



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #457

Beyond Hard Work: Embracing Inspired Action for Greatness

Ever look at people who achieve incredible things and hear about the work they put in, only to think, "I could never do that!"

Maybe it's doing Ironman, building a global business, or something equally daunting.

But what if you could flip that script and say, "HELL yeah, I'm in! I don't care what it takes"? That's the mindset we're unlocking in this episode.

In this episode of ["Success for the Athletic-Minded Man" podcast](#), we're diving deep into the difference between HARD WORK and INSPIRED ACTION.

Whether it's scoring a promotion, shedding those extra pounds, or taking your business to the next level, I'll show you how to harness your athletic drive to achieve unparalleled CLARITY, CONSISTENCY, and FOCUS.

After this episode, you'll gain practical strategies to shift your mindset, real-life examples of inspired action, and how to align your goals with your passions.

Imagine transforming your grind into something that fuels you rather than drains you. Remember the last time you were so into something that time just flew by? That's the magic we're after. So hit play now!

P.S. Be one of the first 10 commenters on my YouTube video for a chance to access my EXCLUSIVE new AI coaching tool!

Top Quotes From This Episode

"Knowing that he's ordinary, he's always trying to improve himself. No one appreciates the agonizing effort he's had to make now that his years of training have yielded such spectacular results. Everybody's talking about his God-given talent."

That's how men who don't try very hard comfort themselves." (Eiji Yoshikawa on Musashi)

"When you figure out what drives you, hard work becomes inspired action."

"You will not unlock your maximum potential by simply waking up and grinding it out. That's not how this works. You have to stop. Ask the hard questions. Figure out where you want to go with your life. What do you want your life to look like in whatever area— maybe it's your career, your health, your relationships, or whatever it might be. You first have to get clear."

"Inspired action comes from aligning your goals with your core values and your vision for what you want success to look like."

Show Notes

This episode touches on the following key topics and ideas:

- **Subscribe now! (1:48):** Watch the "Success for the Athletic-Minded Man" podcast here: <https://www.youtube.com/jimharshaw1>

Be one of the first 10 commenters on this episode's video and get access to "Coach Jim AI," an advanced tool for clarity and goal-setting.

- **Hard Work vs. Inspired Action (4:39):** Examples of Hard Work vs. Inspired Action: Personal anecdotes and high-profile examples (like Steve Jobs and Kobe Bryant) illustrate the distinction between mere hard work and truly inspired action.
- **Unlocking Inspired Action (12:46):** The first step in unlocking your potential is taking a [Productive Pause](#) to reflect and determine your true goals.

It is also important to set goals that align with your core values and vision for success, rather than external influences.

- **[Mark McLaughlin's Journey \(16:11\)](#):** Highlighting the inspired action of Dr. Mark McLaughlin, a neurosurgeon who authored a profound book amidst a demanding career.
- **[Creating an Environment of Excellence \(18:13\)](#):** Surround Yourself with the Right People. The significance of being around individuals who elevate your standards and inspire you to achieve your best.
- **Maintaining Consistency (20:20):** Implementing systems to keep your vision and goals in focus, ensuring sustained inspired action over time.

List of Resources Mentioned in the Episode

["Foxcatcher"](#)

["Musashi: An Epic Novel of the Samurai Era"](#) by Eiji Yoshikawa

["Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear"](#) by Mark McLaughlin, MD

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

[#155 Making Success Easy\(er\): Turning Hard Work Into Inspired Action](#)

[#99 World Champion Mike Chandler on Escaping Doubt and Finding True Confidence](#)

[#323 Mindset of a Champion from a Champion: UFC's Michael Chandler on Success, Failure, and Your Journey to Greatness](#)

[#223 How to Use Cognitive Dominance to Out-Think Fear with Neurosurgeon Mark McLaughlin](#)

[The Reveal Your Path series](#)

[#453 Systems to Simplify Your Life and Give You Back Your Time \(and One System to Rule Them All\)](#)