



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #170

Jim Harshaw Jr Solo: Relationships

In this solo episode, I dive into practical and actionable steps to help make your relationship better. You may feel like you don't have enough time or you don't have enough money or you don't have the right goals that allow you to have a successful relationship. In this episode, I share how you can improve any relationship-- whether it's with your spouse, significant other, a family member or friend. And be sure to grab the action plan because I have tons of references that you'll want to grab too.

About Focusing on Things You Can Control 03:44 - 04:20

"When you feel 100% responsible, even though the relationship is 50/50, things change. Your mindset changes. You start to focus on the things that you can control. And when you focus on the things that you can control, change can happen because you can't control somebody else. You can't make somebody else do something a different way or be a different person. You focus on yourself, then the relationship gets better. Over and over, many, many times I've found that to be the case."

About the Reveal Your Path System to Improving Relationships

1) Core values. Do you even value the relationship we're talking about, or do you take it for granted? It's so easy to take relationships for granted. When you do that, you start focusing on things that aren't quite as important. Your relationship should be the centerpiece of your life. If it's not with a significant other, maybe it's with your parents, your siblings, a friend. When you know what you value, then you know what to say yes to and what to say no to. What can you say no to so you can so that you can actually say yes to your relationship?

2) How do you set **relationship goals**? You can't say, "I want to be 10% more in love in the next 90 days." So what you do is you set process goals, which are things that

you know you can do to make your relationship better, like going on a date, doing something nice for them. "I will do one date night a month" or "I will have one productive pause with this person a per week" The definition of the productive pause is a short period of focused reflection around specific questions that leads to clarity of action and peace of mind. On Sundays I try to catch a chance where we're having coffee in the morning and I say, "Hey, what's your week look like?" Throughout the week, we're going different directions.

3) The **Environment of Excellence** is made out of 4 things: **M.A.P.S.**

- a) M stands for media like podcasts, books, etc. I just listen to books or podcasts and I try to slip those in periodically. It helps me prioritize my relationship. Even if it's not learning something new, half the time it's just reminding me of things I could do. Visualize great conversation, visualize your relationship going well, visualize a positive outcome with your relationship.
- b) A is for area, like your physical space. How do you optimize your physical space for your relationship? This could be around things like cleaning up around the house. It's helping out, doing something for the other person, or buying a small gift. Things you can put in your physical space or physical manifestations of your love like post-it notes.
- c) P is for people. Who are the people you're surrounding yourself with? Are you surrounding yourself with people who value their relationships or are you not? It's a choice, who you surround yourself with.
- d) S is for speech. It can be self-talk or saying something out loud like how I say out loud three things I'm grateful for during my commute to work. What kind of conversations you're having? Control the words you say about your relationship. You could say, "My relationship with so and so is terrible," or you can say, "I'm really working on my relationship with so and so." Use prayers. I'm going to read you a verse from the Bible. Mark 11:24 says "Whatever you ask for in prayer, believe that you have received it and it will be yours." When you pray, think and visualize like that, it changes things.

4) Follow through. It's nice to do steps 1 through 3 but then you set it up on a shelf and you forget about it. You have to make this stick, you have to make this real and concrete in your life. Do things like setting reminder on your phone once a week to do something. Put it on your to-do list. Send a card. Every first Monday of the month,

get your goals to pop up on your calendar, and identify microgoals that you can do for the month.

Action Item

Whoever the person is, or it could be multiple people, do something for them today. Sending a card, a text, buying them something etc.

Episodes Referred

Jim Harshaw Productive Pause: <https://jimharshawjr.com/112/>

Jim Harshaw Gratitude: <https://jimharshawjr.com/118/>

Jim Harshaw How to Say No: <https://jimharshawjr.com/150/>

Jim Harshaw Core Values: <https://jimharshawjr.com/167/>

Rob Gilbert: <https://jimharshawjr.com/33/>

Jim Harshaw How to Set the Right Goals: <https://jimharshawjr.com/122/>

Jim Harshaw Environment of Excellence: <https://jimharshawjr.com/152/>