



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success through Failure Podcast

Action Plan Episode #259

You're doing the work. You wake up early. You read books. You write down your goals. Do you do all the things you're supposed to be doing, but you're still not getting the results that you want?

In this episode, I break down why you're not getting the results you want, and give you action items so that you can have the right mindset to break through your limiting beliefs and bring joy and fulfillment to your life.

Quotes

"Just because you follow the steps that somebody else has taken to succeed, it doesn't mean you're going to have the exact same results."

"No Olympic champion ever stepped onto the mat or into the pool or onto the field of competition or court without believing that they could be the Olympic champion."

"Don't just listen to this and move on with your day, don't just go back to being busy, get this mindset piece figured out."

Why superficial beliefs can hold you back from getting breakthrough results

If you were to ask me if I could be a state champion in high school, Pennsylvania state champion, that was my goal. And if you'd asked me, can you be state champion? I'd say, yeah, I'm going to be that, I'm going to be a state champion.

But here's the thing--- I knew logically that I could be a state champion, but I didn't know emotionally. I didn't truly believe it at a deep, deep level. And you might feel the same way. There might be something in your life where you're saying, yes, I know I can do that thing, but deep down, it's just superficial and deep down you don't truly believe it. Then I finally overcame that-- I'm going to give you some tactics for overcoming that and how the world opened up for me, but it took me years of figuring this out.

Why success is not replicable

Just because you follow the steps that somebody else has taken to get to success, it doesn't mean you're going to have the exact same results. Yes. Success leaves clues. Yes, there are best practices, but just because you do steps one through 10, it doesn't mean you're going to have the exact same results. There's more to it. You're bringing your experiences to it. You're bringing your mindset to it. You're bringing all of your background, your knowledge, your education, your resources, et cetera. You're bringing all of that to the situation as well.

The power of believing

No Olympic champion ever stepped onto the mat or into the pool or onto the field of competition or court without believing that they could be the Olympic champion. They weren't thinking this is just too big for me. This is not my thing. I'm not good enough to be here. No, they weren't thinking that. And they weren't even just thinking that logically, but also deep down, they weren't believing that they had a different belief.

They had a logical belief that I can win this competition, but also emotionally, there was a knowledge that 'yes, I am capable.'" And not only am I capable, but it's also absolutely going to happen. And there are actually silver medalists who lost, who stepped onto the mat or into the pool or onto the field or onto the court who believed that as well. But they failed, but they carried that belief with them. And that belief is the only thing that gave him a shot of actually winning. So how

about you? How about you? Do you believe that logically, first of all, that you can achieve the success that you want? Do you have a logical belief that sure it's possible for me? And is that connected to a deep emotion where that's the key internally? Do you believe it? Because I think externally, most of us know that. Sure. That's possible for me, whatever that thing is that you want it's possible. But when you don't have the emotional side, you don't deep down believe that it's true for you as well, then it's not going to happen. And so how do you do that? How do you make that show? Switch that shift to believing that, 'I know'.

Why you shouldn't be afraid to take the leap

You have to go, okay, there's something else at play here. This isn't all random. And so there's something else going on here, and there's a higher power. So for me, that's an easy leap. Okay. There's a higher power. And then here's the leap that I didn't make for a long time. And once I made it, I realized that this all makes sense. So the leap was this. If there's a higher power, what are the chances? S/he would want to put a human being on earth to teach us how to live. Ah, that's not a very big leap. Of course, they would want to put somebody on earth to say, 'Hey, here's how you're supposed to be doing this thing. Here's how this works. And here's how you're supposed to be treating those other people that I've put on the planet with you.'

Action Items

Don't just listen to this and move on with your day. Don't just go back to being busy, busy, busy. Get this mindset piece figured out. And again, if you want help with that, go to JimHarshawJr.com/apply. And we can find a time to have a chat about how this might work in your life.

Nine (9) weird mindset hacks on how you make the emotional connection to actually believing something's true

- Listen to inspiring stories of great failures
- Taking things from a logical understanding to a deep-seated belief

- Speak gratitude out loud
- Change your language
- Keep a logbook of your success
- Surround yourself with successful people
- Create a vision board
- Visualization
- Going to a Hypnotherapist

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Episodes Referenced:

- #96 Erik Weihenmayer: <https://jimharshawjr.com/96/>
- #152 How to Create Your Personal Environment of Excellence: <https://jimharshawjr.com/152/>
- #227 Dana Wilde: <https://jimharshawjr.com/227/>
- #125 Jared Kahmar: <https://jimharshawjr.com/125/>
- #249 Erika Flint: <https://jimharshawjr.com/249/>

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