



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #232

Jim Harshaw Jr Solo - Core Habits

Habits. It's a work that brings either dread or delight to the soul depending on if you slept in this morning or woke up on time, missed your workout today or got it in, kissed your spouse on the way out the door or skipped it. We all want to create better habits or eradicate bad ones. But where do you start? How do you make it all work? How do you identify the most important habits and actually execute on them with consistency?

That's what I dive into in today's episode.

Quotes

"Everybody has ONE core habit that if you nail that habit, everything else is easier. So what is the one thing that you need to be doing more often?"

"When you have that one habit, build upon it with your second core habit, the third core habit and so on."

"It's the small things done consistently that leads to success."

About Finding Your Most Important Core Habit 06:44 - 09:07

"I actually put two or three really easy things at the beginning of my to-do list every day. So I create momentum and I'm checking off some boxes and drawing lines on some to-do items. And then I get to the big thing. So I'm creating psychological momentum so whenever I get to that big thing, I feel like I'm already making progress. It's the same thing with a habit. When you're trying to build new habits - don't try to implement three or five things at once - what's the one thing? You start off with one. When you can do that, you will find more space, physically and psychologically in your life to start compounding and adding new habits. The ones that I see coming up most often with my clients are things like getting to bed on time, working out, nutrition, finding time for prayer or quiet time or meditation time.

These are the ones that come up most often. If you can nail that one, usually the rest of your day works out a lot better than it would have otherwise. Honestly, some of that is purely psychological. You just feel better when you do that thing. You feel more in alignment. This is about living in alignment with what you want to accomplish and who you feel like you are, what your identity is. When you do that thing, it creates that momentum. For me, it's getting to bed on time. That's the one thing. There are a lot of things I have to do to make that happen but if I can for example, get to bed on time, then I get enough sleep and I can work out on time and get my workout in. I can have some space to plan my day. I can do my other morning routines and rituals."

About Reducing Friction To Achieving Your Core Habit 14:28 - 16:12

"Find ways to reduce friction. What do I mean by friction or resistance? It's like if you want to work out more, have your workout clothes laid out the night before. I wear them to bed, so I just pop up and I'm ready to roll. Before my daughter goes to bed, she puts on the clothes she's going to wear the next day to school. That's a way just to reduce friction. What is it for you that you can do to reduce friction? Here's another one of my really important core habits. This is part of my morning routine and one of them is to drink 16 ounces of water as soon as I wake up. This sounds silly but I pour the glass of water the night before and I put a lid on it. I sit it there next to the coffee pot and the first thing I do when I wake up all bleary-eyed and groggy, stumbling down the stairs across the kitchen, I grab the glass of water and drink about half of it immediately. That's a core habit for me."

About The Productive Pause 22:15 - 23:49

"It's this concept of getting off the treadmill of life. It's defined as a short period of focused reflection around specific questions that leads to clarity of action and peace of mind. If there's such a thing as a secret to success, it's this. It's planning your day. 'What do I have to do to win today?' It's planning your week, planning your month, planning your year. Once a year, I set aside about a half of a day and I plan for the entire year. I look back at my journal entries and my goals, I look forward to what I want to accomplish and I plan out my year. For my monthly planning, I pull out my monthly goals, I go one-by-one through every one of my goals. I write micro-goals. That's probably the one thing I do that's really contributed most to my success. It's allowed me to stay balanced in my relationships, it's allowed me to be healthy and continue to grow personally, to make an impact in the world and community, and to be honest, to make more money. You go back and listen to any

episode, whenever I ask someone what is the one thing that they do, their one habit, it's always some version of a pause."

My Other Core Habits 24:00 - 27:20

1. Work out
2. Date nights
3. Time with God - listening to the Bible or a podcast called Morning Mindsets that talks about Bible verses
4. Visualizing my success - visualizing driving to my last day or work, or visualizing clients coming to me, and me working with amazing people.

Recommended Books

10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story by Dan Harris

<https://www.amazon.com/10-Happier-Self-Help-Actually-Works/dp/0062265431>

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear

<https://www.amazon.com/Atomic-Habits-Proven-Build-Break/dp/0735211299>

The Slight Edge: Turning Simple Disciplines into Massive Success and Happiness by Jeff Olson

<https://www.amazon.com/Slight-Edge-Turning-Disciplines-Happiness/dp/1626340463>

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Episodes Referred

Todd Stottlemire: <http://jimharshawjr.com/94>

Jared Kahmar: <https://jimharshawjr.com/125>

Jake Herbert and Andy Hrovat: <https://jimharshawjr.com/3/>