



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #439

**(Pt 1 of 5) The Truth About Success: A Framework for
How to Master Peak Performance in Business and Life**

Thinking back to my days as a Division I All Americal Athlete, success was crystal clear. But stepping outside the wrestling arena, I learned firsthand that the path to success in the broader aspects of life can be elusive.

In this episode of the "Success for the Athletic-Minded Man," I'm diving deep into the [Reveal Your Path](#) framework— the very system that has shaped my life and my clients. This framework stands on four pillars: vision and values, aligned goals, Environment of Excellence, and a plan for follow-through.

Just like an athlete following a track, after this episode, you'll have a roadmap that's tailored to your goals and values. This roadmap will guide you towards your goals, give you clarity, and empower you to maintain balance and operate at your maximum capacity.

Now, this isn't a new concept, but it's a proven one that I rediscovered when reflecting on my journey from underperformer to peak performer. So if you're ready to live a life of peak performance, don't just listen to this episode but take action and implement these principles into your life.

Top Quotes From This Episode

"I could do the hard thing because I had a very clear vision for my success and my goals were aligned with that."

"You have to have a plan for following through. If you don't have a plan for follow through, you will be consistent for a while. You will have fits and starts of progress towards your goals. You will make some progress. And then before you know it, you'll be off track."

"If you know there's more in the tank, if you know you're leaving too much on the table, do something about it."

Show Notes

This episode touches on the following key topics and ideas:

Four Pillars of the Reveal Your Path Framework

1. **Vision and Values (10:04):** The importance of having a clear vision for success and understanding core values— much like how athletes have clarity in defining success during their competitive careers.
2. **Aligned Goals (11:35):** The need for goals that align with personal values rather than societal expectations. Set goals in four key areas: relationships, self, health, and wealth.
3. **Environment of Excellence (14:31):** Stresses the significance of the people and environment surrounding you like the support and high standards found in athletic environments.
4. **Follow-Through Plan (16:28):** Highlights the importance of having a systematic plan for follow-through to ensure sustained progress. You can do this by creating micro goals, forming accountability partnerships, and doing regular goal reviews.

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