



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

### **Success Through Failure Podcast**

Action Plan Episode #206

Jim Harshaw Jr Solo- Zero to Fulfilled

If you can just make more money, then you'll be happy, right? Or if you can just get that promotion. Or maybe change companies, then you'll be happy.

While I believe that money can buy happiness (a short-term excitement like when you buy a new car), it can't buy fulfillment (a deep belief that you're leading a life well-lived). In this episode, I talk about a powerful lesson that will help you live a more satisfying life now instead of waiting for the next outcome you're seeking.

### **Quotes**

"So often, the happiness and fulfillment that we seek are right here. It's right now. But we're looking for the next thing."

"Your happiness cannot be tied to an outcome because when it is, you're going to be sorely disappointed if and when you achieve that outcome."

"The process is beautiful. The process is winning and losing and failing and struggling and grinding and working. Embrace that."

### **About The Five-Minute Journaling and Finding Out What Makes Your Day Great** **06:58 - 08:08**

"I use something called the five-minute journal and this was brought to my attention several years ago by a fellow Pathfinder named Kevin. It's this simple journal that has five questions in it; three to answer in the morning and two you answer in the evening/at the end of the day.

Three questions to answer in the morning are: "What am I grateful for?", "What would make today great?" and an affirmation, like, "I am ...." In the evening, the questions are, "What are three amazing things that happened today?" and "How could I have made today better?" Every day, I look back at this and as I look back, it's

so simple. Answering the question of what would make a day great, for me, it's usually working out, being focused and productive in my workday, and having quality time with my family in the evening. That's it."

### **About Using Gratitude As Your Weapon 13:39 - 14:44**

"If you live in America or if you live in any country in the world where you have running water, electricity, a roof over your head, safety and security, you've already won. You got people who love you? You've already won. Do you know where your next meal is coming from? You've already won. When you could be grateful, when you can understand that maybe, just maybe, 'I'm living my ideal day and ideal life right now,' you realize that you can put down the load. You can put down the burden of striving for that next goal and the pressure for that outcome. What happens is it frees you up to pursue that goal with more energy, more enthusiasm, and without fear. You beat the fear of failure when you realize you've already won, when you realize, 'I've got happiness and fulfillment. It's here in my life now and I'm living it. It's not settling. It's the opposite of settling.'"

### **About How To Live This Out 17:10 - 18:45**

1. Do the five-minute journal daily. Refer above.
2. Say out loud the three things you are grateful for, whatever they are. A glass of water, you have a car, you have a job, someone who loves you, friends, family, etc.
3. Feel the gratitude you're expressing. Don't just say it and write it, but feel it in you. Just let it well up inside of you. Right now, it's a small seed deep inside of you. Let the gratitude just fill you. Water it. Just grow it. Close your eyes and let it just grow.
4. Write five gratitude notes in a week and mail it out to people. It could be a text, an email, whatever you prefer. Be grateful and share the gratitude that you have of others in your life.

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