



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #449

Making Bold Career Moves at Midlife: 7 Steps To Move Confidently To Your Second Act

Are you in your 40's or 50's and, wondering if it's too late for a change?

Spoiler alert: It's NEVER too late to pivot and pursue your passions and goals!

If you're standing at life's crossroads, questioning the timing of a fresh start, this episode of the ["Success for the Athletic-Minded Man" podcast](#) is your roadmap to clarity.

Listen as I reveal seven actionable steps to guide you from contemplation to execution, drawing from real-life stories of individuals who found success in their second act. I'll share with you how to flip the script on what it means to start over and transform your "midlife crisis" into a "midlife renaissance."

Gone are the days of predictable milestones: graduating, being promoted, starting a family. Now, it's about rediscovering your purpose, leveraging your skills, and crafting a fulfilling next chapter.

Get ready to rewrite your story and unleash your untapped potential!

Top Quotes From This Episode

"If you don't think it's possible, I guarantee you, it's not possible for you. But if you believe, maybe just maybe, it is possible. You will find a way."

"Can I?" is the wrong question. The question is 'How can I?' When you start with 'how can I,' it leads to a different result."

"You're at a point in your life where you've got experience, wisdom, knowledge, ability, capability. Do something with it."

Show Notes

This episode touches on the following key topics and ideas:

7 Steps To Make Bold Career Moves at Midlife

1. **Creating the Vision (2:41):** Start by identifying what you love doing and what you want in your career and life. Do a [Productive Pause](#) and ask yourself the following questions to gain clarity on your vision while overcoming any limiting beliefs you may have:
 - a. What is it that I want in my life?
 - b. What is it that I don't want in my life? In my career?
 - c. What kind of balance do I want to have?
 - d. What kind of hours do I want to work?
 - e. What kind of people do I want to work with?

2. **Developing Your Belief (7:35):** Create a belief that you can achieve that vision. Visualize your success and create positive affirmations.

Learn more about visualization in this episode with "Chicken Soup for the Soul" author, Jack Canfield: JimHarshawJr.com/428

3. **Prototyping and Testing (10:50):** Experiment with different options, gather information, and challenge limiting beliefs through prototyping.

In episode 124 with Stanford design professor, Bill Burnett, we talked about how to prototype in your life: JimHarshawJr.com/124. This might mean talking to people, watching a YouTube video, shadowing a friend, or having coffee with somebody who is in that industry.

4. **Make Your Plan (12:29):** Create a detailed step-by-step plan using the free downloadable Google sheet available at JimHarshawJr.com/ACTION.

5. **Form Your Team (13:58):** Surround yourself with mentors, coaches, and supportive networks. Being around like-minded people, who raise the standard, will push you and hold you accountable.

6. **Aligning Other Areas of Your Life (15:29):** Balance your career goals with your fitness, relationships, faith, and overall well-being.

7. **A Plan for Follow Through (17:30):** Acknowledge potential setbacks, stay mentally prepared, and have safeguards in place. Take action and seek support to navigate challenges effectively.

List of Resources Mentioned in the Episode

[WATCH] [Jack Canfield's Masterclass on Visualization and Law of Attraction for Breakthrough Success](#)

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

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

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Other Episodes Referenced

[#428 Jack Canfield's Masterclass on Visualization and Law of Attraction for Breakthrough Success](#)

[#124 Dysfunctional Thinking and How to Be Happy: Using Design Thinking To Get Out Of Your Rut with Stanford Professor and Author Bill Burnett](#)