



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #294

### **A Surprisingly Simple Trick To Staying On Track With Your Goals: A Power Tactic To Use Every Month**

Do you ever get overwhelmed when striving to achieve your big goals? Do you feel like you're running out of time? Are you struggling to accomplish and stick to the goals that you've repeatedly set for yourself year after year? Or are you on the verge of dropping your resolutions and trying again next year (hopefully not)?

It's time to pause, take a deep breath, and start... small.

In this week's episode, let's talk about Micro Goals... the goals that you should always have in your back pocket (literally!), that are going to drive you and help keep your mind clear and focused.

No more goals left unattained. It's time to take the small but powerful steps to fulfilling your goals through micro goals! Here's how... Listen now.

#### **Top Quotes From This Episode**

*"When you have those micro goals, you know exactly what your plan is. You know what you're doing. You know what you're working on."*

*"There's a million things pulling at you, but if it's not one of these items that are on your micro goal list, then you need to question whether you should be doing it or not. It really helps you say no to things that you shouldn't be working on, things you shouldn't be doing."*

*"Micro goals allow for you to back off on one (goal) so you can push the dial up on another one."*

*"You build your path as you go." - [Steven Pressfield](#)*

*"You don't have to see the whole way there. You just have to see the next 30 days. And if you fail in the next 30 days, you say, 'Okay, that didn't work. How else can I do this?' Not, 'Can I do this?'"*

## **Show Notes**

**This episode touches on the following key topics and ideas:**

- **Pathfinders Retreat (6:15):** Launching of the Pathfinders retreat on May 22, 2021, happening in Princeton, New Jersey. Available only for Pathfinders, so if you're interested to be one, go to [JimHarshawJr.com/APPLY](http://JimHarshawJr.com/APPLY).
- **Forms of Micro Goals (9:21):**
  - **S.M.A.R.T. Goals:** Specific, measurable, attainable, relevant, and time-bound
  - **KPI:** Key Performance Indicators
  - **OKR:** Objectives and Key Result
  - [Tim Ferris' "Short duration, low cost" experiments](#)
- **Examples of goals turned into micro goals (12:30):**
  - **GOAL: Run a marathon (12:36)**
  - **Micro Goal 1:** Determine which marathon to participate in
  - **Micro Goal 2:** Determine a training plan
  - **Micro Goal 3:** Buy a new pair of running shoes
  
  - **GOAL: Start a business (14:24)**
  - **Micro Goal 1:** Talk to 3 people who are already doing it
  - **Micro Goal 2:** Schedule an appointment with your local small business development center or with SCORE (Service Corps of Retired Executives), a non-profit organization that gives free consultation services for entrepreneurs
  - **Micro Goal 3:** Buy the URL domain for your business
  - **Micro Goal 4:** Create an MVP (Minimum Viable Product) or a prototype
  - **Micro Goal 4:** Get feedback from your market
- **Kinds of Goals (16:05):** Identify 1 to 2 goals for each area: Relationship, self, health, and wealth.
- **Core Values (17:44):** A tool you can use to help you make decisions in life in terms of how you should spend your time and energy.
- **Example of Relationship Goal (18:43):**

- **Goal: Improve my relationship and connection with my wife by scheduling at least one date night per month**
- **Micro Goal 1:** Put it on the calendar and start researching for a nice place to have a date, who can watch the kids, etc..
  
- **Reveal Your Path system (22:20):** You're pulled in a million different directions in your life and you can't just focus on one area. That's fine. You can fail along the way. Just set monthly micro goals that will allow you to modify and adjust according to your phasing.
  
- **One step at a time (24:17):** You don't need to plan everything in one sitting, plan your micro goals month to month. As [Steven Pressfield](#) said, "You build your path as you go."
  
- **Eyes on the prize (26:48):** Keep your goals at the top of your mind by writing them on a post-it note, on the back of your business card, on your journal, or on your digital post-it notes.

### **List of Resources Mentioned in the Episode**

[JimHarshawJr.com/SOLO](http://JimHarshawJr.com/SOLO)

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

### **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](http://JimHarshawJr.com/APPLY)

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

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### **Other Episodes Referenced**

[#163 Courage, Suffering, and Doing Hard Things: Insights on Living from former Navy SEAL Rorke Denver](#)

[#238 Accountability, Trust, and Tough Conversations: Leadership Strategy with CEO and Master Coach Kari Granger](#)

[#52 Travis Macy, Author of The Ultra Mindset, Talks Success in Business, Sports and Life](#)

[#165 The Truth About Achieving Unthinkable Goals with Speaker, Author, 4X Olympian Ruben Gonzalez](#)

[#96 Summiting Everest, Kayaking the Grand Canyon... Blind: Erik Weihenmayer](#)

[#134 Overcoming Your Fear of Taking Risks: Mental Toughness Tactics with Matt Phillips](#)

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

[#256 Steven Pressfield: Defeating Resistance and Starting Before You're Ready](#)

[75# Speaker, Endurance Racer Rich Roll: How to Take Real Action Toward Living the Authentic Life You Want](#)

[#69 Strategy Before Tactics: Marketing for Growth in Business and Life with Duct Tape Marketing's John Jantsch](#)

[#50 Russell Brunson of ClickFunnels and DotCom Secrets](#)

[My interviews with Navy SEALs](#)