



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #431

Doug Brackmann

Why is it that highly driven individuals, despite their accomplishments, sometimes feel held back by self-doubt? Dr. Doug Brackmann, with two PhDs in psychology, has dedicated his life to unraveling this mystery.

Join us in this episode of the [Success Through Failure podcast](#) as we explore the interplay between addiction, genetics, and the unique challenges faced by highly driven individuals, and how it manifests in various aspects of life.

In our conversation, Dr. Brackmann delves into mastering your physiology and mindset, unlocking states of flow, and breaking free from self-imposed limitations. So if you've ever felt the tension between your relentless drive and nagging self-doubt, this episode is a must-listen.

But make no mistake: this episode isn't just for high achievers; it's for anyone striving for success in their personal and professional life. So, whether you're a podcast enthusiast, a book lover, or someone who's just fascinated with conversations about performance, don't miss out. Join the conversation and learn how to break free from self-imposed limitations and tap into the extraordinary success that lies within you.

Top Quotes From This Episode

"We are wired for addiction, choose your addictions wisely. Otherwise, they'll choose you."

"Meditation is not trying to relax. It has nothing to do with that. What meditation truly is, is experiencing the present moment."

"Practice makes perfect, no, practice makes it familiar."

"Gratitude practice is something essential because what gratitude does is it opens you up to what you're not seeing."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (2:22):** Share the podcast on social media by tagging me and using the hashtag #STFpod:
 - a. Facebook: [@jimharshawjr](#)
 - b. Twitter: [@jimharshaw](#)
 - c. Instagram: [@jimharshawjr](#)
 - d. LinkedIn: [Jim Harshaw, Jr.](#)
- **Our genetic gift (2:57):** The connection between addiction, high performance, and being driven is genetic.
- **Who's in control of you? (5:51):** Doug believes we're all wired for addiction so it's important to ask yourself: Is the consequence of the addiction outweighing the benefit?
- **Connecting Desire and Release (9:30):** Doug shares his experience of simultaneously desiring success while letting go of the outcome.
- **"Is it?" curiosity (17:57):** Doug delves into the significance of visualization and meditation, explaining how they connect with the body's knowing rather than intellectual understanding.
- **Gratitude and Managing Money (25:51):** Exploring gratitude as a tool for opening up to new perspectives.
- **Surrender and Permission (34:45):** Doug talks about surrendering to change, giving oneself permission for things to be easy.
- **Fear-based Habits and Cortisol Addiction (40:30):** Discussing the addiction to cortisol in driven individuals and the need to break fear-based habits. Explains the shift towards gratitude and appreciation as a key mindset change.

What's an action item the listener can take in the next 24-48 hours? (30:13):

- Learn how to discern what aligns with your belief system.
- Practice a one-minute, five-breath meditation in the morning
- Do a one-word gratitude practice

List of Resources Mentioned in the Episode

[I Am Drive podcast Episode 97: Jim Harshaw, Jr.](#)

Dr. Doug Brackmann's book, "[Driven: Understanding and Harnessing the Genetic Gifts Shared by Entrepreneurs, Navy SEALs, Pro Athletes, and Maybe YOU](#)"

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

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Other Episodes Referenced

[#213 The Commitment: From Drug Addict to World Record Ultramarathoner, Charlie Engle Talks About Choosing Success](#)

Guest Website and Social

Dr. Doug Brackmann
[Website](#)

[I am Driven Podcast](#)