



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #445

**(Pt 4 of 5) The Environment of Excellence:  
Optimizing Media, Area, People, and Speech for Success**

[If you missed the last solo episode of the "Success for the Athletic-Minded Man."](#) I explained how you can achieve purposeful success by aligning your goals with [your vision and your core values](#).

For part 4 of the [Reveal Your Path](#) framework series, I'm tackling the environment you need to actually achieve your goals, or what I call the Environment of Excellence.

To make it easier to understand, let me introduce you to MAPS, which stands for Media, Area, People, and Speech. Tune in now as I reveal how you can utilize this "MAPS" to maximize your potential and achieve peak performance in all areas of your life— relationship, self, health, and wealth.

If you missed the first 3 parts of the series, you can check them out here:

PART 1: [#439 \(Pt 1 of 5\) The Truth About Success: A Framework for How to Master Peak Performance in Business and Life](#)

PART 2 [#441 \(Pt 2 of 5\) The First Step to Success: Clarifying Your Vision and Values](#)

PART 3: [#443 \(Pt 3 of 5\) The Power of Aligned Goals: The Path to Purposeful Success](#)

## **Top Quotes From This Episode**

*"I want to be the dumbest guy in the room because it raises my level, my standard, my expectation. When I see how they're running their business, I go, 'Oh, okay. That's the level.'"*

*"Are there people in your life who energize you, help you be the best version of yourself? There are people in your life who don't, and you have to choose how you're spending your time and who you're spending your time with."*

*"Just like you need a map to get from point A to point B, you need to have your MAPS in place in your life so you can get from where you're at to where you want to go."*

*"Whenever that infrastructure is in place, you can maximize your potential. Without it, you will drift, you will be average or mediocre."*

## **Show Notes**

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

### **The Four-Part Framework: MAPS**

- **M for Media: Choosing the Right Media (4:04):** Be intentional about curating positive, useful media inputs and limiting or removing biased news and unproductive social media. Avoid biased news sources like Fox and CNN. Instead, subscribe to unbiased newsletters like "1440" and "Tangle" that aim to provide facts without political motives.
- **A for Area: Optimizing Your Physical Space (8:05):** Optimize your physical environment and workspace to support success. This includes things like standing desks, posting goals, having healthy snacks nearby, and generally reducing friction to positive behaviors.
- **P for People: Surrounding Yourself with the Right People (10:33):** Surround yourself with people who energize you, raise your standards, and help you become the best version of yourself. This could mean joining a mastermind group, Toastmasters, or simply cutting out negative relationships.
- **S for Speech: Controlling Your Words and Mindset (16:12):** This is about the power of mantras, self-talk, and controlling the words you say. Like top athletes, speak positively to yourself to override negative default thinking.

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

[1440](#)

[Tangle News](#)

["Think and Grow Rich: The Landmark Bestseller Now Revised and Updated for the 21st Century"](#) by Napoleon Hill

[Toastmasters](#)

[Key & Peele](#)

[Daily Dose of Internet](#)

### **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**

[#442 The Daily Pressfield: A Hero's Journey through Life's Grind with Steven Pressfield](#)