



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #267

Two Ways to Get Yourself to Do Hard Things

In the hustle and bustle of life, stopping is not easy. You have to hit the ground running to reach the finish line. Equipped with your purpose in life and a plan to succeed, achieving your goals is within reach. But how exactly are you going to kickstart your journey if you don't have the motivation to, well, actually start? Or to keep going when life throws you curve balls? In this episode, Jim Harshaw Jr. shares the two ways to get yourself to do the hard things you need to do and to do them consistently.

Top Quotes From This Episode

"If you have a strong enough 'why,' you're gonna figure out the 'how.'"

"You are capable of incredible things. If you have a strong enough reason why you can accomplish whatever it is that you want, you have to cultivate that 'why.' You have to do the deep work."

"Find that identity within you because it's there. If you're thinking about it and you want it, that identity is there. You just have to uncover it."

Show Notes

This episode touches on the following key topics and ideas:

- The power of "hysterical strength" (3:51)
- Team Hoyt: How Dick and Rick Hoyt traversed the impossible (6:38)
- Discover your "why" and your purpose, and start getting things done (9:20)
- Jim shares stories from his life and experiences that honed his identity (13:02)
- Uncover a piece of your identity: Discovering the part of you that moves you towards your goals (18:16)

- Jim discusses the “Be, Do, Have” mindset (21:11)

List of Resources Mentioned in the Episode

[Hysterical Strength](#)

[James Clear, Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#)

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Want to talk to a personal performance coach? Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: JimHarshawJr.com/APPLY

Other Episodes Referenced

[#259 Nine\(9\) Weird Mindset Hacks That You Can Use To Break Limiting Beliefs](#)