



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #442

**Steven Pressfield**

Embark on a journey with the legendary Steven Pressfield in this episode of ["Success for the Athletic-Minded Man"](#) podcast. From migrant fruit picker to truck driver to New York City cab driver to crafting outstanding works like "The Legend of Bagger Vance," "The War of Art," and "The Warrior Ethos," Steven's trajectory is a testament to resilience and determination.

Join me in exploring the pivotal moments that led to Steven's success and the profound life lessons he learned about commitment— revealing the power of staying the course until the end. Learn from the impact of his diverse experience, where the ethos of tackling challenges head-on, regardless of feelings, was forged.

Steven also introduces us to *"The Daily Pressfield,"* a transformative 365-day calendar book designed to cultivate consistency through the grind.

Stay tuned until the end as Steven shares insights that remind us that even in moments of apparent confusion, there's always a meaningful ascent to a higher level.

Don't miss this captivating conversation with Steven Pressfield as he unravels the layers of life, pursuing your calling, and revealing your path.

## **Top Quotes From This Episode**

*"Embrace the suck to just keep going and to get off on it, to enjoy it, to embrace that adversity."*

*"It doesn't matter how you feel. 'Feel' doesn't count. Get up and do it. That's a great habit. That's a real superpower."*

*"'Talent is bullsh\*t.' It's putting in the work, the grind day after day that counts in the end."*

*"At the end of the day, if you're not reinforcing yourself or validating yourself and giving yourself a pat on the back, there's nobody else to do that. And that's why people fall out."*

*"Sometimes you have to sort of miss the target a little bit, or almost get there, but not quite, and then readjust, recalibrate, try again."*

## **Show Notes**

**This episode touches on the following key topics and ideas:**

- **Steve's Writing Journey (3:30):** The long path and eventual turning point that led to Steve's writing career.
- **"Talent is Bullsh\*t" (13:00):** Steve believes that it's putting in the work, the grind day after day that counts in the end.
- **Embrace the Suck (14:09):** Steve discusses the importance of embracing adversity in various aspects of life and the value of rejecting feelings and emotions in the pursuit of your goals.
- **"The Daily Pressfield" (18:01):** The 365-day calendar book serves to help you be consistent through the grind, one hard day at a time.
- **Finding clarity takes time (23:09):** *"You can't see 10 steps down the path from the beginning of the trail."*
- **The hero's journey (29:58):** Remember that even if you seem lost, there is always meaning in your journey from one level to a higher one.

## **List of Resources Mentioned in the Episode**

Steven Pressfield's books:

["The Legend of Bagger Vance"](#)

["The War of Art: Break Through the Blocks and Win Your Inner Creative Battles"](#)

["Turning Pro: Tap Your Inner Power and Create Your Life's Work"](#)

["The Artist's Journey: The Wake of the Hero's Journey and the Lifelong Pursuit of Meaning"](#)

["The Warrior Ethos"](#)

["The Daily Pressfield"](#)

["Govt Cheese: A Memoir"](#)

["The Daily Stoic: 366 Meditations on Wisdom, Perseverance, and the Art of Living"](#)  
by Ryan Holiday and Stephen Hanselman

["Tools Of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers"](#) by Tim Ferriss

### **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**

[#256 Steven Pressfield: Defeating Resistance and Starting Before You're Ready](#)

[#290 Steven Pressfield on the Warrior Ethos and Winning Your Inner War So That You Can Finally Achieve Your Potential](#)

[#372 Steven Pressfield on Commitment, Self-Reinforcement, and Getting Yourself to Do What's Necessary to Achieve Your Goals](#)

### **Guest Website and Social**

**Steven Pressfield**

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