



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #152

Jim Harshaw Jr Solo -

How to Create Your Environment of Excellence

So you don't have the experience. You don't have the degree. You haven't written a book. There are reasons why your situation doesn't position you for the success that you dream of. That may be making a million dollars, losing 15 lbs, running a marathon or starting a business. They're excuses. As I point out in this episode, Henry Ford, Walt Disney, Richard Branson, Oprah, JK Rowling, Howard Schultz... none of them should have been successful. None of them had what you think you need to have to succeed.

In this episode, I explain to you that they did. And how you can create your own Environment of Excellence.

Quotes

"Alex Ohanian said, 'It takes discipline not to let social media steal your time.'"

"Jim Rohn said, 'You are the average of the five people you spend the most time with.'"

"If your mind is a supercomputer, your self-talk is the program that's running it."

How to Create Your Environment of Excellence (MAPS)

Media

What is the media you're allowing into your life? Are you going to Facebook and comparing yourself to other people? Stop comparing yourself to other people and allow the right media into your life. "Parents and Fans Brawl During a Youth Softball Game." Is this news? Do I need this in my life? I use the Facebook Newsfeed

Eradicator so when I go to Facebook on my desktop, my laptop, there's no newsfeed so I don't get sucked into that negativity.

Area (Physical Space)

When I was competing as a wrestler, I had my goals posted on my mirror and I had posters of my heroes on my wall. This is my environment. This is what I was surrounded by. My area now is having a standing desk. Maybe it's like organizing your space to help your mind get less cluttered. So look around your physical space. What can you include in your area to improve your environment of excellence?

People

Who are the people you spend your time with? You know who the right people and the wrong people are. Tony Robbins said, "Raise your standards," and it's the easiest way to do that, through the people you surround yourself with. Who are the people you can call right now and connect with?

Speech

What is your talk, the deep, subconscious self-talk and the out-loud talk? You have to control both those. It's easier to control the out-loud talk. It's easier to control the words that come out of your mouth. Muhammad Ali said, "It's repetition of affirmations that leads to self-belief. And when that belief becomes a deep conviction, things begin to happen." Kyle Dake wrote down his goal every morning and every night.