



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #224

Jim Harshaw Jr Solo - Pain and Discomfort

Do you want to grow? But do you also want comfort? You can't have both. To cultivate meaningful experiences and to experience meaningful growth, you must endure pain and discomfort. The more you can connect your pain and discomfort to your values, the more the discomfort becomes bearable-- the more the hard work instead becomes inspired action. In this episode, I talk about the pain and discomfort required to get to where you want to go. And I give you 4 steps for creating a plan that will help drive you to achieve meaningful things in your life.

Quotes

"I planted this seed in my head that I wasn't a good runner and because I thought so, I was able to find all kinds of evidence out there that I wasn't a good runner."

"If you are going to aim high, there will be pain, discomfort, failures, and setbacks. But it's worth it."

"First you get a new car, then you get a new expensive gold watch, and then you need a new house. The ability to make yourself happier diminishes. But if you take everything away and you're fighting for milk every day, then you could just be happy eating a cracker in the rain."

-Joe De Sena

founder of Spartan Races

Episode #27 (www.JimHarshawJr.com/27)

About Prep For The Spartan Race 06:58 - 08:41

"I talk about inspired action. I talk about how things that you really want to do aren't hard work but inspired action. I go deep into that in episode 155. But it doesn't

always feel like inspired action. I mean, I'm like huffing and puffing and blowing snot rockets, struggling to breathe. It was miserable and it was dark. It just sucked. But that's part of it. I wanted to do this Spartan Race. I wanted to succeed in it. That's how it goes. Do you want to grow? That's what I would ask myself. Do you want to grow but you also want it to be comfortable? Well, you can't have both. Yes, you don't always have the motivation. That's normal. It's normal for my friend who doesn't want to wake up early. Neither do I. But I'm willing to go through that pain and suffering to get there, to get to the feeling that is good later. It's not glamorous. The pain is going to be there. But it's going to end. There's going to be an end to the workout, end to the day, end to the month, end to the year, whatever it is, you've got to get through. Along the way, there's going to be a respite, there's going to be laughter or sleep or a full belly, there's going to be that warm cup of coffee on a cold morning, whatever it is. There's going to be that respite."

About Walking The Path of Fear 13:47 - 15:10

I have a fear of heights but I have chosen to go bungee jumping. I've chosen to jump out of perfectly good airplanes more than once. I rock-climb. I choose this stuff. I fear it but I choose it. I welcome the pain and discomfort so I can have a meaningful experience. You think about moms having babies. We have four and they're not babies anymore. But once you have one, holy mackerel, the pain. I've never felt it of course but just watching my wife go through that, wow. And the early days of having a baby, the sleepless nights, you wonder, how does somebody ever have a second child? My wife and I did. But it goes away and you say, 'I'm willing to go through that pain and discomfort again to have a meaningful experience.' It all requires pain and discomfort. I've talked to a lot of other people who've gone through pain and discomfort. Listen to any of my Navy SEAL episodes."

About Setting Meaningful Goals 19:56 - 25:50

1. Identify something meaningful that you want. It's not just something that you want, but it's **also the why behind it.** I'll be honest, it's hard to do that on your own. You've got to get outside of your own head. You've got to do the work. The first thing we start with when I work with my clients is core values. We go deep. We go backwards before we go forward. What is that meaningful thing that you want? The job, the lifestyle, the target weight, relationship, the accomplishment, the achievement, the medal, what is it and why is it meaningful?

2. Welcome accountability. My neighbor Jeff, he held me accountable when I was training for the Spartan race. I ended up finishing 7th in my age group out of 60. It

was worth it. I felt good about it. I welcomed that accountability. I know you don't want it but you know that you're going to perform at a higher level if you welcome that accountability if you choose it. It's going to be emotional. You're wrestling with that demon inside of you right now, 'I kind of want it but I don't want to tell other people. I don't want to join that group or make that commitment because if I do, then other people are going to hold me accountable. I may just want to back off a little bit. I may want to quit. I may want to take the easy route.'"

3. Commit to something hard. Make the commitment. Don't just say, 'Maybe I'll do that.' No. 'I WILL do that. I will submit the job application, sign up for the race, have the hard conversations, etc.' Commit to it. You will be amazed at what you're capable of if you commit. You're holding yourself back by not committing. I promise you there is more inside of you. You're not going to find out what that more is unless you commit to something hard. You may commit and find out, 'Wait a second. This isn't actually the right thing. It's about five degrees in this direction.' And that's okay. You're not going to figure out what that adjustment you need to make is until you take off. Pilots are off-course 99% of the time. They're constantly course-correcting. But guess what? You can't get to the destination unless you take off."

4. Reward yourself. Whenever you have accomplishments along the way, reward yourself. Find little ways to celebrate. Give yourself the chance to celebrate and recognize your victories. If you don't, then you won't have those small benchmarks, those small metrics to hit that are worth celebrating. When I was building this business, once the revenue started coming, the idea was to keep stocking it away until you get to the point where you can go full-time. But I was like, 'Wait a minute. Let's celebrate.' so we took money out of the business and took the whole family to Mexico. We went on a week-long, amazing, life-long memory vacation to Mexico. We celebrated these victories and you can too. You should."

Free Clarity Call With Jim Harshaw

<https://jimharshawjr.net/scheduleonce-apply-page>

Recommended Book

Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear by Mark McLaughlin:
<https://www.amazon.com/dp/193689162X>

Episodes Referred

Turning Hard Work Into Inspired Action: <https://jimharshawjr.com/155/>

Charlie Engle: <https://jimharshawjr.com/213>

Andre Kajlich: <https://jimharshawjr.com/205>

Brian Boland: <https://jimharshawjr.com/141>

Joe De Sena: <http://jimharshawjr.com/27>

All Navy SEAL episodes and Action Plans:

<https://jimharshawjr.com/SEALS/>

Mark Divine: <https://jimharshawjr.com/45>

Thom Shea: <https://jimharshawjr.com/132>

Rorke Denver: <https://jimharshawjr.com/163>

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