



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

### **Success Through Failure Podcast**

Action Plan Episode #227

Dana Wilde

Dana Wilde is an expert in how to intentionally and systematically change your mindset so you get better outcomes. She grew her own business from zero to a million dollars a year in under 19 months and now teaches others how she did it. With nearly 100,000 followers in 87 countries, Dana is the bestselling author of *Train Your Brain* and featured in the movies *The Abundance Factor*, *The Truth About Prosperity*, and *Dream Big*. Fascinated by neuroscience and the power of the mind, she affects lives daily on *The Mind Aware Show*, where she interviews thought leaders, brain scientists, and celebrities about how to intentionally think wealthier, happier, and healthier thoughts.

### **Quotes**

"The way you think creates your outcome."

"I don't have a clue what I'm doing most of the time. But I've got my mindset down and that's what we train other people to do."

"The word 'but' negates everything that comes before it."

"Ask yourself, what would it look like if it was easy?"

### **About The Reticular Activating System 18:00 - 19:43**

"In each of our heads, we have a part of the brain called the reticular activating system. This system is a little matchmaker that lives in your head. Its job is to stand at attention all day, every day and listen to what you're thinking about and what you're talking about. If you sit in the room you're in now and you start to look around and just pay attention at the stimuli around you, the color, sounds, sensations, smells, everything you see that is in your awareness. We'd go crazy if we have to process all that. So the reticular activating system does that for you. What does it match, what does it look for in the mucky [inaudible 18:48] around you, it looks for

what you're thinking about and what you're talking about. So it's like a little matchmaker that sifts through this and brings into your awareness, those things. For example, many times, people have the experience of thinking of getting for a new car or looking for a new cars and they start to see that car everywhere. Or they're pregnant or their partner just got pregnant and they see pregnant women everywhere. That's because when you're thinking about these things, your brain says, 'I can tell this is important to you. I am your best friend.' This is a big different message I think I have than most who teach brain training. Your brain is not sabotaging you. Your brain is your best friend. Whatever you're thinking and talking about, it is out there finding it for you. So we're teaching you how to be better thinkers."

### **About Four Steps To Using Perfect Language With Yourself 22:30**

1. Wake up and **become aware**. It's about awareness. You are walking around 95% to 99% of your day unconscious, just doing habits like showering and driving. Have you ever drove down the road after 20 miles and be like, 'Whoa, how did I get here?' This is what brain scientists tell us. If you can get aware a half a percent a day, if you can wake up and bring yourself into your awareness - we call it 'bust yourself' - if you catch yourself feeling bad or saying, 'I'm never going to do it. I'm never going to make it. Things aren't working,' that's your time to go step 2.

**2. Ask yourself, 'Do I want my reticular activating system to keep matching this up?'** For years I was not a morning person and I didn't care if I was a morning person. So I don't care if my brain keeps matching that up. But sometimes you're saying something that's a big feel-bad and you have to decide if you want to keep matching it up. If you keep saying it but you actually don't want to match it up, then you go to step 3.

3. 'How can I talk about the current situation in a way that feels good?' **Start by saying sentences that feel better**, like 'I may not be where I want to be but I'm figuring it out and I'm getting better at this.'

**4. Feel the positive emotions.**

### **About Daily Habits To Follow 31:25 - 33:55**

"Put a little Post-It note on your alarm clock or across you from the wall that says something like, 'I'm a brain-trainer. Today is going to be a good day,' something like that. Everybody who's listening right now, you've already heard too much to ever go back to thinking the same way again. You now have had a profound shift just from

hearing about the reticular activating system and that it's listening to you all day, that you'll never be able to go back to your old thinking again. You will never be able to have a negative thought and not hear my voice in your head, busting you.

When you have that negative thought, don't beat yourself up. It's more like, 'Oh, negative thought! I caught it. I'm aware. Let's celebrate! Good for me!' So you're going to put that Post-It note up and when you wake up in the morning and see that Post-It note, I recommend you take 60 seconds to 120 seconds and stay in bed. Do it without falling asleep, and sit up a little bit and think that you have the opportunity you seize this day. This is your day and you have the desire to stay aware and centered and feel good. Think about something you got to do today. Instead of saying, 'I have to do that today,' say to yourself, 'I get to do that today. I get to be alive. I get to live my life. I love that I get to be centered. I love that I get to think in my head. I love that I'm a proactive thinker.' When your feet hit the floor, then you got a real fighting chance of staying centered as you go about your day.

The rest of the day, you're going to have opportunities to get knocked off center and that's okay. Every day, I have opportunities to get angry at my computer. But that's all right. The idea now as a brain trainer is you have the option to go, 'Okay, I have that experience. That's all right. What would I like to be thinking or feeling now?' This isn't about going, 'I'm a happy, positive person, blissful and walking around like a robot all day.' this is like, 'How can I ease myself into feeling better?'"

### **About Learning To Enjoy Life 39:47 - 41:17**

We're conscious human beings. We're creatures on this planet who can be aware of our thoughts. We're human consciousness and shouldn't we spend every day going, 'This is just amazing! How is it that we have this playground to play in every, single day?' When you start to really get into that, that, 'I'm just here in this human amusement park, banging around, figuring it out. Some things work and some things don't. I'm going to figure it out. I'm already figuring it out. In the meantime, I'm enjoying the process of being alive and creating and having thoughts in my head that I can direct towards whatever I want to think about.' They have that phrase, 'What you focus on grows.' What it really means is whatever you're thinking about, your brain is bringing to you. So step one in really starting to enjoy life more and starting to be more of a creator and starting to have better outcomes and success is focusing on that. Focus on what you're thinking about."

### **Action Item**

The action here is a thought, a thinking process. What I want you to do is every day, start listing your little successes. So keep a running list at the back of your mind of the little success you're having. If you can think of 3, great. If you can think of 5, awesome. Just little successes like, 'I had a nice conversation today. I listened to that podcast today.' What happens is your reticular activating system sees, 'This is important to you. I'm going to start looking for more of these for you.'

### **Episodes Referred**

Focusing On Process Over Outcome: <http://jimharshawjr.com/218>

### **Free Train Your Brain Audiobook**

<http://danawilde.com/op/Harshaw/>

### **Free Mastermind E-Book**

<https://jimharshawjr.net/insider-secrets19300394>

### **Website and Social**

Website: <https://danawilde.com/>

The Mind Aware Show: <https://danawilde.com/show/>

Instagram: [https://www.instagram.com/dana\\_wilde/](https://www.instagram.com/dana_wilde/)

Pinterest: <https://www.pinterest.com/themindaware/>

Facebook: <https://www.facebook.com/themindaware>

Free resources: [https://msha.ke/dana\\_wilde/](https://msha.ke/dana_wilde/)