



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #403

Joshua Spodek

Are you someone who has big dreams but struggles with taking action? Do you find yourself constantly waiting for the perfect moment to start something, only to realize that moment never comes?

Join me and bestselling author Joshua Spodek in this episode of the [Success Through Failure podcast](#) as we explore the power of just getting started, even when success seems uncertain.

With a PhD in astrophysics and an MBA from Columbia, Joshua has accomplished many impressive feats. He's the host of the award-winning podcast, "This Sustainable Life," he's a 4x TEDx speaker, he's a professor at NYU, he has five Ivy League degrees, and he's been published in The New Yorker, Time Magazine Inc., Psychology Today, and has been called the "best and brightest" by Esquire's Genius issue.

These achievements were only possible because he took action and didn't let fear hold him back.

Through the lens of sustainability, Joshua encourages you to live by your values and start small, and that success is the byproduct of taking action and learning from failure.

Discover how to overcome analysis paralysis and start living your best life—sustainably! Tune in now.

Top Quotes From This Episode

"If you don't practice what you're trying to teach, you don't know what you're talking about."

"We live in tribal times where people stick with their tribe more than they examine their own values."

"What's around us is what we choose to see around us."

Show Notes

This episode touches on the following key topics and ideas:

- **The experiment (3:12):** Why and how Josh decided to go off the electric grid for a month.
- **The colonial times (9:35):** What the history of civilization taught Spodek about independence.
- **Mission-driven purpose (12:52):** Spodek talks about sustainability leadership.
- **From terrible to awesome (14:27):** The adjustments Spodek made in his life when he transitioned to living sustainably.
- **Simple successes (20:01):** The perks of living sustainably.
- **The "why" (24:33):** Spodek on going green.
- **The politics of sustainable living (26:14):** Spodek discusses the government's responsibility in protecting the environment.
- **Lose to gain (34:20):** Spodek believes that our preconceived notions of sustainable living are wrong.

What's an action item the listener can take in the next 24-48 hours? (38:20)

- Create a mindset shift by practicing the [Spodek Method](#)

List of Resources Mentioned in the Episode

[This Sustainable Life podcast](#)

[Spodek's TEDx Talks](#)

Joshua Spodek's books

["Initiative: A Proven Method to Bring Your Passions to Life \(and Work\)"](#)

["Leadership Step by Step: Become the Person Others Follow"](#)

Michael Easter's book, ["The Comfort Crisis: Embrace Discomfort to Reclaim Your Wild, Healthy, Happy Self"](#)

Sebastian Junger's book, ["Tribe: On Homecoming and Belonging"](#)

[Blog] [The New Yorker profiled my living off the grid](#)

Alex Epstein's book, ["The Moral Case for Fossil Fuels"](#)

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

[#58 Josh Spodek on the Four Steps to Real Leadership \(and what's missing from most leadership training\)](#)

[#89 Absurdly Useful Leadership Tactics That You Can Use Today from Josh Spodek](#)

[#196 Initiative: A Blueprint For How To Make Your Idea Work With Josh Spodek](#)

[#312 The Comfort Crisis and What To Do About It With Michael Easter](#)

Guest Website and Social

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