



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #373

### **What To Do About Unproductive Days**

Imagine a world where there are no unproductive days... Where you never have to experience going off the path and delaying your journey toward your goals...

What a dream!

But reality check, we will ALWAYS have bad days! Yes, even your favorite gurus and world-class performers have unproductive days.

You will have...

- Days where you don't feel like journaling
- Hours that seem to pass by without you getting anything done
- Seconds you spend watching every viral video on YouTube or TikTok

We're all guilty as charged!

So what can you do about it?

In this episode, I'm going to reveal 5 tactics that you can do to help boost your productivity— especially during the bad days or when you just (*desperately*) need to get things done.

It's time to end your Unproductivity Mode and start taking action. Tune in now!

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

*"When you feel like you're going a hundred miles an hour and you feel like you got a hundred things done, but you really didn't move the needle, a lot of times it's just because you didn't have a plan going into the day or you didn't follow the plan that you wanted to."*

*"If you hit the pause button and do a Productive Pause, then you'll realize that you actually maybe did move the needle— even if not as far as you'd like."*

*"Happiness is not some distant destination. It's here. It's now."*

*"Be happy now. Life isn't lived in tomorrows, it's lived in today's."*

*"The next time you have an unproductive day, be grateful for that opportunity to learn more about yourself, to increase your productivity, to get better. That is success through failure."*

## Show Notes

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

- **Free coaching call! (1:03):** Sign up for a free one-on-one, one-time coaching call with me: [JimHarshawJr.com/APPLY](https://JimHarshawJr.com/APPLY)
- **In this episode... (1:37):** The conversation that I had with a [Pathfinder](#) that inspired this episode.
- **My productivity tools (2:31):** Learn about the tools I use to help boost my productivity: [JimHarshawJr.com/317](https://JimHarshawJr.com/317)
- **Unproductive Mode (3:13):** We all have our bad days, and it's ok.
- **Confirmation bias at work (6:23):** Learn more about how our biases affect us in my interview with Dr. Bryant Marks: [JimHarshawJr.com/370](https://JimHarshawJr.com/370)

### What to do about your unproductive days

- **Figure out why you were unproductive (7:36):** Usually, there's a reason like...
  - a. You're not feeling great
  - b. You're going through a transition from a vacation
  - c. Something is looming— a project to work on, a deadline approaching
  - d. You're stressed about something— an argument with your spouse, a disagreement with your boss, financial stress
- **See what you accomplished that day (9:23):** If you do a [Productive Pause](#) and see what you've accomplished today, you'll realize that you actually moved the needle EVEN IF it's not as far as you'd like.
- **Realize that happiness isn't found at the top of the mountain (12:04):** Happiness is found here now on the path. It's not some distant destination.
- **Remember... (14:20):**
  1. Figure out why you were unproductive.
  2. Don't beat yourself up. It happens.
  3. Stop and recognize what you did accomplish.
  4. Figure out what you're going to do differently tomorrow.
  5. Be happy now.

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

[Key & Peele's YouTube channel](#)

Watch [It's Corn - Songify This ft. Tariq and Recess Therapy](#)

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

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

## **How to Leave a Rating and Review for STF on iTunes**

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

## **Other Episodes Referenced**

[#317 Defeating Procrastination: Tactics to Boost Productivity Even When You Don't Feel Like It](#)

[#370 Implicit Bias: How Our Brain Unconsciously Leads Us Astray and What To Do About It](#)

[#291 Logically Override the Default: How to Stop Procrastinating, Scrolling, and Getting Distracted](#)