



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #287

25 Shockingly Simple Tricks That Will Transform Your Day— and Life— In the Next 10 Minutes

What can you do in the next 10 minutes?

You can...

Scroll through your social media and set off an unproductive day

Go open a bag of chips and put unhealthy fuel into your body

Open your inbox and try to find something to be busy with

Or better yet you can...

Make your bed

Make that phone call that you've been putting off

Meditate

The next 10 minutes of your day holds so much power. But the question is: Will you take advantage of that time to take a step back or advance closer to your goals?

In this episode of Success Through Failure we'll talk about the 25 things you can do in the next 10 minutes that can help transform your day!

There's a checklist below that you can save on your phone or print out and post on your wall and be reminded to take action in the next 10 minutes!

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

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THE POWER OF THE NEXT 10 MINUTES

25 Ways to Invest Your Next 10 Minutes

Make a phone call that you've been putting off.

Make your first phone call or send the first email of the day if you're in sales.

Exit out of your inbox and get to the real work that you need to do.

Make your bed.

Pray

Check your calendar for the next week or next month and make sure you're not going to miss anyone's birthday or other significant dates.

Put on your workout clothes.

Write a thank you card or handwritten note.

Plan a date night or a quality time with someone you love.

Fill up your water bottle and start drinking it.

Turn off notifications on your phone.

Recite your mantra—like 10 times!

Meditate

Read a book.

Power nap (A nap is sometimes the best thing as long as it's not procrastination.)

Throw away the dessert or junk food that's sitting on your counter, in your pantry, or on your desk.

Stop beating yourself up for your failures of today, yesterday, or 10 years ago. Let go.

Put your phone up on a shelf and go sit down with your kids or look your significant other in the eye with intentions of having a conversation that connects.

Journal.

Eat a piece of fruit or a vegetable.

Write 3 things you're grateful for.

Clean your desk.

Unsubscribe from 3 email lists that you're on.

Do a mini-relaxation session: 5-4-3-2-1 progression.

Call your mom or dad... or maybe your old coach. Check on someone.

What else can you do in the next 10 minutes?

