



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #321

Get Unstuck: 5 Productive Pause Questions That Will Instantly Amplify Your Results

If you listen to the Success Through Failure podcast, you don't settle for mediocrity.

But sometimes you simply feel stuck. You KNOW there's more potential inside of you but you're just operating at a low level and you're not really sure how to get out of your own head.

That's normal. We all have those days. Those weeks. And sometimes those months. And more often than not, it's your sign to step back and hit the pause button.

In this episode, we'll do a Productive Pause. I'll give you 5 tactical questions you should ask yourself to help you get unstuck to instantly amplify your results.

Listen to this episode now, download or print the worksheet in the [Action Plan](#), and take your much-needed Productive Pause and get back on track!

Top Quotes From This Episode

Productive Pause: A short period of focused reflection around specific questions that leads to clarity of action and peace of mind.

"When you identify what's most important for you, you'll know how to spend your time."

"When you're clear on what you say yes to, it's going to help you say no to the things that aren't important."

"Where's the opportunity in that adversity? Where's that opportunity in the failure? It's there if you do the work to uncover it."

5 PRODUCTIVE PAUSE QUESTIONS *that will instantly amplify your results*

- 1. What if you could only work two hours per week? ([From Tim Ferriss](#)) (7:52)**
- 2. What's the one thing that if you can accomplish that, everything else on your to-do list will either be easier or just obsolete? (10:05)**
- 3. How can I grow or improve by 10x? (12:13)**
- 4. What's holding me back? (13:38)**
- 5. In this fear, adversity, or failure, where is the opportunity? (15:58)**

List of Resources Mentioned in the Episode

Garry Keller's "[The ONE Thing: The Surprisingly Simple Truth About Extraordinary Results](#)"

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

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

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Other Episodes Referenced

[#220 Do You Feel You Need to Hit the Reset Button? Here's How to Recharge, Reset, and Reattack Your Goals and Your Life](#)