



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #395

How to Catalyze Change Pt 2: External- Taking Responsibility for Your Situation

Does any of this feel familiar?

Frustrated at not being able to unlock your full potential despite your best efforts?

Discouraged by slow progress even after trying different tactics or strategies?

Overwhelmed by the feeling of being stuck and unable to move forward towards achieving peak performance?

If any of this sounds familiar, then this episode is for you.

[Success Through Failure](#) is back with part two of our "Catalyst for Change" series. This time, we're focusing on the external catalysts for change.

In this episode, you'll discover practical tips and strategies that you can implement today so you can stop making excuses and start making things happen in any area of your life.

Listen now and make that positive change in your life today!

Don't forget to listen to part 1 here: <https://jimharshawjr.com/393>

Top Quotes From This Episode

"You never want to be the smartest guy in the room."

"Get around the right people. What's one group of people you can join? One person you can hire and bring into your life? One organization you can sign up for? Maybe you got some great environment, great group of people around you in different areas, but what's one more?"

"You don't go from \$1 million to \$10 million, or 50k to 100k, or from couch potato to ultra marathoner if you don't actually take action."

Show Notes

This episode touches on the following key topics and ideas:

- **Share this episode! (1:49)**: Share the podcast on social media by tagging me, and don't forget to use the hashtag #STFpod:
 - a. **Facebook:** [@jimharshawjr](#)
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 - c. **Instagram:** [@jimharshawjr](#)
 - d. **LinkedIn:** [Jim Harshaw Jr.](#)
- **Listen on your smart speaker! (2:15)**: Just say, "Hey Siri/Alexa/Google... Play [Success Through Failure Podcast](#)."

External changes that you can make in your life

- **Get around the right people (6:26)**: Surround yourself with people who inspire you to work hard and strive to reach your next level.
- **The contents you consume (9:55)**: Feed your mind with healthy contents. Read books, listen to podcasts, and watch online videos that actually bring value into your life.
 - Want to improve your marriage? Listen to [episode 376 with "The 5 Love Languages" author, Dr. Gary Chapman](#)
 - Want to improve your business? Listen to [episode 356 with entrepreneur and "Vivid Vision" author Cameron Herold](#)
 - Are you curious on how to infiltrate the mafia? Listen to [episode 334 with former FBI agent Joe Pistone aka Donnie Brasco](#)
 - Hundreds of episodes featuring [SEALs](#), New York Times bestselling authors, CEOs, Olympians, and more are available for you here: [JimHarshawJr.com/podcast](#)
 - And check out the solo episodes here: [JimHarshawJr.com/solo](#)
- **Optimize your physical space (14:21)**: Make sure your environment is setting you up for productivity. Buy that standing desk, or swap that junk food with healthy snacks, or post your favorite quotes from your favorite mentors.

List of Resources Mentioned in the Episode

Watch: [Why I teach my children to fail | Jim Harshaw | TEDxCharlottesville](#)

Mark McLaughlin and Shawn Coyne's book, ["Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear"](#)

[The 5 Love Languages](#)

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

Watch: ["Donnie Brasco"](#)

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!

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Other Episodes Referenced

[#393 How to Catalyze Change \(Regardless of How Successful You Are\) Pt 1: The Hard Look in the Mirror and Taking Responsibility for Your Situation](#)

[#223 How to Use Cognitive Dominance to Out-Think Fear with Neurosurgeon Mark McLaughlin](#)

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

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

[#334 Infiltrating the Mafia: Success, Failure, and Staying Alive with Joe Pistone aka Donnie Brasco](#)

[#69 Strategy Before Tactics: Marketing for Growth in Business and Life with Duct Tape Marketing's John Jantsch](#)