



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #195

Jim Harshaw Jr Solo- Finding Time

Quotes

"It's not that you don't have the time, it's that you've not made something a priority." - J Robinson

"Everybody has the same 24 hours in the day."

"You have GOT to do the work."

About How Your To-Do List is Continuous 07:14 -07:58

"You're never going to get everything done that you want to get done because there's an infinite amount of things to do. You have a to-do list, you're never going to get that down to zero. It doesn't exist. You'll always have more things to do. You're never going to have a to-do list that's zero. Even if you've got everything done, you will have personal things to do like play golf or work out or go on a date night. Understand that you have to make tough choices to prioritize your time."

The Fundamentals to Finding Time 09:56 onwards

1. Make it a goal. What is that thing that you want to do? That business you want to start, the sales calls that you want to make, the weight you want to lose, the relationship you want to fix, make it a goal. I'm not saying make it a goal by saying out loud, 'I want to make a million dollars.' I'm talking about writing it down, writing down an action plan on it, and then having a plan to follow through and follow up on it.

2. Saying yes to one thing means saying no to something else. Game of Thrones, it's all the rage today but I've not watched a single episode. I choose not to spend my time on it. I say no to Game of Thrones so I can say yes to other things like

putting my kids to bed, spending time with my wife, reading a book, making my smoothie the night before so I don't have to make it in the morning. There's nothing wrong with wanting to watch it. I know amazing, successful people who watches it too. But don't tell me you watched the episode of Game of Thrones last night but you don't have time to work out. You prioritized one over the other. Identify your highest-valued tasks.

3. Identify your core values and live by them. You can make your small decisions and big decisions every day based on these values. How you spend your time, what you put in your body. When you have core values, it helps you make small decisions like walking past the break room at working and seeing a dozen donuts and you keep on walking. That's a small decision. If you know what's important to you, it makes it easier to say no to. If you know your core values, the decision will already be made. One of my values is fitness. When I determined that, I tied my values to my goals. It allows me, after five hours of sleep and having some drinks the night before, when I don't feel like it, to listen to my alarm go off and say, 'Okay, it's time to get up,' instead of making excuses.

4. Identify your ideal day for both your personal life and your professional life. Put pen to paper or finger to keypad and identify that. Once you identify that, you can identify that maybe Game of Thrones did not make it into your idea of your ideal day. It's not about sailing in the Caribbeans or winning the lottery. It's simple stuff like working out, eating healthy, being productive, working with certain types of people, doing certain things. Once you do that, it helps you understand what you should say yes or no to. It brings you more happiness. You will find that when you write out your ideal day, it's more attainable than you think. It will bring you gratitude, fulfillment, and hope. Don't worry about making these perfect. You can always delete, go back, and start over again. It's not set in stone. Do it once and come back a week later and you might just want to tweak it up a little.

5. Be productive. You need somebody outside of you who's going to hold you accountable to this. A mentor, mastermind, coach, friend, just something. If it was just information that you needed, you would be where you wanted to be right now. But it's more than that.

6. Delegate and optimize. You've got to off-load tasks. You have to say no. You can't do everything. So delegate. If you don't have anybody to delegate to, here's a solution for you. Go to www.upwork.com and there's freelancers from all around the world who are waiting to help you. You can look at their ratings, their reviews, how

much hours, they've put in. You can choose people with the highest ratings, who've worked for at least a year etc.

About Finding More Time To Work Out 25:34

1. You can do high-intensity interval training. Dr. Martin Gibala has a book called *The One-Minute Workout*. There's actually proven research about this and it actually works.
2. Make it a networking event. I go to these F3s and I meet a bunch of dudes from different cities I travel to. Connect with people. Make it a social event.
3. Join a running club or join some kind of club or group of people who are doing the kind of workouts that you want to do. Get creative. Join a basketball league, a softball team, go swimming, play racquetball, go mountain-climbing, biking or rowing. You don't have to get a gym membership. Find what works for you.

Action Item

Identify your three highest-value tasks and your three lowest-value tasks. Hit pause, think about it or journal about it, and then do this; identify how you can delegate, outsource or delete, let that ball drop for some of your lowest-value tasks. Things that just don't bring you value.

Goal Setting Template

<http://jimharshawjr.com/wp-content/uploads/2017/12/Goal-Setting-Worksheet.pdf>

Free Action Plans

<https://jimharshawjr.net/insider-secrets18809330>

Free Clarity Call

<http://jimharshawjr.com/apply>

Share

<http://jimharshawjr.com/share>

Episodes Referred

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

Jim Harshaw - Meaningful Progress: <https://jimharshawjr.com/180/>

Dr. Martin Gibala: <https://jimharshawjr.com/91>

<http://traffic.libsyn.com/jimharshaw/STF20Gibala.mp3>