



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #440

Josh Bonhotal

Josh Bonhotal's story begins with his childhood dream of playing for the Chicago Bulls— a passion fueled by a letter penned to his future self in the third grade. 15 years later, the seemingly random arrival of that letter became a profound affirmation of determination and resilience.

In this "Success for the Athletic-Minded Man" episode, Josh delves into his coaching career, from working with Olympic gold medalists to NBA legends including MVP Derrick Rose, he shares the pivotal moments that shaped his unconventional path. He also introduces his fitness and mindfulness habits, including an impressive 1397-day streak of never missing a day of workouts.

But the discovery doesn't end there! Join us in exploring the nuances of setting goals versus making declarations and the importance of focusing on the journey rather than fixating on destinations.

Josh's unique perspective on peak performance is unparalleled, so stay tuned as he reveals the five critical elements for longevity and well-being: how we move, eat, sleep, manage stress, and build a supportive community. Gain insights into optimizing your performance in everyday life, whether in sports, the workplace, or personal relationships.

Top Quotes From This Episode

"Anything you set your mind to, you can do."

"Seek out what is [your] purpose rather than what is the destination."

"Look at the people that you're surrounding yourself with. Are they a faucet or are they a drain? Who are the people that when you spend time with, you get energized and you can't get enough time around them and their positive influences on your life? Try to seek out those people."

"Don't chase complexity before you get the basics."

"Start small. Take the first step today. Even even a 'journey of a thousand miles begins with a single step.'"

Show Notes

This episode touches on the following key topics and ideas:

- **The Purpose vs the Destination (2:11):** Josh delves into his early experiences, growing up with a passion for sports and a dream to make an impact in the world.
- **Coaching NBA Stars (5:05):** Josh provides insights into his role as a strength coach for the Chicago Bulls, working closely with NBA legends like Derrick Rose and Joakim Noah. The challenges and lessons learned while managing the physical and mental well-being of professional athletes.
- **The five critical elements Future focuses on (19:33):** Movement, nutrition, sleep, stress management, and community. Simple yet impactful tips for listeners in terms of movement, nutrition, sleep, stress management, and building a supportive community. Emphasizing the importance of starting small and making gradual improvements.
- **Morning Routine and Mindset (30:05):** Josh shares his morning routine, including a unique approach to cold tubs or showers. The importance of giving oneself space in the morning, focusing on mindfulness and journaling.
- **Journaling Insights (32:54):** Josh's perspective on journaling as a habit that compounds over time. Overcoming the initial challenges of journaling and the power of revisiting old entries to see personal growth.
- **Taking Action (36:54):** Josh's advice for listeners to take action: Start small, focus on one thing, and take the first step today. Emphasizing the compounding effect of small actions over time.

List of Resources Mentioned in the Episode

["Range: Why Generalists Triumph in a Specialized World"](#) by David Epstein

["Mastery"](#) by Robert Greene

["The Alchemist, 25th Anniversary: A Fable About Following Your Dream"](#) by Paulo Coelho

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