



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #129

Jim Harshaw Jr Solo - AM/PM Routines

Elite athletes have peak performance routines for both competition AND practice. Why shouldn't you? Aren't the stakes higher for you... your family, your livelihood, your hopes, dreams and vision for your life? Most people drift through their day and wonder why they feel busy but not productive. They wonder if the work they're doing matters and is moving them toward what they hope their life will become. In this episode, I dive into the benefits of not just having but optimizing your morning routine as well as evening routines. I share my morning routine, minute-by-minute, as well as the morning routines of the Pathfinders who I coach in *Reveal Your Path*. Finally, I share how you can start optimizing your routines so that you can operate at your peak every day.

Quotes

"If you wake up one hour earlier every day this year, you can create nine 40-hour weeks in the year."

"The p.m. routine is just as important as the a.m. routine. It helps make my morning routine as frictionless as possible."

"Start your morning routine with just something, and then continue to add to it and optimize."

About the Pathfinders' Credo

"I am a Pathfinder, a seeker, a dreamer, a competitor. I get things done. People say I'm crazy, I'm hard-headed, that I'm wired just a little bit differently. But you can't deny me. I raise the bar, set a new standard, create a path where there once was none. I live by my values and I strive for my goals. I know what to say no to because I

know what to say yes to. I'm a leader and I reveal this path to those who follow. I am a Pathfinder."

About My Morning Routine

1. I wake up around 5 – 5:30 a.m.
2. I drink about 6 ounces of milk and 12 ounces of water. While I'm doing that, I prepare my wife's coffee.
3. I do about a 10 -minute workout, about 300 reps which are 100 push-ups and 100 crunches. And people in Reveal Your Path private Facebook group, we set a Self-Imposed Daily Challenging Healthy Activity, based on Josh Spodek. This month is the Arm Haulers. We do 50 a day, and I'll do 50 of something else.
4. I'll drink some more water and meditate for about 10 minutes or longer.
5. I jump into my 5-minute journaling, identifying what would make today awesome, what I'm grateful for and write out a mantra. Starting the day with gratitude is a huge, huge thing.
6. Then I get some work done and make my smoothie.
7. I get my kids up and get them rolling, and I take a cold shower.
8. On my drive to work, my first half the drive is prayer or listening to the Bible, and taking in some of God's word. The second half is mindset work. Usually I listen to some kind of recording of my own that is about my ideal day or my ideal vision for my life. The last couple of minutes before the office, I call the Success Hotline from Dr. Rob Gilbert, 973-743-4690.

The Highlights of the Pathfinders' Morning Routine

1. Wake up at 5 -5:30 a.m.
2. Workout.
3. Five-minute journal.
4. Drinking water.
5. Quality time with the family.
6. Success Hotline.
7. Planning their day.

Links

Arm Haulers Exercise:

<https://www.youtube.com/watch?v=g5uJSEh1qQ0>

Goal Setting Compass:

<http://jimharshawjr.com/wp-content/uploads/2017/11/Goal-Compass.png>

Goal Setting Sheet:

<http://jimharshawjr.com/wp-content/uploads/2017/12/Goal-Setting-Worksheet.pdf>

Episodes Referenced

Josh Spodek: <http://jimharshawjr.com/58/>

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

Nell Daly: <http://jimharshawjr.com/98/>