



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #359

Self Mastery: Essential Ingredients for Mastering Your Growth and Impact

Relationship, self, health, and wealth— these are the core of my coaching program, [Reveal Your Path](#).

Last May, the Pathfinders and I had the opportunity to explore these fundamental areas through the second Pathfinder Retreat with the theme, "Moving to Mastery."

So for the second episode of this 4-part series on Mastery, I'll give you the best takeaways from the retreat that center on the mastery of self. (Missed part 1 about Relationship Mastery? Listen here: JimHarshawJr.com/357)

These are the concepts that you must understand in order to achieve self mastery.

Tune in now and don't forget to download this episode's Action Plan for some bonus items!

Top Quotes From This Episode

"You won't grow within your comfort zone."

"The passionate pursuit of helping others is a critical piece of making an impact."

Show Notes

This episode touches on the following key topics and ideas:

- **JimHarshawJr.com/MASTERY (0:39):** Listen to the first installment of this 4-part episode on Mastery: JimHarshawJr.com/357.
- **Leave a rating and review (1:54):** Subscribe and give the Success Through Failure podcast a rating and a review and help us grow our community:

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- **Share this episode! (2:21)**: 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:
 - **Facebook:** [@jimharshawjr](#)
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 - **Instagram:** [@jimharshawjr](#)
 - **LinkedIn:** [Jim Harshaw, Jr.](#)
- **Self Mastery (3:02)**: This episode revolves around the three subcategories of self mastery: Growth, impact, fun

Self Mastery (Growth, Impact, Fun)

GROWTH

1. **Become self-aware (4:44)**: What are you doing to be aware of how you're operating in the world?
2. **Architect discomfort into your life (6:18)**: Find ways to get outside of your comfort zone.
3. **Face your fears (7:41)**: Figure out your fears, become aware of them, and face them head-on.
4. Always be curious
5. Be a [lifelong learner](#)
6. Have balanced [goals](#)
7. Take risks
8. Be purpose-driven (*fasting without purpose = hungry*)

IMPACT

1. **Have Big Hairy Audacious Goals (BHAG) (9:20)**: What's that BHAG that will drive you to make an impact?

If you want to learn how to set your BHAG, listen to these episodes:

- a. [JimHarshawJr.com/302](#)
 - b. [JimHarshawJr.com/348](#)
2. **Put your ego aside (10:28)**: It's not about you. Put your ego aside and pursue loving, supporting, and helping others.
 3. **Planting the seeds (13:00)**: Be patient and trust the process.
 4. Always remember the value of gratitude

5. Generosity goes a long way
6. Be a role model

FUN

1. **Planning adversity (15:30):** If you plan adversity into your life, you will find yourself being happier.
2. **Planning fun (17:05):** It can't be just all adversity, don't forget to also create a plan for having fun.
3. **Infusing fun into other goals/pursuits (18:35):** Introduce fun into the things that you have to do, the things that are already hard.
4. It's ok to have fun!
5. Enjoy the process.

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Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: [JimHarshawJr.com/APPLY](https://jimharshawjr.com/APPLY)

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Other Episodes Referenced

[#357 Relationship Mastery: Transform Your Personal and Professional Relationships With These 4 Untapped Strategies](#)

[#302 Overcoming Your Fear of Setting Scary BIG Goals: How to Set Your BHAG](#)

[#348 How to Confidently Identify Your BHAG Even If You're Not Sure Where to Start](#)

[#176 Finding Your Place in the World: From Rock Bottom to World Champion with J'den Cox](#)

[#27 Joe De Sena and How to Be a Spartan](#)

[#340 Joe De Sena on Resilience for Families and the Spartan Lifestyle](#)