



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast
Action Plan Episode #456
Nicodemus Christopher

Nicodemus Christopher isn't just any coach.

He's the mastermind behind the success of NBA champions and top CEOs. And he's joining me in this episode of the "Success for the Athletic-Minded Man" podcast to share his very secret with us!

We're diving deep into the "Seven Dimensions" that Nicodemus swears by— a holistic approach that goes beyond muscle to the very core of well-being. He'll also reveal strategies to nourish each dimension, drawing on the rich experiences of top athletes and CEOs who he has worked with over the years.

From stories of personal transformation (imagine pivoting from aspiring doctor to elite coach?!) to actionable strategies that you can apply right from your living room, this episode is packed with insights that could just be the game-changer you've been waiting for.

So, whether you're striving to improve your professional performance, enhance your personal relationships, or simply live a more balanced life, this episode is a must-listen.

Get ready to challenge your perceptions, kickstart change, and redefine what true success means to you. Tune in now and transform the way you approach your daily challenges.

Top Quotes From This Episode

"You could have wins and losses on paper but that does not make you a good coach. [The] thing that qualifies you the most to be a good coach is character. The other thing is credibility. And that comes with time and building trust."

"An average career, which lasts three to five years, is not your purpose. It's simply a vehicle. It's a vehicle for purpose."

"The result of my life is the result of my decisions. Any decision that I've made is the reason why I am where I am or why I am who I am."

"Order and wisdom are prerequisites to peace."

Show Notes

This episode touches on the following key topics and ideas:

- **Transition from Potential Doctor to Performance Coach (1:34):** Nicodemus recounts his journey from aspiring to be a doctor to choosing a path as a performance coach, inspired by his brother's sudden change in career direction.
- **Performance Coaching Philosophy (3:27):** Highlighting the importance of character and credibility over mere accomplishments, Nicodemus explains what makes a good coach beyond their own sports or business achievements.
- **Athlete Well-being Beyond the Physical (5:01):** Expanding on the "7 dimensions of Well-Being" concept:
 1. Spiritual
 2. Physical
 3. Psychological
 4. Relational
 5. Occupational (or professional)
 6. Generational
 7. Financial
- **Peace and Wellness (24:06):** Nicodemus describes how he uses his deep understanding of athletes' and businessmen's lives to fill gaps beyond physical training, touching on psychological and professional aspects.
- **Journal for Self-Discovery (31:12):** Nicodemus suggests journaling as a tool for self-discovery and managing stress, which can also help in making informed decisions about personal and professional life.

What's an action item the listener can take in the next 24-48 hours? (35:56):

- Take out a pen and a piece of paper, and answer the question, who am I? List all the things that you feel define or make you who you are.

List of Resources Mentioned in the Episode

["Out Of Order: Unleashing The Power of Journaling to Draw You Out of Chaos and Into Fulfillment"](#) by Nicodemus Christopher

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

[#440 The 5 Critical Elements for Longevity and Healthspan: Peak Performance for Everyday Life with Josh Bonhotal](#)

Guest Website and Social

Nicodemus Christopher

livinghabituwelly@gmail.com | [Instagram](#) | [LinkedIn](#)