



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #432

Republish: Steven Hayes

Dive into the mind-bending world of psychological flexibility with a throwback episode featuring the legendary Dr. Steven Hayes. Originally released three years ago, this gem quickly became a fan favorite, boasting not just high downloads but also an impressive listen time— a testament to its transformative impact.

In this episode, we unravel the secrets of Acceptance and Commitment Therapy (ACT) as Dr. Hayes masterfully guides us through the art of hacking our thoughts, building habits aligned with our core values, and creating a life that's authentically ours. Imagine outsmarting your inner critic and achieving true psychological freedom!

Whether you're new to ACT or revisiting its power, this episode is your ticket to unleashing your full potential.

Get ready for mind flexing, habit hacking, and a sprinkle of Dr. Hayes' signature wit. It's time to rewrite your mental script and embrace a life of psychological agility. This episode is a game-changer, and the stats don't lie!

Top Quotes From This Episode

"We've got to figure out how to put the problem-solving mind on a leash. Use it when it's really helpful, reign it in, and use another mode of mind when it's not helpful."

"We have to learn how to create modern minds for the modern world, because the modern world challenges us in ways that are orders of magnitude, more difficult than your grandparents."

"We treat life like a problem to be solved rather than a process to be lived."

"Your history includes things like failures which can be a powerful ally."

"Don't be fighting for a feeling of confidence. Do the actual behavior of confidence, and you will soon enough get the feeling of confidence."

Show Notes

This episode touches on the following key topics and ideas:

- **Put it on a leash (2:58)** Dr. Hayes discusses how to strategically utilize our "problem-solving minds" to lead a happy, healthy, and meaningful life.
- **The dictator within you (11:24):** Dr. Hayes shares the origin of Acceptance and Commitment Therapy (ACT) and how it helps create modern minds for the modern world.
- **Psychological Flexibility Processes (22:40):** Dr. Hayes drops practical strategies for identifying and challenging limiting beliefs, paving the way for a transformative shift in mindset.
- **Integrating Psychological Flexibility in Leadership (30:20):** Dr. Hayes shares invaluable insights on how leaders can enhance their effectiveness by fostering authentic connections, creating values-based work environments, and transcending ego-driven dynamics.

What's an action item the listener can take in the next 24-48 hours? (40:07):

- [Get your free ACT-mini course](#)
- Distill a troubling thought into a single word, say it aloud for 30 seconds, and have compassion for yourself.

List of Resources Mentioned in the Episode

Dr. Steven Hayes' book, ["A Liberated Mind: How to Pivot Toward What Matters"](#)

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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Dr. Steven Hayes

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