



# **JIM HARSHAW JR**

*Revealing Failure as the Path to Success*

## **Success Through Failure Podcast**

Action Plan Episode #131

Jim Harshaw Solo

I grew up thinking that only other people could have it all.

Health, wealth, happiness and all of the good things in life that come with them.

In my youth, I believed that having it all was only for other kids and people.

As an adolescent, I believed that only others could have self-confidence.

As a wrestler, I believed only others could win the state championship.

As a young adult, I believed that only others could be wealthy.

There always seemed to be something missing from my life that others had. And I wanted it.

So I set out to chase it.

This episode is that story...

Insignificant Rapid:



Iron Ring:





Sweet's Falls:



### **Quote**

"Based on the Grant study, what brings people happiness is relationships."

"We know that when you're healthy and fit, it improves brain function. If you eat right, you can stay focused for longer periods of time."

"When you're moving towards your goal, even if you haven't achieved them yet, if you know you're getting closer to them and making progress, that's when you start feeling like you have it all."

### **About Having it All**

"The idea of having it all, it requires 'reading the river.' It requires hitting the pause button, reading the river, and then finding your line, working your butt off to stay on the line because it can be a sweet, amazing ride. But if you get off your line, things can get really chaotic and dangerous."

## **About the Single-Minded Focus**

"We want happiness and fulfillment and satisfaction. We want to have it all in life. But so often, we're going the wrong direction because we're looking at what's parked in our neighbor's driveway or comparing ourselves to what we see on Facebook. We're chasing those things, stuff that the media wants us to chase. The problem isn't that we're chasing happiness and fulfillment. The problem isn't the fact that you want to have it all. The problem was I had a single-minded focus. You can't afford to have a single-minded focus in the real world. You basically have to have a quadruple-minded focus. There are four areas where you need to be focused. If you drop the ball on one of them, you're not going to be fulfilled. You're not going to be happy. You're not going to be satisfied. You're not going to have it all."

## **About the Goal Setting Compass**

"I encourage you to wrap your head around the fact that you can have it all. It is possible but you've got to take action, you've got to move forward and understand the framework (Goal Setting Compass.)"

## **Related Resources**

Grant Study:

<https://dataverse.harvard.edu/dataset.xhtml?persistentId=hdl:1902.1/00290>

Goal Setting Compass:

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