



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #245

Jim Harshaw Jr Solo - Limiting Beliefs, Fear, and Finding the Opportunity Among
Uncertainty

Just a couple weeks ago, I defeated a long-time limiting belief of mine: I am just not built to run long-distances. So, I ran a marathon. Right around the same time, I began feeling anxiety around the economy and my business... and the family that my business provides for. I'd lost over a month's worth of income in just a couple of days. As I began to worry, I became mindful of myself falling into a trap. A trap of limiting beliefs. Beliefs that all of this is outside of my control and there's nothing I can do to stop it. Then, I decided to ask myself the type of question that breaks limiting beliefs. I asked myself, "If, hypothetically, there were an opportunity for me among this unprecedented challenge, where would it be? What would it look like? How are you uniquely qualified to serve the world?" Ideas flowed. Action followed. Opportunity abounds. Here's how you can adopt this same mindset and find your own opportunities.

Quotes

About Breaking My Limiting Belief on Running 02:00 - 04:50

I hated running because it was planted as a seed in my mind many, many moons ago when I was a young wrestler, middle-school, high-school and I had to lose a bit of weight for wrestling. So we'd throw a plastic suit on and go for a run, lose a few pounds and make weight. That was a miserable process. Thankfully, that is much less prevalent these days in the sport of wrestling. You're actually not allowed to wear those plastic suits anymore. Anyway, those were my first experiences with running. From there on out, I just believed that I'm not a good runner, I can't run. I hate running. I'd always get bored. All I do is think about how long this is taking. About five years ago, I decided that I wanted to stop telling myself that story. So I made a commitment. I talked about this, how to break limiting beliefs. One of them

is to make a commitment. So I actually signed up to a half-marathon. That was five years ago. I ran 13.1 miles, felt very comfortable doing that, and working up my training up to the 13-mile mark. It got to the point where I said, 'If I can do a half-marathon, I can do a full marathon.' But it wasn't the right timing for me. There's sometimes you know you're delaying something because you're procrastinating. You have to catch yourself. I've been mindful enough to know over the last five years that I'm not delaying running a marathon because I don't want to do it. I'm delaying it to put my extra bandwidth into building my business, which I did. I knew that as soon I could do that, I would put a marathon on my calendar. I left my full-time job last September and about a month later, I had already planned to do a Spartan Race. I finished the Spartan Race and after that, I put a marathon on my calendar and began training for it. This was just another commitment to face this limiting belief that I had. We did it. We did our marathon and I was so proud that I did it."

About the Limiting Beliefs During COVID-19 08:30 - 11:36

How to Break These Limiting Beliefs 11:36 16:20

1. Identify the belief. Catch yourself. Be mindful of that limiting belief. It may not feel like a limiting belief to you. It may just feel like it's something that you know is true. 'The economy is tanking. I lost a bunch of business. Therefore, x.' Something like if a, then b, then c. Well, that's what I thought too and that's what a lot of others have thought. If you look back at history, building a flying machine, that can't happen. That was once a limiting belief. There was the 4-minute mile, that was believed to be true, that the human body cannot run a 4-minute mile. I guess we were wrong on that one too. Your limiting belief will sound something like this, 'I can't seem to _____ because _____.' Fill in those blanks. 'I can't seem to get enough done because there's not enough time in the day.'

2. What are some objective supporting evidences that you are right? For me and the marathon thing, it was that I never liked running. I struggled with running. I actually went out for cross-country in the senior of my high school and didn't do very well. I did terribly at it. These are some objective supporting evidence that I can't run long-distance.

3. What are some objective supporting evidences that you're wrong? Here's some supporting evidence that I was wrong. I can actually potentially run long distances. In the team runs when I was in Virginia, I actually finished towards the top. I never won the team runs, the three, four or five-mile runs. Whenever I was on the

cross-country team in high school, I was also training for wrestling. Cross-country was just something I did to stay in shape for wrestling. I would go wrestling practices afterwards. I wasn't just focusing on running while my teammates were.

4. What is a more balanced view of this limiting belief? Here's a more balanced view. I have achieved big, athletic things like becoming an All-American wrestler, an extreme, physical test of endurance, especially when you're wrestling multiple matches in a day. I've done physically hard things before. Every time I train for running, I seem to get better at it. It just sucks to train for it. But maybe I just haven't given myself a chance. So this is a more balanced view. So maybe I can do this if I just give myself a chance, if I get into the environment of excellence, if I make the commitment, if I train for it, if I choose to make this a priority.

About Taking Action to Your Best Capabilities 27:50 - 30:18

"By the way I'm talking about this, it's a little bit controversial. There's a [tweet](#) that went out and went viral where it says, 'If you don't come out of this quarantine with either 1) a new skill, 2) starting what you've been putting off, like a new business, or 3) more knowledge, you didn't ever lack the time, you lacked the discipline.' This is controversial because the first response I'm seeing below it is, 'Some of us are working from home and have children. If we come out of this sane, we're outside.' They're both true they're both right. If you have more bandwidth, put it towards a new skill or starting something you've been putting off, or get more knowledge. There's an [article](#) written, titled *A Trauma Psychologist Weighs in on the Risks of Motivational Pressure During the Quarantine*. This author goes on to berate this guy and beat this guy up because it's pushing people too hard. You know what? It does and it's true. This is not a relevant tweet for everybody. The article is more relevant. There's fear. There's uncertainty. The article doesn't tell us to action amid the uncertainty. It just talks about this fear and we have to allow for that. We have to allow for the fear and uncertainty and give grace to those dealing with it. We can't hide in the corner in the dark. If you're dealing with the uncertainty, what can you do? Put some certainty in your life, even if it's creating a morning routine, just reading a book you'd enjoy. This controversial tweet and article, neither one is right, neither one is wrong. How do you interpret them? That's what's right. Think about both sides of this."

Action Items

1. Write down 10 opportunities, good ones, bad ones, indifferent ones. Write them all down and you'll come up with some good ones.

2. Listen to [Episode 139](#) and get the action plan about cognitive conversions. And then, listen to [Episode 197](#), about achieving your 10-year goals in 6 months.
3. Ask yourself the four cognitive conversion questions stated above
4. Jump on a [call](#) with me.

Recommended Tools

www.loom.com

Tim Ferris's Impossible Questions to Ask Yourself

<https://tim.blog/2016/12/07/testing-the-impossible-17-questions-that-changed-my-life/>

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Episodes Referred

Travis Macy - Ultra Mindset : <http://jimharshawjr.com/52>

Jim Harshaw - Power of Cognitive Conversions: <http://jimharshawjr.com/139>

Jim Harshaw - Achieving 10-year Goals in 6 Months: <http://jimharshawjr.com/197>