



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #443

(Pt 3 of 5) The Power of Aligned Goals: The Path to Purposeful Success

[In the previous solo episode](#), we delved into the first step of achieving success: crafting a crystal-clear vision for your life. Now, it's time to establish goals— the RIGHT goals— that reflect your chosen vision and values.

Tapping into my journey as a Division I All American athlete and then entrepreneur, I'll walk you through a process of setting goals that align with your vision of success and your core values— similar to the framework that became the pillar of my athletic endeavors and now my coaching program, [Reveal Your Path \(RYP\)](#).

This time around, I'll share the essentials for reaching your goals— from building resilience, discipline, and consistency to finding the perfect balance and support system that steers you toward success.

I'm also giving away an RYP-exclusive goal-setting tool, along with the actionable advice you need to crush your goals and unleash your full potential.

By the end of this episode, you'll have the tools to elevate every aspect of your life— relationships, self, health, and wealth. So, tune in now!

Top Quotes From This Episode

"When you have a vision for what success looks like, you're willing to do the hard things."

"If you're finding yourself not consistent, not disciplined, not inspired, you're missing an ingredient."

"Once you create goals that align with your vision, the sky's the limit."

"A single-minded focus does not work in the real world. You have multiple stakeholders: wife, kids, community, your own health and wellness. So you have to have this balance."

Show Notes

This episode touches on the following key topics and ideas:

- **Sky's the limit! (4:26):** The importance of setting goals that are aligned with one's overarching vision for life and core values.
- **Four areas of goal setting (16:12):** The four areas in which goals should be set: relationships, self, health, and wealth.
- **Components of goal setting (17:10):** Goal setting includes relevant core values, identifying obstacles, setting deadlines, clarifying motivations, and outlining action plans.

Setting "micro goals" also plays a big role in breaking down larger objectives into manageable steps.

- **Take action now! (23:39):**
 - Download the goal-setting tool: <https://jimharshawjr.com/action>
 - Consider scheduling a one-on-one coaching call with me: <https://jimharshawjr.com/apply>
 - Reflect on personal goals and ensure alignment with vision and values.

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)

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Other Episodes Referenced

[#439 \(Pt 1 of 5\) The Truth About Success: A Framework for How to Master Peak Performance in Business and Life](#)

[#441 \(Pt 2 of 5\) The First Step to Success: Clarifying Your Vision and Values](#)