



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #379

Self-Sabotage: How to Handle Your New Level and Crush Self-Sabotage

“New level, new devil,” they say. Well, “Old level, same devil,” too! It depends on your default mindset— your paradigm— and *that* will dictate how you perform in order to achieve and then maintain your next level.

In this episode, we're talking about how to identify and defeat the invisible force inside of you that's holding you back, that's keeping you from [Success Through Failure](#) and keeping you in a loop of failure to failure to failure.

And that invisible force is *self-sabotage*.

Listen now to unlock your potential and release the parking brake on your life and your success— whether it's in your career, your relationships, your health and fitness, or in any area of your life.

Top Quotes From This Episode

“The only thing holding you back, really, is you.”

“Money's not the root of all evil, it's the love of money that's the root of all evil.”

“If you're stuck in some deep-seated belief that you're not worthy or that you're not ready or you're not qualified or money's bad or success is going to be uncomfortable or scary, [you] have to do the work to shift it.”

“Waste no more time arguing what a good man should be. Be one.” (Marcus Aurelius)

“Happiness is not when you get ‘there.’ Happiness is here and now. [If] you can be happy now, that success is going to be easier to attain.”

Show Notes

This episode touches on the following key topics and ideas:

- **Hey, Siri and Alexa! (1:18):** You can listen to the Success Through Failure podcast on your smart speakers.
- **[Subscribe to the Success Through Failure podcast \(1:45\):](#)** You can listen to all of the #STFpod episodes on [Apple Podcasts](#), [Spotify](#), or [Google Podcasts](#)
- **4 parts to today's episode (2:14):**
 - What is it?
 - How to recognize it?
 - Why does it happen?
 - What to do about it?
- **What is "Self-sabotage"? (3:03):** Self-sabotage is any self-defeating behavior. Any action that we take that gets in the way of our goals or intentions.
- **How to recognize self-sabotage? (3:22):** If you've noticed yourself kicking the can down the road or you're not trying quite as hard or you're putting obstacles in front of yourself when you get close to the next level, then that is self-sabotage.
- **Why self-sabotage happens (8:34):**
 - The unconscious fear of success and then having to maintain it.
 - You want to stay in your comfort zone.
 - You don't believe that you're worth it or that success is for you.
 - The possibility of losing control.
- **What to do about self-sabotage (11:14):** It's all about shifting your paradigm, shifting your mindset.
- **See a therapist (16:58):** If you're dealing with mental illness or if you feel like you have a deeper underlying issue like depression, see a therapist first.
- **Cognitive Behavioral Therapy (CBT) (17:29):** Oxford defines CBT as: *a type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders such as depression.*
- **Some CBT-inspired actions you can take (20:41):**
 - Success log
 - "I am" mantras

- Don't think. Just be.
- **What else can you do about procrastinating and self-sabotage? (25:45):**
 - Raise your standards by joining a mastermind group.
 - Have a clear vision for your life.
 - Set clear [micro-goals](#).
 - Welcome accountability.
 - Be happy now.

List of Resources Mentioned in the Episode

[ESPN](#)

[The 5 Love Languages](#)

Dr. Nate Zinsser's book, ["The Confident Mind: A Battle-Tested Guide to Unshakable Performance"](#)

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

[#376 Author of The 5 Love Languages Dr. Gary Chapman on Success, Failure, and 3 Questions to Transform Your Marriage](#)

[#336 West Point Director of Performance Dr. Nate Zinsser on How to Create a Confident Mind](#)

[#294 A Surprisingly Simple Trick To Staying On Track With Your Goals: A Power Tactic To Use Every Month](#)

[#323 Mindset of a Champion from a Champion: UFC's Michael Chandler on Success, Failure, and Your Journey to Greatness](#)

[#99 World Champion Mike Chandler on Escaping Doubt and Finding True Confidence](#)

[#373 What To Do About Unproductive Days](#)