



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

### **Success Through Failure Podcast**

Action Plan Episode #180

Jim Harshaw Jr Solo- Accomplished Day

Ever feel like you go through your day at 100 mph and get 100 things done but you didn't really make meaningful progress toward anything? Like you're hustling but not getting any closer to your goals? Like you're not able to move the needle?

Me too.

That's when I started studying how elite performers operate. How they get things done. How they structure their day so that they get more out of the same 24 hours than anybody else. Now, I get twice as much done as the average person. And I have clients who say things like:

*"I'm shattering the goals I've set for myself already. I feel pretty much unstoppable. Every aspect of my life has been affected positively."*

*-Neal Ewers*

In this episode, you'll learn how you can begin to make meaningful progress toward the life you want.

### **Quotes**

"If you struggle with being consistent and staying focused, it's because in large part you haven't done this deep work."

### **About Working Towards an Accomplished Day**

Morning Routine

This for me, includes physical activity, drinking a lot of water, some positive mindset training, listening to the Success Hotline by Dr. Rob Gilbert and I recite my own mantra.

This is not something that's going to make you 50% more productive. It's going to make you 3%, maybe 5% more productive that day. Just any one of these things by themselves. But when you start stacking all these right things on top of each other, it's really going to start becoming a compounding interest.

### Planning Your Day In Advance

You don't want to start your day reacting. Some days are easy. You know you have a lot of quiet time and you can get a lot done. Other days, you know you're going to have meetings all day and you can only squeeze a couple of things in that are on your to-do list. Regardless, plan your day in advance.

I use a tool called [Asana](#). Asana has three default categories which are 'Today,' 'Upcoming' and 'Later.' I put everything in the 'Upcoming' bucket, and I just move things into the 'Today' bucket for whatever I want to work on today.

### The Nicotra Method

- 1.** Take everything that's on your to-do list, write it down, put it in order of 1 to whichever number that's on your today's to-do list.
- 2.** Put your hand on your to-do list, close your eyes and visualize yourself throughout the day. Visualize yourself getting distracted, and coming right back to your to-do list. Visualize yourself forgetting a phone call and going right back to your to-do list. Visualize you're distracted by another project, and go back to your to-do list.
- 3.** Feel what it's going to feel like when you walk out of your workplace at the end of the day, or when you lay your head at night. Whenever you feel that, it puts yourself in that productive mindset. It's just like how an athlete has to visualize victory. It puts them into the mindset that they've done this and they've won.

### **About How to Organize and Plan Your Day**

A lot of people go for the "eat the frog first" method, which is do the hard thing first. I disagree with that because you need to create momentum. Momentum is real.

You've got to put two or three or five things at the beginning of your to-do list to give you the momentum to feel like you're productive.

### **About the Pomodoro Technique**

It's 25 minutes of undisturbed high productivity. You don't check your phone, email, text messages, social media etc. You're locked into high productivity. This works especially well on the days that I just can't stay focused. Use the Pomodoro technique. You're telling yourself, "All I'm asking from myself is 25 minutes." The number doesn't really matter. It can be 15 minutes, 30 minutes or anything.

### **About 18 Ways to Stay Focused**

[https://jimharshawjr.com/wp-content/uploads/2018/02/18\\_Ways\\_to\\_Stay\\_Focused\\_at\\_Work.pdf](https://jimharshawjr.com/wp-content/uploads/2018/02/18_Ways_to_Stay_Focused_at_Work.pdf)

### **Scheduling Your Free Clarity Call**

<https://jimharshawjr.net/scheduleonce-apply-page>

### **Success Hotline**

Rob Gilbert: 973-743-4690

### **Recommended Tools**

Workout group: <https://f3nation.com/> & <http://fianation.com/>

### **Episodes Referred**

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

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