



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast  
Action Plan Episode #447

**(Pt 5 of 5) Consistency and Follow Through:  
Mastering the Art of Sticking with Your Goals**

For the final installment of the [Reveal Your Path](#) series, we connect the dots and reveal the missing link to achieving your dreams. From crafting a clear vision and setting aligned goals to cultivating an environment of excellence, we've covered it all. Now, it's time to seal the deal with the ultimate key to success: a plan for follow through.

In this episode of the ["Success for the Athletic-Minded Man" podcast](#), we dive deep into the secrets of "following through"— the essential ingredient for turning your vision into reality.

Listen as I reveal the critical element that separates the achievers from the dreamers and the practical strategies to help you stay the course and turn your goals into reality. This episode will leave you inspired and motivated to take action like never before.

Don't miss this opportunity to complete your transformation and step into a future filled with clarity, consistency, and unwavering focus. Tune in and let's reveal your path to success together!

Check out the first four parts of the series 

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

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

PART 3: [#443 \(Pt 3 of 5\) The Power of Aligned Goals: The Path to Purposeful Success](#)

PART 4: [#445 \(Pt 4 of 5\) Excellence by Design: Crafting Your Environment of Excellence Using "MAPS"](#)

## Top Quotes From This Episode

*"You got to do the work in order to create this shortcut."*

*"When you have a vision and your core values, you have a target to aim at, and you have a compass to guide you."*

*"If you don't invest in yourself, if you don't take action, make a commitment, do this scary, hard thing, then you're going to continue to get the results that you're getting."*

*"I know David Goggins tells you that you have to do it all on your own. No, you don't. You have to have the self discipline, but you also have to have the commitment to yourself. You have to bring the infrastructure into your life. That's going to make all of this easier."*

## Show Notes

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

- **The Follow Through Framework (2:38):** Picture a comprehensive roadmap designed to guide you from where you are to where you want to be. That's what the follow-through framework is all about. It's the roadmap to your success, complete with practical strategies and actionable steps to keep you on track and moving forward.
- **Tactics for Unwavering Follow Through (10:26):** Let's talk tactics. From setting monthly goal review sessions to embracing the power of the "productive pause," there are countless ways to turbocharge your follow-through. We're talking about reducing friction, optimizing your routines, and leveraging peer influence to propel you toward your goals.
  - Set a recurring calendar invitation every first Monday of the month at 8 am reminding you of your goals. Use the Reveal Your Path Goal Setting worksheet to document your goals. Get it for free at: [JimHarshawJr.com/ACTION](http://JimHarshawJr.com/ACTION)
  - Do a [Productive Pause](#): A short period of focused reflection around specific questions that leads to clarity of action and peace of mind. You can't just grind all day, every day. You have to stop, evaluate, think, ask the right questions.
  - Find ways to reduce that friction. For example: prepare your workout clothes the night before.
  - Get around the right people.
  - Practice the [Pomodoro technique](#).
  - The Nicotra technique: This technique, named after my late brother-in-law, involves organizing tasks on a list, prioritizing them

with numbers, and visualizing their completion. With eyes closed, imagine swiftly completing each task, moving from one to the next. The exercise culminates in envisioning the satisfaction of having all tasks crossed off by day's end.

- 80/20 Rule: What are the 20% of tasks that give you 80% of your results?

### **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](http://JimHarshawJr.com/APPLY)

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### **Other Episodes Referenced**

[#233 Reclaim Your Life: Working Less, Earning More, and Living Your Best Life with CEO, Author and Speaker David Finkel](#)

[#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](#)

[#442 The Daily Pressfield: A Hero's Journey through Life's Grind with Steven Pressfield](#)