



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #435

The Power of Personalized Challenges: How 30 Days Can Transform 5 Lives

What you'll hear in this episode is truly unique— it's unlike anything I've done before. Why? Because I'm giving you a glimpse into a Reveal Your Path tradition we call the "Pathfinder Challenge" — a personalized challenge that every client creates for themselves. .

I interviewed the extraordinary individuals— all [Pathfinders](#)— who took on the challenge and finished by going 30-for-30. From meditation and journaling to intense workouts and diets, these five Pathfinders put their limits and discipline to the test.

But not only will you hear about what they did, you'll also gain insight into what they learned and their advice for you as you learn to craft your own 30-day challenge. And not just any average 30-day challenge; what we'll provide is a blueprint for your unique journey. No more generic plans; we're talking about creating a challenge tailored just for YOU!

Tune in for stories of triumph, insights on consistency, and the secrets to turning daily habits into success rituals. Trust me; this is a podcast episode like no other, so get ready to pave your path to success with me and the amazing representatives of the Pathfinder community!

Top Quotes From This Episode

"You had to think about your goals. You had to come up with your 'why,' why are you doing it? You just can't set a goal and just say, it'd be nice for me to do this. It really has to be something that you want to do. And that will motivate you and inspire you."
(Craig)

"I believe in having some discomfort in your life to grow your mind and heart."
(Justine)

"When people want to start something or make a change, we often [jump] so far and fast. It doesn't have to be that hard if you just start something simple to get that routine, and then you accomplish it." (Lisa)

"If you can manufacture resistance and challenge yourself to do things you don't necessarily like to do, the preciseness will carry over and enhance your ability to deal with resistance in other areas of your life." (Dan)

Show Notes

This episode touches on the following key topics and ideas:

- **Craig's wins - Transformative Challenge:** Craig's four-pronged challenge focused on early mornings, daily yoga, cold exposure, and the Whole 30 diet for enhanced productivity and health. He talks about his heightened mental clarity, creativity, and overall productivity by the third week.
- **Dan's Precision Challenge:** Dan crafted a nuanced challenge with precise components, including waking up within 12 minutes, additional gym exercises, vitamins, an 8:00 PM food cut-off, and daily cold showers. He emphasizes the importance of precision in building skills and dealing with resistance in various aspects of life.
- **Justine's Fourfold Challenge:**
 - Wealth: Worked on her business idea every day, advancing it in small, manageable increments.
 - Health: Incorporated daily meditation, enhancing awareness and mindfulness.
 - Self: Read 10 pages of nonfiction daily, completing a book and gaining valuable insights.
 - Relationships: Wrote a love note to her husband daily or reached out to a friend/family member, fostering connections.
- **Tim's Triumph - A Personal Journey:** Discover how Tim overcame mental hurdles, embraced consistency, and achieved remarkable results. Tim's journey sheds light on the importance of starting, writing down goals, and the incredible sense of accomplishment on the other side.
- **Lisa's Insights - Crafting Achievable Challenges:** Lisa unveils her challenge involving water intake, coffee limits, and career focus. Lisa's practical advice emphasizes the significance of attainable challenges. Learn how she mastered consistency, boosting confidence, and organization in her life.
- **My 30-Day Challenge - Holistic Growth in Six Steps:** Breaking down my God-centered, holistic approach, I highlight the power of prayer, limiting

alcohol, journaling, meditation, and reading goals. Here I emphasize that small changes can lead to success in every aspect of life.

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List of Resources Mentioned in the Episode

Jack Canfield's book, "[The Success Principles\(TM\): How to Get from Where You Are to Where You Want to Be](#)"

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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