



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast
Action Plan Episode #428
Jack Canfield (republished)

We're dusting off one of our all-time favorite #STFpod episodes, a conversation that left a lasting impact on many. An episode that's been downloaded more times than we can count. Why? Because it's the kind of conversation that leaves you wondering, "How did I not know this before?"

I'm talking about my sit-down with none other than [Jack Canfield](#)— a Guinness World Record holder for having seven books simultaneously on the New York Times Bestseller List for the worldwide sensation, "Chicken Soup for the Soul" series.

He's also one of the most well known and respected motivational speakers on the planet and a practitioner of the Law of Attraction.

In this special republish episode, we look back to my conversation with Jack where we deep-dived into the power of visualization, the secret sauce behind his remarkable journey to success. We also uncovered why he sees failure as feedback rather than a roadblock, and showed us how the Law of Attraction can transform our lives. So if you've ever had a dream, a goal, or just a desire to live your best life, this one's a must-listen... or re-listen!

Top Quotes From This Episode

"You really can create any reality you want. You just have to choose it. You have to believe it. You have to work at it, have a plan, visualize it, affirm it, be willing to fail, respond to feedback, persevere, and don't give up."

"Failures are learning experiences. They're just delays and results."

"The Law of Attraction is the law that says that what I focus on and think strongly about, think actively about, feel strongly about and visualize, talk about, think about— I am going to bring about."

"Your job is to do what makes you come alive. Don't ask what the world needs, ask what makes you come alive because the liveliness is your feedback system that you're on course."

"The only way to get through anything is to just feel the fear and do it anyway."

Show Notes

This episode touches on the following key topics and ideas:

- **Journey to success (2:16):** Jack shares his story as a young dreamer and how he transformed his life and reached success through education.
- **The basic stuff (7:04):** Jack explains why lack of exposure is the reason why most people don't do the basics: Visualization, affirmations, Law of Attraction.
- **Visualization (10:40):** How to visualize and use it to reach your goals.
- **The Secret (22:10):** Jack goes in-depth on the Law of Attraction, which states that "when things are vibrating at the same level, they're attracted to each other" or being attracted with other people who share the same energy as you do.
- **How to deal with failure (29:23):**
 1. Do psychological reversal through muscle testing by tapping on your non-dominant hand 35 times.
 2. Break your limiting belief by joining Jack's mailing list and going through the [belief change experience](#) or get access to [The Success Principles 10-Day Transformation](#).
- **Tell me about a time when you failed (37:09):** Jack believes his failures are learning experiences; delays and results.

List of Resources Mentioned in the Episode

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

[Why I teach my children to fail | Jim Harshaw | TEDxCharlottesville](#)

Rhonda Byrne's ["The Secret"](#)

Kathy Thorson Gruhn's ["Drug Tested for Being Happy: True Stories to Make You Laugh"](#)

Jack Canfield's books:

["100 Ways to Enhance Self-Concept in the Classroom"](#)

["The Success Principles\(TM\): How to Get from Where You Are to Where You Want to Be"](#)

["The Success Principles" Workbook](#)

["Dare to Win: The Guide to Getting What You Want Out of Life"](#)

["Chicken Soup for the Country Soul: Stories Served Up Country-Style and Straight from the Heart \(Chicken Soup for the Soul\)"](#)

["Chicken Soup for the Single's Soul"](#)

["Chicken Soup for the Mother's Soul: 101 Stories to Open the Hearts and Rekindle the Spirits of Mothers"](#)

["Chicken Soup for the Baseball Fan's Soul: Inspirational Stories of Baseball, Big-League Dreams and the Game of Life \(Chicken Soup for the Soul\)"](#)

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Jack Canfield

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