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Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #381

The Solution for Information Overload: 5 Timeless Success Principles

There are new books, podcasts, technology, and gurus showing up in your social media feed and inbox daily. Most are touting their new way of making more money, getting that body that you want, or finally finding happiness.

And to be honest, it can be overwhelming at times.

What we want is simplicity.

What we want is to cut through the noise.

And that's exactly what I'm doing for you in this episode.

Listen as I reveal the concepts and tactics that you should focus on— the timeless ones that NEVER change— so that you can find the success, balance, and happiness that you want in your life.

Top Quotes From This Episode

"If you layer everyone's morning routine one on top of another, you're going to be doing your morning routine until three o'clock in the afternoon." [\(Tim Ferriss\)](#)

"Stop debating what a good man is and be one." [\(Marcus Aurelius\)](#)

"The value of having a plan doesn't change. The value of having a vision for your life— that drives you, that excites you, that is aspirational in some way— doesn't change. Having that clarity, and that mission, and that vision— that doesn't change. The importance of that does not change, and the motivational value of that doesn't change."

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

Show Notes

This episode touches on the following key topics and ideas:

- **Leave a rating and review (1:19):** Subscribe and give the Success Through Failure podcast a rating and a review and help us grow our community:

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- **Some things never change (2:50):** Certain things that don't change in my life.

Top 5 Things That Will Never Change

1. **(5:03)** Mass media will push all kinds of things on you, trying to convince you that if you buy it, you will be happy. This will always be changing: new iPhone, new car, new house, next promotion, but **what doesn't change is that relationships make you happy**— relationships with people, true connection.
2. **(8:01)** The “diet of the week” will change. Fads come and go, but **what doesn't change is that you know what healthy eating is**. So stop deliberating what a good diet is but make your diet simple: eat fruits and vegetables, minimize consumption of processed foods, minimize sugar intake, and drink lots of water. Start there.
3. **(9:37)** The healthy activity that you should always be doing is going to change, but **what doesn't change is just being active**. Find what works for you— maybe it's CrossFit, running, swimming, walking, or hula hoop— and go do it. Just try things that get you moving.
4. **(11:21)** There are going to be plenty of new formulas for success, but **what doesn't change is having goals and plans**. But if you don't hit the pause button and do a [Productive Pause](#), it's not going to happen.
5. **(13:08)** There are plenty of new leadership books, concepts, and philosophies out there, but **what doesn't change is servant leadership**.

(John 13:13) ¹³ You call me Teacher and Lord, and you are right, for so I am. ¹⁴ If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵ For I have given you an example, that you also should do just as I have done to you.

If you're a Christian, God in human form did this! Why not you and me?

Don't get overwhelmed with all the new concepts, ideas, and gurus who are preaching their latest hack. Focus on what never changes:

1. Relationships that make you happy
2. Eating well

3. Exercising
4. Having goals
5. Servant leadership

What else? I imagine you're thinking of something else right now... let me know! Find my latest social media post about this episode and reply to it on Twitter, Instagram, Facebook, or LinkedIn, tag me, and use the hashtag #STFpod.

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Other Episodes Referenced

[#246 & #247 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer](#)

[#379 Self-Sabotage: How to Handle Your New Level and Crush Self-Sabotage](#)

[#347 A New Approach to Fitness and Nutrition that Helps People Get and Stay on Track with Kathleen Trotter](#)