



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #319

### **Jim's Favorite Books, Habits, and Gadgets For Consistency, Balance, and Success**

There are so many factors that affect your success— among them are the RIGHT strategies and tools that will aid in boosting your performance and maximizing the impact of your hard work.

In this episode, I share with you the books, habits, apps, and gadgets (BHAGs!) that I use to help me find balance, focus, clarity, and of course, success.

Now, what I'll give you doesn't guarantee you won't fail because YOU WILL. But these will make you resilient and powerful despite— and because of— failure.

Get your notes ready! And discover new tools that will help you get back up when you fail. Listen now!

PS How about you? What are the books, habits, apps, and gadgets that take you to the next level? Share it with us on social media by using the hashtag #STFpod. We look forward to your suggestions! 📝✍️

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

*"If there is such a thing as a secret to success, it's doing a Productive Pause. It's hitting the pause button, getting off the treadmill of life, not doing the same thing tomorrow for no better reason."*

*"Plan your day in advance because a great day always starts the night before."*

*"Our mind is so powerful. And if you can control your mind and impact the thoughts that you have, you will find success."*

## Show Notes

This episode touches on the following key topics and ideas:

### MUST-READ BOOKS

1. Dale Carnegie's "[How to Win Friends & Influence People](#)" (3:18)

Everything that we do in life comes back to relationships— networking, spouse, kids, boss...

If you want to have better relationships at work or at home, this book will help you better connect and understand other people, build empathy, and aid in making other people buy into any ideas that you're trying to sell.

2. [Russell Brunson's "Expert Secrets"](#) (5:32)

This one might surprise you but this is a favorite book of mine.

*Expert Secrets* is more about sales and marketing, but really it's about psychology. It's about the psychology of people: what makes people tick, what makes people want to buy into an idea.

It is geared towards entrepreneurs, especially internet entrepreneurs. But really it's for anyone who has an idea or a skillset you want to monetize.

3. Napoleon Hill's "[Think and Grow Rich](#)" (6:41)

Much like "How to Win Friends and Influence People," "Think and Grow Rich" is a classic but its wisdom still resonates to this day.

This one is about mindset on money and how to create financial success.

4. Bible (7:42)

The Bible is a foundational book for me.

Whether you're a Christian or not, just listening or reading the gospel is a fascinating read.

If you're interested to learn more about Christianity, listen to gospels on this app: [YouVersion](#).

### HABITS I LIVE BY

(8:54) [Productive Pause](#) is a foundation habit that I encourage everyone to practice.

*Productive Pause* is a short period of focused reflection around specific questions that leads to clarity of action and peace of mind.

Check out [this episode](#) to learn more about this habit.

Now here are the three tactical things I do on a regular basis:

### 1. Intermittent Fasting (9:43)

I want to feel good as I go through my day. I don't want to feel like I'm dragging or sluggish.

One thing that I found really helpful for me is intermittent fasting.

Now, I'm not hardcore about this but the idea is if I just don't eat breakfast and wait until lunchtime before I eat, I'll feel better. I'll feel like I'm on rocket fuel.

But if I need some fuel in my body before noon, I prepare myself a bulletproof coffee, which is simply adding butter to your coffee, or I'll have a hard-boiled egg.

### 2. Date nights (11:25)

Everything in my life seems to go better and easier when I have a healthy, strong connection with my wife, Ali.

We always get at least one date night per month. This is something we have talked about years ago and now this is a written goal for us that we have been successfully and consistently fulfilling.

### 3. Planning day (13:16)

Having a great day always starts the night before. So plan your day in advance or even better, plan tomorrow, today.

Planning your day is so critical to get done so, as you go into your day, you don't just get sucked into email and start reacting all day.

## **MOBILE APPS I FREQUENTLY USE**

### 1. Voice memo (14:39)

I use this app to record mindset memos. What I do is I write a script—something that will motivate and condition my mind—record it, then I listen to them whenever I feel like I need them.

### 2. Camera Roll/Gallery (16:05)

This also goes back to the power of the mind.

I use the camera roll to save images of things that have happened or that I aspire to achieve. This helps me in [visualizing](#) and employing the Law of Attraction.

### 3. Shortcuts (17:09)

This is not exactly an app but a shortcut you do on your phone's settings.

Instead of typing out lengthy terms, websites, or email addresses that you have to send out a lot, just create text shortcuts to save time.

For instance, if I want to type "jim@jimharshawjr.com," rather than typing those 20 characters ALL THE TIME, I set "JHJR" as the shortcut. So every time I type those 4 letters, my email address would auto-correct the code.

To learn more about this, just listen to [this episode](#) where I shared practical hacks for simplifying work.

## **GADGETS FOR INCREASED PERFORMANCE**

### 1. **Garmin watch (18:23)**

My wife bought me a Garmin watch and it was a game-changer!

It's a smartwatch that helps me track the steps I've made for the day, my sleep, the temperature outside; I even use it to set an alarm for my workouts.

### 2. **PlexiCam (19:48)**

Since all of my speaking engagements are now online, I've been looking for ways to make my presentations or meetings personable.

I'm so glad to have found PlexiCam, a camera mount that allows me to position my camera ANYWHERE on the screen so it looks like I'm looking directly at the camera while still looking at the person I'm talking to on the screen.

### 3. **Standing desk (21:03)**

If you watch the [Success Through Failure episodes on YouTube](#), you'll notice that I'm actually standing up because I feel like I'm on rocket fuel whenever I am standing up.

A good investment I made to help me with this is a standing desk.

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

Jim Collin's ["Built to Last: Successful Habits of Visionary Companies"](#)

[Good genes are nice, but joy is better](#) ( Liz Mineo, *The Harvard Gazette*)

[JimHarshawJr.com/GARMIN](#)

[JimHarshawJr.com/PLEXICAM](#)

[JimHarshawJr.com/STANDINGDESK](#)

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### **Other Episodes Referenced**

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

[#112 The Secret Skill That Creates All Success That Nobody Is Talking About](#)

[#271 How to Simplify Your Life: Time Saving Tech Hacks to Get More Done in Less Time Even If You're Not Non-Tech-Savvy](#)