



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #187

Jim Harshaw Jr Solo- Defining Moments: Moving On

We all have defining moments in our lives. Sometimes we expect them– like getting married or winning a championship. Other times we don't– like a death in the family or a surprise promotion.

When you have to move on despite change, transition, loss, or new challenges, will you be able to? Do you have a framework from which to live and work that will propel you into the next chapter of your life?

This episode on moving on is the fourth of a four-part series on defining moments. Find all the episodes at JimHarshawJr.com/DefiningMoments

Quotes

"For those of you who were athletes in the past, single-minded focus doesn't work in the real world. It means you're tuning out everything else that's important in your life."

"Create your own curriculum. Read three books, listen to three podcast episodes and watch at least an hour of videos on YouTube around this specific topic."

"We all need a person who holds us to a higher standard than we believe we can attain."

About Four Things You Have Clarity on to Move On in Life 06:03

1. You must know and understand deep down what is most important to you. We all might have some of those things on the surface but when you go deeper and really do the foundational work to **uncover your core values**, it really helps you make both small and big decisions.

2. Align your goals with your core values. Whenever you align your goals with what's most important to you, it gives you clarity of action and peace of mind. When

you fail or hit obstacles, it doesn't matter because it doesn't change your goals. It doesn't change what's important.

3. Create this environment of excellence. If you're going through this transition or facing this new challenge, **who are the people that you need to turn your life around?** Who do you need more of in your life? Call them up, have coffee with them, email them. Join that group that can help you.

4. Life is going to get busy. It probably already is. Some of these goals that you set, they're probably going to sit on the shelf and start collecting dust. **You have to have a plan to keep these goals front and center in your life.** A plan for follow-through. A systematic way to make your goals as automatic as possible by keeping them in front of you so you can take action whenever possible.

About Making Practical Progress 11:26

1. When you're moving through this transition, this change, this challenge and you have to move on, you don't have to go all in in the next phase. Maybe it's a new job, a new business, a new relationship, a new way of life in terms of working out and health, **you don't have to go on all in.** It's NOT all or nothing. This mindset holds a lot of people back. They feel they have to commit to something big but you can just commit to something small. In the startup world, it's called a lean startup. Prototyping, that's what they call it in the design world so you can **test out what you want to get into.**

2. Failure is an event, not a person. It doesn't define you. If this podcast teaches you anything, it's that failures, setback and obstacles are normal. Your situation is unique but everybody's got them. They are part of the process. All through my high-school and college career, the failures and the setbacks don't define me. Being an All-American does not define me either. Those are just part of me and my experiences.

3. Find somebody outside of you. We all know that in sports we need a coach. Get a coach, a mentor. We need that person who pushes us, who questions us, who can help us see our blind spot. We need that person to ask us the hard questions that we know we need someone to ask us, to force us to answer out loud the things that we know are below the surface in our subconscious.

Recommended Book

Designing Your Life: Build a Life That Works for You by Bill Burnett
<https://designingyour.life/the-book/>

Episodes Referred

Defining Moments 4-part series: www.jimharshawjr.com/definingmoments

Bill Burnett: <https://jimharshawjr.com/124/>

Todd Stottlemeyer: <http://jimharshawjr.com/94>

Justin Wren: <https://jimharshawjr.com/109/>

Hellen Maroulis: <https://jimharshawjr.com/143/>

Eric Weißenmayer: <https://jimharshawjr.com/96/>

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