



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #220

Jim Harshaw Jr Solo - Hard Reset for Your Life

Ever felt you like you just need to hit the reset button? Like you're off track and are not sure even how you got off track? Maybe you're off track with your diet or workouts or relationships or at work? Sure you have. We've all felt that way. In this episode, I break down why that happens and how to do a hard reset so that you can get back on track. If you listen to this episode and complete the steps I outline here, you can have your reset complete and back back on track by tomorrow.

Listen now or grab your copy of the action plan at: JimHarshawJr.com/Action

Quotes

"I was working on this business for years as a side hustle and I'd love to say it was hard work, but it was inspired action. I loved doing it."

"You can do this. Don't overthink it."

How Do You Know You Need A Reset? 08:39 - 13:01

"Mostly, it's a gut feeling. 'I know that I need to do a reset. I know that I'm not on track, not on my path.' If you feel that way in all areas of your life or any one specific area, it's time to do a hard reset. I'm going to give you the exact, specific steps that you can do in about 12 hours to 24 hours.

It's also this; if you know for example, you're trying to save a thousand dollars a month, for example. Are you on track or not? If you're in sales, let's say you're supposed to make 10 calls a day or 50 calls a day or whatever the number is. It's pretty easy to know when you're off-track.

1. If you're drifting and you **feel out of alignment with what your core value is**. Figure out your core values if you don't know what they are.

2. Are you moving towards your goals? Are you working hard every day? Do you feel - like what Jerry Kahmar says - that you're going 100 miles an hour and doing 100 things a day but not exactly moving the needle towards your goal? Then you need a hard reset. If you're not sure of what your goals are, then you definitely need a hard reset.

3. Your **environment of excellence**. Are you hanging out with the wrong people who are pulling you down? Maybe you're going out too many times with your beer-drinking buddies. Are you spending too much time on social media? Instead of listening to podcasts or audio books or materials that are lifting you up and driving you or are you listening to the news? Too much news is just negative.

4. Are you being consistent? Are you following through and executing at the level that you know you should be? You have everything in place, you know your core values, your goals are outlined, you've got a great environment of excellence, but you're not consistent in executing. Then you have to do a hard reset and identify the challenges.

About How To Go About Doing A Hard Reset 13:18

1. **Go to bed on time or maybe a little bit early.** Whatever it is you need to have a good night's sleep. Maybe eat different foods or what to eat and not to eat before bed. I wear an eye mask to make it extra dark, or kick the dog out of the bed if it makes it hard for you to sleep.

2. Wake up early, even if it's 15 minutes early. Whatever you're comfortable with. You want to get enough sleep, maybe a little more than normal, and wake up early and **get a fresh start to your day.**

3. Do some kind of workout, like the **Murph workout** named after Navy Lieutenant Michael Murphy who was killed in Afghanistan back in 2005. Run a mile, then do 300 bodyweight squats, 200 push-ups and 100 pull-ups. You can break those up into segments like 5, 10, 15, 20, 30. After doing all that, you run another mile. Please see your doctor first before doing the Murph workout or any other intense workout.

4. Journal-- see below

About Journaling During Hard Reset 19:45 -22:50

1. "What I want is....." And you can rephrase this however you want. Just start rolling on it and fill in the blank. It could be two, three, five, ten things.

2. "What is working?" Such a simple question. The most powerful things are the fundamentals. Another way to ask this is, "What has worked in the past?"

3. "What's not working in my life right now?" It could be what you're eating, the people in your life right now etc. It's pretty easy to identify those things.

4. "The next three steps for me are....." Whatever your next three steps are, they have to be actionable. It cannot be something like, "To start feeling better about myself," or "To start working out more." It has to be actionable. "I am going to work out tomorrow at 6 in the morning with my friend Steve."

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