



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #204

Jim Harshaw Jr Solo- When you go off course

Do you ever feel like you're off course? Maybe you went on vacation and can't get back in the groove? Or maybe after traveling for work or after you get sick? Or maybe just when life throws a curveball at you... you have to finish a big project at work or dealing with some unexpected project at home. We all get off track. We all feel off balance at times. That's why you have to have processes to help you get back in the groove when you get in a rut. I share exactly how to do that in this episode.

Quotes

"I'm allocating that time when I have to go out and do a three-hour run on the weekends, elsewhere. Family, coaching sessions etc."

"You're not perfect. Nobody's perfect. The people you look up to, the people you see on Facebook, the people whose books you read, who tell you how to live, they're not perfect either."

About When It's Okay To Go Off Course 06:25 - 07:58

"It's okay to go off course when:

1. It is intentionally and thoughtfully done.
2. If you know how to get back on course.

We're not perfect. Sometimes you're going to go off course and it's not going to be intentional or thoughtful. But as long as you know how to get back on course, that's okay. If you don't know how to get back on course, that's when problems arise. A lot of people drift off course. They're not intentional. They're not aware. They're not mindful that they drifted off course. They look up a week later, a month later, a year later, ten years later, and they say, 'Man, I've been off course and I didn't know I was off course. I didn't choose. I drifted. I let the wind blow me. I got pushed by the winds

of society, social media, my friends, by my self-doubt. And I didn't know how to get on course. I didn't even know where the course was.' As long as you can be aware that you're off course and be mindful that you're off course, that's the first step."

About Balance/Work-Life Integration 11:25 - 12:24

The scale doesn't have to balance out the end of every day. Not even every week. But if you're gonna step off and go way out of balance, it's going to have to come back in balance at some point. Call it work-life integration. Call it whatever you want. It's balance. You may have to sway one direction, you may have to sway the other direction for a little while. You may have to focus on some area of your life when things come up that are either predictable or unpredictable. If you choose to go back to school for another degree, or to get some extra certification, guess what? You're going to have to make conscious choices about other areas of your life. You say yes to one thing, you have to say no to something else."

About What's Going To Help You Get Back On Course 14:42 -15:50

1. Knowing your morning routine and going back to that. What's the ideal morning routine? Do you know what it is? Are you very clear on it? Is it working out? Is it drinking a big glass of water? Is it prayer? Is it journaling? Does it include listening to the Success Hotline? You might drift off course on vacation. Maybe you'll drink a couple of extra drinks, eat some extra junk food, go to bed a little later. Whatever it is, it's okay if you know how to get back on course.

2. Knowing what your values are will help you get back on course. Are you around the right people? They're going to help you get back on course. What is your environment of excellence that's going to help you get back on course?

About Finding the Minimum Effective Dose 15:51 - 16:38

"If you're choosing to go off course, you've got to know what the minimum effective dose is, the minimum viable product for these other areas of your life. For example, if you choose to go back to school and get a degree etc., if you're going to say no to your kids and your spouse, I'm not advocating that but you darn well better know what the minimum effective dose is. You can't just shut off that area of your life. You may not ever be able to get back into balance. What's the minimum effective dose? What do you still have to do to keep that area of your life in balance as best you can?"

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