



# JIM HARSHAW JR.

---

## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #387

### **How to Create Your Personalized Plan for Maximum Consistency and Focus in 2023**

It's already a new year but our goal to have— and maintain— a steadfast focus and consistency remains the same. But let's be honest, it's hard. With distractions left and right, it's easy to get sidetracked from your goals.

But what if there's a template that you could follow to get back on track?

There is.

And you can personalize this template so it works in every area of your life...

Are you focused and consistent in your health and fitness, but not in your faith?

Use the template.

Are you locked in at work, but not with your relationships at home?

Use the template.

By the end of this episode, you'll have an action plan that you can always go back to so you'll know exactly what you need to do to be at maximum consistency and focus. Get your notes ready! Hit that play button now!

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

*"You also had coaches, you also had mentors, you had people who poured into you when you found success in your life, so replicate it. What has worked? That worked and it's going to work for you in other areas of your life, too."*

*"Find ways to implement deadlines. Put them on your calendar, have other people hold you accountable, make a commitment, and create deadlines."*

*"[Your] identity can be impacted through things like your speech, mantras, things that you say. You have to be on top of this, you have to be aware of this, you have to do the mindset work to really craft and create and leverage this identity piece. Otherwise, it's just something like a good idea you heard on a podcast sometime."*

*"[Do] you want to feel and become that next level of performer? You have to feel it now. People call this the Law of Attraction. In sports it's visualization. People call it manifesting. 'Fake it till you make it.' Whatever you want to call it. Be that person now. Feel that person now. Act as if you are that person now."*

## **Show Notes**

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

- **Bookmark the link! (2:43):** Don't forget to download your free copy of the NEW Goal Setting tool!
- **Ask yourself this... (6:01):** The question that leads to incredible clarity, consistency, and focus: "What has worked for me?"
- Things that actually worked for you:
  - **Having a coach or mentor (7:21):** You had coaches, mentors, and people who poured into you when you found success, so replicate it because it's going to work in the other areas of your life, too.
  - **Deadlines (12:22):** Remember that project you had to do that was due in a month? Or when you had to finish work a week before your 2-week vacation leave? Find ways to implement deadlines, because if you have a deadline, you get things done.
  - **Social accountability (13:56):** Find your environment of excellence. You're more likely to show up if you're part of a group or a team because the people around you heighten your sense of accountability.
  - **Putting money on the line (16:42):** If you know that you have something to lose, you're more likely to take action.
  - **Your identity (18:03):** You do things because it's your identity. You're consistent and focused because that's who you are.

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

Ruben Gonzalez's book, "The Shortcut"

J.K Rowling's "Harry Potter" book series

### **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](http://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**

[#165 The Truth About Achieving Unthinkable Goals with Speaker, Author, 4X Olympian Ruben Gonzalez](#)

[#275 The Underground Movement That's Transforming Men Across America: F3 Founder Dave "Dredd" Redding](#)

[#355 What the Experts Aren't Telling You: The Incomplete Truth About Success, Failure, and Achieving Your Potential](#)

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

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

[#256 Steven Pressfield: Defeating Resistance and Starting Before You're Ready](#)

[#290 Steven Pressfield on the Warrior Ethos and Winning Your Inner War So That You Can Finally Achieve Your Potential](#)

[#372 Steven Pressfield on Commitment, Self-Reinforcement, and Getting Yourself to Do What's Necessary to Achieve Your Goals](#)