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Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #357

Relationship Mastery: Transform Your Personal and Professional Relationships With These 4 Untapped Strategies

I hosted a retreat in May with the theme of "Moving to Mastery."

The months of preparation were personally enlightening, which became an even more mind-expanding experience with the help of the high-performing people who joined the 3-day event.

Just imagine the range of wisdom you'd get from a psychologist, executive coach, entrepreneur, college athletics admin, pastor, wounded combat vet, attorney, sports mindset coach, aspiring politician, educational consultant, a school principal... there's just so much to learn that an episode is not enough to share the best takeaways!

So let me take you back to the retreat through this four-part series on mastery.

In this first installment, we're going on a deep dive into Relationship Mastery.

Elevate your relationships using a framework that I broke down into 4 actionable categories. And if you download the Action Plan now, you'll get 4 more bonus takeaways on how to master your relationships. Take action now!

Top Quotes From This Episode

"The one thing that makes people happy is meaningful connection, meaningful relationships."

"We assume people know what we're thinking and how we're feeling, and then we think that we know how they're feeling, but we don't. We're projecting how we interpret the world in our perspective."

"You shouldn't try to win fights. No one wins a fight. If you win the fight, then the other person has resentment towards you. If you lose the fight, then you have resentment towards them. Give them an out."

"If you want to master relationships in your life, it's not about you. Take your ego out of it."

Show Notes

This episode touches on the following key topics and ideas:

- **Mastery retreat (0:32):** What I learned from the retreat last May, which inspired this episode.
- **[Reveal Your Path:](#)**
 - **The four parts of my coaching program (1:49):**
 - Discover your core values
 - Create goals that align with your values
 - Create an Environment of Excellence
 - Have a plan to follow through
 - **Set goals in four areas (2:38):**
 - Relationship
 - Self (growth, impact, fun)
 - Health
 - Wealth
- **Framework for the retreat (3:42):**
 - Explore
 - Experience
 - Create
 - Continue
- **In this episode... (5:49):** What is relationship mastery? What does that look like for you?
- **Leave a rating and review (6:38):** Subscribe and give the Success Through Failure podcast a rating and a review and help us grow our community:
[Spotify](#) | [Apple Podcast](#) | [Google Podcast](#)
- **[Join the community!](#) (7:13):** Listen to the show, take a screenshot, and share it on social media. Don't forget to use the hashtag #STFpod and tag me at:
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 - **LinkedIn:** [Jim Harshaw, Jr.](#)

4 Biggest Takeaways on Relationship Mastery

- 1. Communication (7:52):** Good communication is key. Be transparent, honest, and always seek to understand.
- 2. Set ego aside (13:10):** Don't try to "win" fights. No one wins. Give the other party an "out."
- 3. Unconditional love (15:53):** Love without measure NOT just with your significant others, but also with your colleagues and friends. Do not keep score.
- 4. Set healthy boundaries (18:17):** You're part of the equation, too. Know what's important to you and set your own healthy boundaries.

Additional Takeaways

- 1. Be fully present:** We want to be seen, valued, and understood. We all hate it when we're talking with a colleague and they're checking emails while we talk or we're talking with our significant other and you can tell they're thinking about what they're going to say next.

In today's world, it's so easy to be distracted. Your full attention shows love and is a key to relationship mastery.

- 2. Serve them. Focus on their success:** [Zig Ziglar](#) said, "*You can have anything in the world you want if you just help enough other people get what they want.*"

If you want to master any relationship, help— serve— the other person.

- 3. Seeing the best in the other person:** It's easy to see the worst in someone— especially someone you spend a lot of time with (spouse or colleague).

It's easy to criticize. It's easy to take for granted the reason you first got together with this person (when you started dating, when you hired them, or what you liked about them when you first started working together).

As Dale Carnegie taught us in [How to Win Friends and Influence People](#), "*Give the other person a good reputation to live up to.*" Catch them doing things right. See the best in the other person and you will begin to master this relationship.

- 4. Intrinsic validation:** Co-dependence is a real thing. If you're depending on the other person to validate you, you may have an unhealthy relationship. It may be your fault, their fault, or, most likely, the fault of both parties.

Find ways to validate yourself. You are worthy. You may just need to be reminded why.

Get around people who lift you up. Read books, listen to podcasts, and attend events that will help you create a positive outlook and cultivate intrinsic validation.

What else did I miss? What other ways can you master your relationships? I'd love to hear from you! Share this episode on social media and don't forget to tag me and use the hashtag, #STFPod.

Stay tuned to the next installments of these episodes about mastery where we'll cover Personal Mastery, Health Mastery, and Mastery of Your Professional Life. Don't miss it!

List of Resources Mentioned in the Episode

[The secret to happiness? Here's some advice from the longest-running study on happiness](#) (*Harvard Health Blog*)

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

[#328 Better Sex, The "In Love" Myth, and the Neuroscience of Marriage with Dr. Jeff and Jessica Jennings](#)