



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #118

Solo

Quotes

"This is life. Life is chaos and it's awesome, it's amazing and it's beautiful."

"Being grateful and having big goals are not mutually exclusive."

"The beauty of life comes from mastering your craft, not winning."

"What you and I are going through in life is temporary, so be bold, think big and face your fears."

About Appreciating the Now

"This ideal life that you want is not in some far-off time in the future. It's here. It's now. You have to live it because otherwise, you're going to get at a point, this moment of 'Gosh, whenever I get there, it's going to be great. I'm just in this spot where I'm right now but boy, when I get there, then I'm going to be appreciative of where I'm at.' No, you have to be appreciative of the now."

About Bringing the Subconscious Voice Forward

"You've got this subconscious voice always in the background. And we can't let that voice be subconscious because when it's below the radar, we can't control it. We have to bring it up above the surface into the light of the day so we can see it, evaluate it and change it. And the way you do that is through this buzzword out there; mindfulness."

About the Productive Pause

"This is the single, biggest habit that makes people successful, period. Productive Pause is defined as a short period of focus reflection around specific questions that leads to clarity of action and peace of mind. How hungry are you for clarity of action

and peace of mind? That's what you get from doing the 5 Minute Journal, from meditation, from writing down goals."

About How We Take Things for Granted


"Think about the worst thing going on in your life right now. There's always a way to put things into perspective. There's people who've lost more. Lost worse things than you've lost. People who are struggling with greater things than you. And I'm not saying your problems aren't hard or my problems aren't hard. We just have to realize that it's all relative. Whatever we're going through – let's say you have an injury, wound, a sore, or you bit your tongue so hard that for couple of days it hurts, and you forget what it's like to have no pain. And then it goes away and you don't think about how great it is to not have that sore. You just take it for granted."

Action Plan

In the morning, write out three things you're grateful for.

At night, write out three amazing things that happened today and write out how you could have made today better.

5 Minute Journal Page

 DATE ____ / ____ / 20____

The proper response to life is applause.
-WILLIAM CARLOS WILLIAMS


I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

 *3 Amazing things that happened today...*

1. _____
2. _____
3. _____

How could I have made today better?

