



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #145

Jim Harshaw Jr

Balance. It seems to be this elusive thing that we chase, hoping that one day we'll catch it. We juggle work and family while trying to fit in exercise, fun, helping others... maybe starting a business on the side. It all just feels like too much. I get it. I've felt that way too. But there's a better way. There IS a way to slow down. There is a way to find balance. There is a way to get to the things that are important to you. There is a way to find balance. Give this episode a listen to find out.

Quotes

"If any activity that you're doing throughout the day doesn't help you get close to your goals and/or align with your values, you shouldn't be doing it."

"Saying yes to one thing is inherently saying no to something else."

"Ask yourself, what are the three things that'll help make today a great day? That actually helps you focus in doing the right thing and being proactive, not reactive."

About Prioritizing the Most Important Things

"Balance means prioritizing things that are most important in your life. Not the important things because there are lots of those, but the **most** important things. People tell me they don't have time for date nights or working out or spending time with their kids, starting a business. It's not the fact that you don't have time, it's that you've not made it a priority."

Productive Pause

"The productive pause is not just asking questions. There are things like working out that I consider a productive pause. It's not doing a thing, it's not building the business, it's not making a sales call. It's actually hitting the pause button so that you get more productivity, more focus and more clarity. So the new definition for

productive pause is a short period of focused intention around specific actions that leads to clarity of action and peace of mind."

Learn more at: <http://jimharshawjr.com/productive-pause/>

About Balance Being a Constant

"Balance isn't a destination. It's not somewhere that you get there and all of a sudden it's in cruise control. It's a constant battle. It's like staying fit and healthy. You can't just train for a marathon, run a marathon and be fit for the rest of your life. You have to keep working at it if you want to stay fit. Balance is the same thing. It's an ongoing process and ever-evolving battle."

Balance Sheet

A Worksheet for Finding Balance

- 1) Figure out what's most important to you/your **core values**.

- 2) Set **goals in the four areas of your life**; relationships, self, health and wealth and live intentionally around these core values and goals.

- 3) Have a **daily [Productive Pause](#)**, like a 5-minute journaling or exercising.

- 4) Have a **weekly productive pause** where you take a Sunday night or Monday morning or a Friday afternoon when work is over, and plan for the next week. What do you have to get done and what do you want to accomplish?

- 5) Do a **monthly review of your goals**. When I review my goals each month, it reminds me of the important things I need to be working on, the action items, the deadlines etc.

- 6) **Get organized**. When you're organized, you know what to expect. You have your calendar and your to-do list etc. You can plan ahead and not get caught off-guard.

7) **Free Clarity Call** <https://jimharshawjr.net/scheduleonce-apply-page>

Episodes Referred

Niyi Sobo: <http://jimharshawjr.com/59/>

How to be Consistent: <http://jimharshawjr.com/142/>

Twenty-nine Technology Secrets: <http://jimharshawjr.com/133/>

Cognitive Conversions: <http://jimharshawjr.com/139/>