



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #437

Game On: Welcome to the Success for the Athletic-Minded Man Podcast!

Welcome to Success for the Athletic-Minded Man (SAM)! A real talk on harnessing your athletic drive for clarity, focus, and consistency in business and life. But we're not just tossing around buzzwords— we're unleashing the secrets of elite athletes and world-class personalities right at the comfort of your podcast player.

If you're new here, SAM is the upgraded version of the Success Through Failure podcast. So why the shift? Let me paint the picture— from my ringside seat as a Division 1 All-American wrestler to coaching elite athletes and navigating diverse businesses, I've cracked the code on athletic mindset success. Now I'm bringing that championship mindset directly to YOU.

But this isn't just a simple podcast shift; I made sure that SAM is a powerhouse of insights and strategies tailored for champions like you. Still curious about why we hit refresh on our podcast game? Stick around, and let's unfold this new chapter together!

Top Quotes From This Episode

"If you're for everyone, then you're really for no one."

"If you want to succeed in business and life? You have to have absolute clarity in what success looks like."

"If you don't understand the meaning of that value and the meaning of that word and you're not authentically connected to it and you have not defined it in a way that means something to you, then it's really not a tool. You can't use it in times of adversity and honestly. They're not even there for you when you're successful." (Jim Hensel)

"Being intentional is a place where it's hard work. It's easier to let the world feed us and come to us. Be intentional." (Don Yeager)

Show Notes

This episode touches on the following key topics and ideas:

- **Why Change? (0:47):** I rebranded to Success for the Athletic-Minded Man, because I am uniquely positioned to lead a specific group of people: men with an athletic mindset aspiring for career success while prioritizing family, health, and faith.
- **What to Expect (8:16):** In the Success for the Athletic-Minded Man, you'll discover a refreshing approach to life through the lens of an athlete.
- **Expert Insights (11:14):** Here's a sneak peek into future episodes by sharing snippets from interviews with experts such as Jim Hensel, mindset coach for elite CrossFit athletes; Don Yeager, discussing the power of intentionality; and Patrick Cohn, focusing on mental performance tactics.

This podcast is not just about achieving success but also maintaining a balance that aligns with your values. Join me on this new journey as I share lessons learned, expert insights, and practical tips to help you harness your athletic drive for a fulfilling and purpose-driven life.

Remember, it's not about being the best for everyone; it's about being the best for those who resonate with the mindset of an athlete pursuing excellence in all aspects of life. This is Success for the Athletic-Minded Man— real talk on harnessing your athletic drive for clarity, focus, and consistency in business and life.

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](https://jimharshawjr.com/APPLY)

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

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Other Episodes Referenced

[#252 Jim Hensel: Mindset Coach for World Champions Rich Froning and Michael Chandler](#)

[#153 What Makes The Great Ones Great with Don Yeager](#)

[#219 Peak Performance Tactics for the Real World: Dr. Patrick Cohn Shares How to Maximize Mental Performance](#)