



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #162

Jim Harshaw Jr Solo - Goal Execution

Everyone knows that you perform better when you set goals. But what do you do after you sit down and write out your goals? How do you make sure you actually follow through on them? Life is busy-- you have work demands, family crisis (both real or imagined), cars breakdown, you get sick, your kids get sick, and generally get curve balls thrown at you. What's the process for maintaining consistency and even updating goals when your situation changes? I'm not talking about setting the goals. I'm talking about remembering to do the things to make goals real in your life. How do you execute when life is swirling around you like a hurricane?

Here's a step-by-step system for maintaining consistency and following through, even when life gets crazy.

About How to Set Your Goals

1. Start setting your goals in the four areas of your life; **relationships, self, health and wealth.**

a) Relationships with your family, God, kids etc.

b) Self includes **growing** a new skill, making **impact** through philanthropy or volunteering and through **fun** which is hobbies, things you like to do.

c) Health is fitness, mental health etc.

d) Wealth is career, financial goals etc.

2. Make your goals **measurable and concrete.** I want to lose 20 pounds. I want to make \$100,000. I want to run a marathon by November 1st.

3. **Set large goals** which are 6 to 18 months and **set micro-goals** which can be achieved in a week.

Nine Ways of Following Through On Your Macro Goals By Setting Micro goals

1. Once you write down your micro goals for the month, **put it on your to-do list**. Following up on my goal to be a better father, I downloaded the audio book *Boys Adrift*.

2. **Set alarms**. I wanted to do something nice for my wife five times a week, so I set alarms for it.

3. **Write your micro goals down regularly**. I do this about four times a week. When I write them down, I start thinking of the next step of action.

4. **Join a mastermind group**. If you want to start one, go [here](#) and punch in your email address. You'll get a book on how to start your own group.

5. **Have your goals physically written** on pen and paper, and keep them in your wallet so you see them every day.

6. Download pictures that represent your goals, put it to music and **make a Kahmar video**. It's a real-world visualization of your goal.

7. **Write out what your ideal day looks like, record yourself reading it and listen** to it at least once a week.

8. **Get an accountability partner**, people with a similar mindset who you can check in with regularly.

9. **Get a coach**. Are you willing to pay somebody who will be fully invested in you?

Episodes Referred

Issac Greeley: <https://jimharshawjr.com/156/>

Jared Kahmar: <http://jimharshawjr.com/125>

Travis Macy: <https://jimharshawjr.com/52/>

Charlie Brenneman: <https://jimharshawjr.com/10/> & <https://jimharshawjr.com/4/>