



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success Through Failure Podcast

Action Plan Episode #418

## **Best and Worst Takeaways of My Painful and Life-Changing Epic Adventure (And How to Create Your Own)**

Ever heard of a “Misogi”?

It's a Japanese term for cleansing, which [“The Comfort Crisis” author Michael Easter](#) reframed as: intentionally challenging yourself to conquer the seemingly impossible. (*Learn more about misogis here: <https://jimharshawjr.com/312>*)

Here's the thing— my 16-year-old son asked for a misogi as a birthday gift! Sounds crazy, I know. But if my son's up for a challenge, then I'm more than happy to give him the challenge that he'll never forget.

So for Wyatt's 16th birthday, we did the 24-hour Appalachian Trail Four State Challenge.

If you want to know what happened, hit that play button now because this episode isn't just about trails and blisters. It's about unraveling the power of determination, grit, and pushing boundaries— and how we navigated through pain and emerged with a newfound faith in our capabilities.

Get ready to conquer your doubts and unlock a new level of resilience— because if my son and I can do it, so can you!

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

*“You've made mistakes. I've made mistakes. Others have made mistakes. The quicker we can let go of that, the quicker we can get past it and move forward and learn from that.”*

*“Make the commitment to push through the pain and the pain will subside for you in some way, shape, or form.”*

*“The doubts are coming in because you're going through a temporary struggle.”*

*“You have to get through those low points by just telling yourself, logically, this is going to end. We're going to get to the other side of this low point.”*

## Show Notes

This episode touches on the following key topics and ideas:

- **What is a “misogi”?** (0:28): “Misogi” is the Japanese term for cleansing, but [“The Comfort Crisis” author Michael Easter](#) reframed it as cleansing by pushing limits and emerging transformed from intense challenges.
- **Wyatt's birthday wish** (1:21): Fulfilling my son's birthday wish to do a misogi by doing the 24-hour Appalachian Trail Four State Challenge.
- **Our 21-hour Adventure:**
  - **Off to a great start** (6:36): Our initial enthusiasm and positive mindset as we set off on the hike.
  - **Self-doubt creeping in** (7:17): Self-doubt emerges at the 10 and 15-mile marks, testing our resolve.
  - **Downtime** (7:52): Reaching 20 miles and taking a breather to recharge during the hike.
  - **Toughest stretch** (8:56): Navigating the 30-mile milestone and feeling the effects of reaching almost 70,000 steps.
  - **Reaching the breaking point** (10:07): Overcoming unexpected obstacles and the challenges of navigating at night.
  - **Anticlimactic finish** (12:42): The final push towards the West Virginia-Virginia line.
- **My takeaways:**
  1. **Stop ruminating** (13:57): Ruminating doesn't help. Learn how to move past mistakes.
  2. **Embrace pain and commitment** (15:34): Push through pain, stick to commitments, and watch the pain ease.
  3. **Doubts in temporary challenges** (18:39): Recognize that doubts often arise in temporary challenging moments; they'll pass.
  4. **Experiencing life's ups and downs** (20:40): Remember that bad emotions won't last, good ones will surely return.
  5. **I can do hard things** (22:44): Hard things will always come your way but know that you're capable of handling tough situations.

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

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

## **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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## **Other Episodes Referenced**

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