



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #125

Jared Kahmar

Today I bring you, Jared Kahmar. Jared is a husband, father, educator and coach. Married with three children. He's currently the principal Port Jervis School. He's been an assistant principal, athletic director and coached wrestling and football. Jared is a regular guy in the sense that he's not a celebrity. He doesn't have a book or a business to promote (yet). He's grinding it out like you and me, working to find balance and striving to succeed in the areas of his life that are most important to him. These are the reasons I wanted to bring Jared on. Sometimes we can't relate to some of my guests who are billionaires or astronauts or have run 30 Ironmans in 30 days or guys like Tim Ferriss who has committed to coming on the show soon. We're just trying to make it all work. My friendship with Jared started a couple years ago when he took me up on my offer of a free clarity call. I knew from the start that he was committed to making the changes necessary to be the best version of himself. I want to share with you how what he does to find success is relevant to you... real world tactics that work. And we'll also talk about what he struggles with because it's likely parallel with your own struggles in your life.

Quotes

"You want to become a great communicator, be a great listener. You want to be a great coach, be coachable."

"Failure for me was centered around imbalance and excuses."

"What you're looking for is actually right there."

About Being Prepared for Anything

"The most important thing I get out of my work with you is preparing for the challenges the day brings, and when I'm at my best, it makes me better. And when the bad things happen, I'm most prepared to handle them."

About Using Image Boards for Daily Motivation

"We talked about image boards earlier and I found images that represented each one of my goals and what's important to me. I used iMovie on my iPad and I put that to music. It just fires me up and gets me in the right way. I created one for myself and my goals and figured out for our family, what's most important to us and why we were doing the things we were. And then Depending on the day, I watch one of those while my coffee is brewing. It goes through what's most important to me. Sometimes we go out and get our butts kicked for the day and this is my reminder of why I'm doing it and it really keeps me centered, grounded and focused on the work ahead of me.

About Keeping to Routines No Matter What

"I wear different hats and different roles and I always looked at which role I can afford to not be my best at? And the answer's none of them. So I have to do these things and continue to pace myself, even when things are not going well so that when I come out of it at the back-end, I'm better for it."

Action Item

One of the things that was super-valuable to me, we call it 'Autopsy of your Day or Work Week.' I started to chart my productivity throughout the week to identify where I was at my best and most productive. I was able to nail it down to my day and I figured out four hours after I wake up is my peak. So based on my action items, I know what's important to get done that day, and I use my 'power hour' to do it.

Environment of Excellence

Check out this pic of Jared's office:

<http://jimharshawjr.com/wp-content/uploads/2017/12/Kahmar-Pod-Pic.jpg>

The Success Hotline by Dr. Gilbert

973-743-4690

Website and Social

Personal email: jkahmar@gmail.com.

School email: jkahmar@pjschools.org

Cell phone number: 845-258-0862

Recommended Story

Acre of Diamonds: <http://www.nightingale.com/articles/acres-of-diamonds/>

Past Episodes

Dr. Gilbert: <http://jimharshawjr.com/33/>