into Flow and Overcoming Nerves](#)

[The SEAL Who Killed bin Laden: Robert O'Neill on Fame, Jealousy, and PTSD](#)

Guest Website and Social

Jake Plummer

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