



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #401

Dr. Heather Penny

Whether you're a Fortune 500 CEO or a small business owner, Dr. Heather Penny has the expertise and experience you need to help you achieve your goals, including the confidence to take action.

With a Ph.D. in Human Services, an M.A. in Educational Leadership, and years of global coaching experience, Heather is a trusted advisor that top performers turn to for guidance. Her approach is all about clarity, confidence, and courage, and she provides tailored solutions that help clients fulfill their vision and live their best life.

In this episode, Heather shares her invaluable insights on the life-changing principle called 3C Living, made up of clarity, confidence, and courage, and how they can lead you to achieve your goals.

She also discusses the importance of rest, minimizing mind chatter, and dealing with failure in order to grow as an individual.

Join me and Heather in this episode as we find out how the 3C Living Principle can be the roadmap to your own success. Tune in now!

Top Quotes From This Episode

"In order to get our clarity, we have to slow down. We have to start creating pockets and patterns of rest."

"It's not enough just to have clarity and confidence. [Having] courage is [important] to actually set the action steps to move forward."

"Don't let these fails take you out. It's something here to teach you. Let's get the lesson we need to learn."

"Apologize where you need to, but say your truth where you need to as well."

"You have the clarity within you, you have the confidence within, you have the courage within you. We just got to figure out how to slow down and access it."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (1:29):** Share the podcast on social media by tagging me and using the hashtag #STFpod:
 - a. **Facebook:** [@jimharshawjr](#)
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 - d. **LinkedIn:** [Jim Harshaw Jr.](#)

- **Finding clarity (3:20):** Heather delves into how slowing down can help in finding clarity to define one's goals.

- **Restorative rest (6:16):** Heather explains the concept of restorative rest.

- **Developing confidence (11:58):** The connection between confidence and one's belief system.

- **Defining courage (14:12):** Courage and the action steps one needs to take to move forward.

- **The 3C living principles (17:06):** The effects of clarity, confidence, and courage in the life of one of Heather's clients.

- **Reducing mind chatter (19:35):** Understanding and pulling away from mind chatter and false beliefs

- **Fearing and moving past failure (23:34):** The fear of failure and how to navigate around it.

What's an action item the listener can take in the next 24-48 hours? (31:53)

- Learn more about 3C Living in Heather's book, [The Life You're Made For: Finding Clarity, Confidence, and Courage to be Fully Alive](#).

- Believe that you can do this yourself by accessing the 3C's within you.
 - a. *Clarity:* What is it am I getting my clarity on?
 - b. *Confidence:* What is my true and false belief around this?
 - c. *Courage:* What action step do I want to take?

List of Resources Mentioned in the Episode

Dr. Heather Penny's podcast, [The Life You're Made For](#)

Dr. Heather Penny's book, ["The Life You're Made For: Finding Clarity, Confidence, and Courage to be Fully Alive"](#)

Dr. Caroline Leaf's book, [Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health](#)

Want to talk to a personal performance coach?

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