



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #46

Larry Hagner

Today I bring you Larry Hagner, Founder of Good Dad Project. The Good Dad Project is a strong community of Fathers who all share a set of values. Tackling the world of Fatherhood can be a daunting task when we try to do it alone. The mission of The Good Dad Project is to help you become the best, strongest, and happiest version of yourself so that you can help guide your kids to the best version of themselves.

Quotes:

"Ask yourself solution-based, empowering questions instead of weak-minded questions, especially any question that starts with 'why can't I?'"

"I do the most critical and important tasks first."

On Patience:

In the heat of the moment, instead of asking weak minded questions, ask yourself solutions based questions. *"I'll give you an example. [...] A few weeks ago I had a really bad day at work..."* Listen at 9:20 for the full story

On questions:

"Instead of asking a weak-minded question like 'why can't I?' ask yourself a question of 'what do I need to do to help him understand this better? What am I missing?' Immediately when you ask yourself a question like that, there is a calmness that comes over you when you ask a solution-based, empowering question."

On work-life balance

"Boundaries and relentless time-management." Larry recommends that you have a time of day where you shut it down. Shut down everything work related like social media, phone calls and emails. Larry actually blocks off the time from 5-8 pm on his

calendar (relentless time management and boundaries!).

Once piece of advice he'd give his 20-year old self:

"Believe in yourself and move forward. For so long I would question every step I would take."

Book/Resource Recommendations:

"Unbeatable Mind" by Mark Divine

"The Dad's Edge" by Larry Hagner

Websites:

Website: <http://gooddadproject.com/>

Book:

<http://gooddadproject.com/the-dads-edge-9-simple-ways-to-find-patience-connections-and-relationships/>

Twitter: <https://twitter.com/gooddadproject>

Instagram: https://www.instagram.com/good_dad_project/