



# JIM HARSHAW, JR.

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*Clarity of Action. Peace of Mind.*

Success Through Failure Podcast  
Action Plan Episode #406  
**Republished: Tim Ferriss**

Step into the time machine of knowledge as we rewind to an unforgettable episode featuring the trailblazer himself, Tim Ferriss.

Tim has been listed as one of Fast Company's "Most Innovative Business People" and one of Fortune's "40 under 40." He is an early-stage technology investor/advisor (Uber, Facebook, Shopify, Duolingo, Alibaba, and 50+ others) and the author of five #1 New York Times and Wall Street Journal bestsellers, including "[The 4-Hour Workweek](#)" and "[Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers](#)." The Observer and other media have called Tim "the Oprah of audio" due to the influence of [The Tim Ferriss Show podcast](#), which is the first business/interview podcast to exceed 100 million downloads— and has since exceeded 900 million downloads.

Get ready to take notes as we delve into Tim's peak performance frameworks and game-changing ideas— all condensed into one power-packed episode.

Join us in going through the corridors of productivity, morning rituals, investment secrets, and the art of turning setbacks into triumphs. Don't miss out on this opportunity! Hit play now.

## **Top Quotes From This Episode**

*"Routines equal sanity. And the more uncertain your life seems, the more valuable certain levels of predictability are."*

*"If you win the morning, you win the day."*

*"The value you derive from failure is directly related to the types of questions you ask yourself."*

*"It's not enough to identify your mistakes. You want to look at the ingredients that led up to that."*

*"There is no such thing as a failed experiment— as long as you design it properly, you look at the results, and you learn from it."*

## Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (2:44):** Share the podcast on social media by tagging me and using the hashtag #STFpod:
  - **Facebook:** [@jimharshawjr](#)
  - **Twitter:** [@jimharshaw](#)
  - **Instagram:** [@jimharshawjr](#)
  - **LinkedIn:** [Jim Harshaw Jr.](#)
- **A man of habits and routine:**
  - **Tim's regular routine (5:29):**
    - Consistent breakfast
    - 20 minutes of transcendental meditation
    - Cold exposure or alternating temperature therapy
    - [Morning Pages](#)
    - Walk for at least an hour a day
  - **Tim's daily routine (11:20):**
    - Wake up between 7:00-7:30 am
    - Walk the dog for 45 mins,
    - Make his dog's food
    - Drink a shake (cold water with ascent protein)
    - Take a number of supplements
    - Sit down and have a cup of tea
    - Phone calls with friends
    - Dinner with his girlfriend
    - Sauna
    - Watch something to wind down
  - **Things that contribute to better days (17:09):**
    - Journaling
    - Long conversations with friends
    - Listening to podcasts
    - Walking
    - Sex
    - Intense exercise
- **What failure looks like (20:19):** Handle [failures as feedback](#): Form a hypothesis and test it. Replicate what works and abandon what doesn't.
- **In the face of failure (23:36):** Tim shares some of the failures he experienced that brought some of the biggest successes in his life.

- **Questions you should ask yourself to gain clarity (35:02):**
  - What were the mistakes I made and why did I make them?
  - How can I make this work?
  - What might this look like if it were easy?
  - What do I find easier to do than my friends?
  - How can I grow or improve by 10x?
  - (*Finance*) If I have to decrease my financial worries by 90%, what might I do?
  
- **The habits that Tim credits for his success (44:19):**
  - [Asking absurd questions](#)
  - Running tests
  - [The Fear-Setting exercise](#)
  - You're the average of the 5 people you associate with the most
  - Ask your smart friends to tear apart your ideas
  - Look for "asymmetric bets"

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

Dale Carnegie's book, ["How to Win Friends & Influence People"](#)

[Tim Ferriss's books](#)

Julia Cameron's ["Morning Pages"](#)

[BLOG] [17 Questions that Changed My Life](#)

Richard Koch's book, ["The 80/20 Principle: The Secret to Achieving More with Less"](#)

Tony Robbins's book, ["MONEY Master the Game: 7 Simple Steps to Financial Freedom"](#)

Sebastian Mallaby's book, ["More Money Than God: Hedge Funds and the Making of a New Elite"](#)

Tara Brach's book, ["Radical Acceptance: Embracing Your Life With the Heart of a Buddha"](#)

Bruce Tift's book, ["Already Free: Buddhism Meets Psychotherapy on the Path of Liberation"](#)

[Listen to Derek Sivers](#)

### **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)

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#### **Tim Ferriss**

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