



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success Through Failure Podcast

Action Plan Episode #397

## **12 Micro-tactics That Lead to Big Results: Catalyst for Change Pt 3**

Crushing it in some areas of your life but stuck in others? Sometimes, all it takes is a small catalyst to create the momentum you need.

In this episode of [Success Through Failure](#), we welcome you to part three of the "Catalyst for Change" series. In the series' last installment, we delve into 12 micro tactics and actionable advice that you can start using today to catalyze change in your life.

From making your bed to writing a short email, let's take a step back and be reminded that progress, no matter how big or small, is still progress.

Here's to taking the small step towards a big change towards success!

In case you missed it, listen to part 2 here: <https://jimharshawjr.com/395>

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

*"What's the thing that you need to set the deadline for? Instead of 'ready, aim, fire'— 'ready, fire, aim.'"*

*"That's what these catalysts do. They get the juices flowing, they create momentum."*

*"The grinding of the gears to get started at doing something is the start that stops most people."*

*"Making a shift in your physical state can change your emotional state and get you ready."*

### **Show Notes**

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

- **Join the episode 400 giveaway! (3:38):** Win a Success Through Failure shirt by following my social media platforms, liking the pinned posts, and tagging 3 friends in the comments section!

- **Facebook:** [@jimharshawjr](#)
- **Twitter:** [@jimharshaw](#)
- **Instagram:** [@jimharshawjr](#)
- **LinkedIn:** [Jim Harshaw Jr.](#)

## **12 Micro-Tactics That Lead to Big Results**

Doing even just two to three of these micro-tactics can help you create the momentum that you need to start your goals.

- 1. Make your bed (5:42):** Doing an easy, no-brainer thing can help you get your day going.
- 2. Set one deadline (7:27):** Leverage the idea that you actually work better under pressure.
- 3. Set a recurring alarm (8:37):** Daily or weekly check-ins can remind you of your goals despite a busy schedule.
- 4. Send a text message (9:41):** This catalyst that takes you less than a minute to do will set the ball in motion.
- 5. Send an email (10:27):** Keep it short and simple.
- 6. Do a Google search (11:05):** Even without taking action, searching helps create momentum.
- 7. Plan your day (12:48):** Create a simple list of bullet points that can help you win the day.
- 8. Do three burpees (13:15):** Do burpees, squats, deep breathing, or splash your face with water— anything that makes a shift in your physical, and in turn emotional state.
- 9. Buy something healthy (13:59):** Update your grocery list with healthier options by swapping out junk food for your favorite vegetables or nuts.
- 10. Go to bed 30 minutes earlier (15:45):** Give your body a proper and well-deserved rest by going to bed on time.
- 11. Read one Bible verse (16:21):** For Christians, reading a Bible verse— or for non-believers, any good message— can help lift you up.
- 12. Start a five-minute timer (17:03):** It only takes five minutes for you to get started.

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

Admiral William H. McRaven's book, "[Make Your Bed: Little Things That Can Change Your Life...And Maybe the World](#)"

## **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!

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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](#)

[#395 How to Catalyze Change Pt 2: External - Taking Responsibility for Your Situation](#)