



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #189

Jim Harshaw Jr Solo- Defining Moments: Patience

We all get impatient. Whether it's with people or situations, we can lose our cool, get anxious, become restless, or find ourselves rushing due to a lack of patience. Rarely does anything good come out of it. It increases stress, causes arguments, makes us say things we don't need, or even get in an accident.

But how do you improve patience? How do you become a more patient person? More poised in the face of frustration? In this episode, I talk about exactly that. In fact, I share 12 ways to become more patient.

Quotes

"One of the things that have been coming up a lot lately when I ask people to identify their weakness is patience."

"Failure is an event, not a person. So is impatience."

"You're not optimal and you're not in your peak performance state when you're frustrated and impatient."

"Our enemies often have a rational position and it's very defensible." - Stanley McChrystal

Free One-on-One Call

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Noticing The Signs of Impatience 05:15 - 06:03

1. Any signs of muscle tension in the body like clenching hands or curling toes
2. Restless hands or feet, like shaking your legs or tapping your fingers

3. Shallower breathing
4. Feeling anger or annoyance
5. Anxiety, which can sometimes show itself as muscle tension and restlessness
6. Rushing or fast-paced movements

Finding Out What Triggers Your Impatience 06:32 - 10:23

1. Grab a Post-It note and put it either beside your desk at work or in your car, or both. Over the course of the week, whenever you identify a trigger, just write it down. You can do it on your phone too.
2. There are usually two types of triggers and they are external or internal. External triggers could be your kids fighting, someone makes you late, you could be nervous about a project, a deadline or work, or too much noise.
3. Internal triggers could be hunger, dehydration, fatigue etc.
4. When you've identified the triggers and you take action, it psychologically makes you feel more patient because you've done something to try and fix it.

12 Practical And Actionable Tactics 12:14

1. Mindfulness

Be mindful of your own impatience. If you're not even aware that you're doing it, you can't fix it. Start journaling. Talk to your coach. Have conversations with anybody about it. When you do these things, it's on top of your mind. We just bought a Nissan Armada and every time, we drive all over town, my son goes, "There's another Armada." He sees them everywhere because we have one.

2. Eat/Drink

If you identify hunger or thirst as one of your triggers, get something to eat or drink something.

3. Rest

If you identify fatigue as one of your triggers, just rest. Sleep with an eye mask or minimize things that will wake you up in the bedroom at night, like lighting. Take a nap that does not exceed 20 minutes. Anything more than that and you will start falling into a deeper sleep that's harder to wake up from.

You can do a 5-minute relaxation exercise Dr. Gilbert talked about. Take a deep breath, count till 5 and breathe out. On the 5th count, you relax from your knees to your feet. On the 4th count, relax your waist till your knees. On the 3rd count, relax your torso. On the 2nd count, relax your arms. On the 1st count, neck and above.

4. Recognize

If you are being impatient, realize that it's not the end of the world and you are going to get through this. Be in the moment. This is like being mindful and actually catch yourself being impatient and take action.

5. Empathize

If you're being impatient with a person, then you're reacting at something they're doing that's making you impatient. Recognize that if you were them, you would be doing the same thing. Someone cut you off in traffic, or someone at work said something to you, or you're trying to get out of the door and your five-year-old doesn't want her purple socks, she wants her pink socks. Just think, "There but for the grace of God, I go." If you were that person, you would be doing the same thing. If you had the same life experiences, the same upbringing, you would do the same thing.

6. Find Humor

What can you laugh at? Can you laugh at how intense and impatient you're getting? Can you laugh and realize, "Gosh, I remember I did that once"? If you can, you will cut the tension, you will feel better and you will be more patient.

7. Be Grateful

All of us have friends and family who would love to be in that situation that you are frustrated about. How many people do you know that would give anything to be in that situation? Look around, be grateful and think about what you do have. Whatever you're being impatient about, it doesn't matter all that much at the end of the day.

8. Visualize

Do it before a frustrating situation. If you're walking into a situation where you might get frustrated like a business meeting, visualize the scenario going well. Visualize and feel yourself being patient. Feel that conversation that you're going to have. Or if you're waiting in line, feel how it's going to feel like when you're finished.

9. 10-Minute Rule

For me, being late is one of my triggers. If we're leaving for church at 10 am, I'll say, "We have to leave for church at 9:50 am." Anything you're scheduling around, add that 10 minutes. What are you going to do with that extra 10 minutes? You'll figure it out. You will use it up.

10. Mantra

One of my clients had a situation where he'd always get into arguments with his mother. He realized he's at a stage of his life where he doesn't want to get sucked into that. So he came up with a mantra, which is, "I choose not to contend." You can say, "I choose to be patient." Whatever it is you're waiting for, whatever you're getting annoyed by, just say your mantra. You could say, "I'm as patient as Job." Use powerful words like, "I am..." or "I choose..."

11. Reframe

If a person makes you impatient, remember how you may have done the same thing to others. If you're impatient with your kids, think about how important it is for you to be a good parent and role model. If you're getting impatient with a co-worker, think about it, what is the higher calling here? To be a good leader, to be a good role model, to be a good teammate. Think about the situation you're in and reframe it.

12. Affirmation

Change how you describe yourself! When you start telling yourself, "I'm an impatient person" or "I am an unfit person" or "I'm not smart enough to do this," when you start saying you're one of those things, you're going to pull yourself into that gravitational pull of being that person. So the way you can say this affirmation is "I am getting better at being patient." "I am more patient now than I've ever before." It's a little bit different from the mantra but this is an affirmation. Muhammad Ali said, "It's the repetition of affirmation that leads to belief and when that belief becomes a deep conviction, things begin to happen." This is what elite athletes do.

Episodes Referred

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