



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #393

How to Catalyze Change (Regardless of How Successful You Are) Part 1: The Hard Look in the Mirror and Taking Responsibility for Your Situation

Failure is scary, and that's why it's hard to admit when you make mistakes. And because of that fear, you either find something or someone else to blame— or you don't forgive yourself at all.

But here's the thing: it's your fault. And that's okay. After all, if it's not your fault, do you really have power and control to change your own situation?

No one else is coming to save you. No one is coming to set goals for you. Or script out the vision you have for your life.

Once that hard truth sinks in, stand in front of a mirror, take a look at yourself, and ask: "What can I do to start this change?"

This episode is part one of a two-parter on how to take responsibility for your own situation. Here, I'm going to tell you 7 things you need to do to catalyze change in your life... right now. Stay tuned!

Top Quotes From This Episode

*"One of the most common tendencies of human nature is that of placing responsibility on some external agency for mistakes we have made. We are forever attempting to find some scapegoat on which we cast responsibility for our actions."
(Martin Luther King Jr.)*

"Forgive yourself when you fail. That will be a catalyst for change for you."

"In your head right now, what is it that you're telling yourself? Identify how you can overcome that."

"Visualize being that person now— see it, feel it, use the words: 'I am.'"

"When you take one small action, you start the momentum."

Show Notes

This episode touches on the following key topics and ideas:

- **Share this episode! (1:21)**: Share the podcast on social media by tagging me using the hashtag #STFpod:
 - a. **Facebook:** [@jimharshawjr](#)
 - b. **Twitter:** [@jimharshaw](#)
 - c. **Instagram:** [@jimharshawjr](#)
 - d. **LinkedIn:** [Jim Harshaw Jr.](#)

7 Ways to Catalyze Change from the Inside

1. **Admit when you're wrong (5:40)**: Admitting to yourself and others when you're wrong goes a long way in building relationships and trust.
2. **Identify your excuses (6:46)**: Look under the surface and go levels down to actually see the BS that you're telling yourself.
3. **Stop complaining (10:08)**: [No one is coming to save you](#) or give you permission to step up to your next level but yourself.
4. **Forgive yourself (11:12)**: Experiencing failure sucks, but it's normal. It happens to everybody, even to the highest-level performers.
5. **Get clear on the vision for your life (12:14)**: Dialing in on your vision takes a lot of investment— hard work, time, money, and energy.
6. **Use "I am" statements (13:49)**: Using "I am" statements can help you visualize being the person *now*.
7. **What you need to do in the next 10 minutes (14:58)**: Make the phone call, register for the races, sign up for the online course, send that text— start the momentum.

List of Resources Mentioned in the Episode

Martin Luther King Jr.'s [1953 Radio Broadcast](#)

Dale Carnegie's book, [How to Win Friends & Influence People](#)

Cameron Herold's book, [Vivid Vision: A Remarkable Tool For Aligning Your Business Around a Shared Vision of the Future](#)

James Clear's book, [Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#)

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

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

[#392 Up for the Fight: How 5x Cancer Survivor Bill Potts Turned Adversity into Motivation](#)

[#96 Summiting Everest, Kayaking the Grand Canyon... Blind: Erik Weihenmayer](#)

[#161 The HARD Truth About Your Commitment Level: An Elite Boxing Coaches View On Success](#)

[#246 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer \(Part 1\)](#)

[#247 Interview with Tim Ferriss \(Part 2\): Asymmetric Bets, Fear Setting, and Choosing the Right Targets](#)

[#123 Olympic Gold Medalist, Cancer Survivor, Speaker Shannon Miller on Finding Success Through Failure](#)

[#342 The SEAL Who Killed bin Laden: Robert O'Neill on Fame, Jealousy, and PTSD](#)

[#356 What is a "Vivid Vision" and How to Create Yours with Author, Entrepreneur, and Coach Cameron Herold](#)