



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #291

Logically Override the Default: How to Stop Procrastinating, Scrolling, and Getting Distracted

Have you ever finished a work task then found yourself automatically checking your inbox or social media?

Have you ever walked past a tray of cookies and just grabbed one without even thinking about it?

Have you ever hit the snooze button?

This is the default. This is what's holding you back from your next level; from achieving that goal that always seems just out of reach.

So, what can you do about it?

During a recent personal performance coaching session with a client there was a specific, powerful phrase that I said that he keyed on.

"Logically override the default."

I encourage you to 1) listen to this episode and 2) do as my client said he was going to do-- write the phrase on the wall above your computer!

Tune in now and let's talk about the 10 ways you can logically override your default.

Top Quotes From This Episode

"Logically override the default."

"Don't let the emotional side of you take over the default side of you."

"If you want to logically override default thinking that you're having, you need to do things that bring the unconscious mind up to the conscious level so you can see and evaluate things."

*"If your mind is a supercomputer, your self-talk is the program that's running it."
(Josh Waitzkin)*

"It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen." (Muhammad Ali)

Show Notes

10 Ways to Logically Override Your Default

1. **Turn off notifications (10:47):** Our default is to pick up our phone and constantly check our messages, so turning off notifications will help eliminate that default.

If it's essential to see notifications from specific people, just set them as an emergency contact, so only these important notifications will pop up on your screen.

2. **Remove the problem (13:22):** Remove the things that interrupt and distract you. Throw away those cookies or put them somewhere out of sight, remove the snooze button by using alarm apps that REALLY gets you out of bed like [Alarmy](#), or close your email inbox.
3. **Eliminate the barrier (15:13):** If you can't completely eliminate the problem, eliminate the BARRIER instead. Want to eat healthier? Make sure you remove the unhealthy snacks you have and replace them with healthy food.
4. **Reduce the barrier (16:32):** "It's the start that stops most people," so try the 5-minute rule where you allow yourself to do something for just 5 minutes. Be surprised at how much you can get done in 5 minutes. And who knows, you may just want to keep going after taking that first step of getting started.

Or if you want to reduce the distraction that your inbox creates, use the plugin called [Inbox When Ready](#), which hides your inbox so you can spend less time on your email.

5. **Add barriers (20:17):** Increase the friction to doing the default that you don't want to do anymore.

Want to decrease your beer intake, add barriers by storing your beers somewhere that requires extra effort to get access to: like your basement. Delete or log out your social media accounts so when you get the itch to check your accounts, you have to overcome the barrier of downloading the app or logging in to your account.

6. **Mindfulness (22:03):** Do things that bring your unconscious thinking up to the conscious level so you can take action on it. You can activate this by

journaling, doing an after action-report, being part of a mastermind group, or having a coach.

If you're interested in having an executive life coach, you can go to JimHarshawJr.com/APPLY where you can schedule a free one-on-one coaching call with me.

7. **Make a commitment (28:52):** Take full responsibility for the tasks you have to accomplish. If you want to take it to the next level, create an instant negative feedback for your commitments if they're not fulfilled, example: Olympian Jake Herbert once posted on Facebook that he'd give away \$1,000 to everybody who'd comment on his post if he'd fail to execute a 5-day fast. Put your money where your mouth is.

8. **Blow up your thinking (32:25):** Blow up your default thinking. Do this by getting around higher-level operators, attending conferences and conventions, or reading books.

If you want to blow up the limiting beliefs that are holding you back from achieving your goals, get access to the 10x Your Goals Work Session here: JimHarshawJr.com/10x

9. **Mantra (37:17):** Logically override the default with words. Self-talk: Insert words into your head and into your mouth. Say those words internally. Say those words out loud.
10. **Environment of Excellence (39:20):** Create cues in your environment to break out of your limiting default thinking. Write that mantra on your wall. Hang a poster of your goals or bucket list on your wall. Print this action plan to remind you to override your default.

List of Resources Mentioned in the Episode

[Alarmy](#)

[Inbox When Ready](#)

Dr. Robert Gilbert's Success Hotline number: 973-743-4690

JimHarshawJr.com/10x

["Searching for Bobby Fischer"](#) (movie about Josh Waitzkin)

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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Other Episodes Referenced

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[#33 Dr. Gilbert of the Success Hotline on Wrestling, Achievement and Finding Inspiration](#)

[#246 & #247 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer](#)

[#139 The Power of Cognitive Conversions: How to Change Limiting Beliefs Into Liberating Beliefs](#)