



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #164

Jim Harshaw Jr Solo - Delegating

Do you ever wish you had more time in the day? Do you wish you could get more done but you're always bogged down in the minutiae of life? Do you find yourself spending too much time on social media or watching sports or doing other low value tasks. Most of us do and the result is that you drift through life, not living intentionally. You end up wondering why you are being pulled into mediocrity. You end up wondering why you're not getting closer to your goals. In this episode, I share with you how I'm able to get so much done and a few tools, tactics, and tips on how to get more out of your time so that you can reclaim hours back in your day.

Quotes

"When there's a moment in a day, we fill it with something and therefore we're busy. But we know we're not always busy with the right things."

"You can create time if you say no to certain things."

"The quality of the questions you ask yourself is going to define the quality of your life."

About Finding Things You Can Say No To 10:35 - 11:03

"What can I say no to and how do I say no to it? Do you delete it off my calendar, do you send an email saying 'Sorry, I can't come for that meeting this week,' do you delete an app off of your phone, like Facebook, do you set a reminder at a certain time of day like on Sunday afternoons when you get sucked into football games? There's always one thing you can say no to. Start with just one."

About Asking The Essential Questions 13:09 - 14:50 (Book by James Ryan)

1. **'Wait, what?'** It's prompting you to actually question things. Don't just accept things for face value, but question things.
2. **'I wonder if..., or I wonder why....'** It's one of these questions that's going to help you identify the things that you can do or not do so you can gain more time back in your day. 'I wonder if I could actually find more time to work out' or 'I wonder why I don't have enough time to go on dates with my wife.' If you're not asking those questions, you're never going to get the answers.
3. **'Couldn't I at least...'** Like 'Couldn't I at least write an outline for a book? Couldn't I at least identify the 10 chapters of the book?' And when you get there, you go, 'Couldn't I at least summarize what each chapter would be about?'
4. **'How can I help?'** I think that is self-explanatory. How can you help people?
5. **'What really matters?'** When you identify what really matters in your life, then you can get to your highest value work. Think about this in your personal life, your professional life, your health and fitness, your relationships. What REALLY matters?
6. One of the questions asked by Michael Bungay Stanier is what's really the problem? **What's the real challenge here for you?** When you ask that question, it goes deeper than just what's the challenge, it's what's the real challenge here for YOU.

About How to Delegate 19:15 - 25:00

1. **I outsource a lot.** It's how I get these action plans done. You can go to Upwork.com. I also recently discovered Fin which is basically a personal assistant service. I sent an email to Fin, asking for quotes to change my gutters and someone in the Fin universe made phone calls to people in my areas and I got three quotes.
2. Stop and **identify your highest valued tasks.** Not just work but family, fitness, all the areas of your life. I owned a window-cleaning years ago and it got to a point where the highest valued tasks were managing employees and meeting with customers. Not entering invoices etc. because I hired a virtual assistant to help with me that.
3. **Identify your lowest valued tasks.** Only you know what those are. On a personal side, it's probably social media, watching T.V. etc. With the window-cleaning company, I was restocking window cleaning supplies etc. and those are my low valued tasks.

Recommended Tools

<https://f3nation.com/>

Females in Action: <http://fianation.com/>

News Feed Eradicator:

https://chrome.google.com/webstore/detail/news-feed-eradicator-for/fjcldmjmi_hkklehbaiciaiopjklhlhg?hl=en

Recommended Book

Wait, What? & Life's Other Essential Questions by James E. Ryan:

<https://www.amazon.com/Wait-What-Lifes-Essential-Questions/dp/0062664573>

Episodes Referred

Jim Harshaw Inspired Action:

<http://jimharshawjr.com/120> & <https://jimharshawjr.com/155/>

Michael Bungay Stanier: <https://jimharshawjr.com/80/>