



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #488

Chris Patterson

What do four lost jobs, a heartbreak, and a bottle of Captain Morgan have in common?

They almost ended Chris Patterson's story before it began.

But instead of giving up, he flipped the script— and in this “Success for the Athletic-Minded Man” episode, he’s sharing how you can, too.

Chris is the founder and CEO of Live Large Coaching and Interchanges— a strategic business growth agency that helps companies dramatically grow their revenues. He has also been a professional performance coach for over 2 decades and teaches a program called “Thinking Into Results” which helps people think, act and operate like the Top 1%.

But Chris doesn't just talk about personal growth; he lived it. From a “season of loss” that spiraled into depression to becoming a success coach who’s helped countless people transform their lives, Chris' story is proof that it's never too late to change. We dive into the mindset shifts, habits, and even the gold cards (yep, you heard that right) that helped many people turn things around.

He also breaks down the power of repetition, the science of visualization, and why changing your life isn't about grand gestures but tiny, consistent steps. Spoiler: He's also got the secret to crushing your goals— even if you've failed before.

Ready to reprogram your mind, rewrite your story, and finally create the life you deserve? Hit play now! Trust me, you don't want to miss this one.

Top Quotes From This Episode

“When you really start to decide to become the best version of yourself, it's really just a matter of changing what's going into your mind. That'll set you free.”

“Change is uncomfortable for human beings, but you have to get out of your comfort zone if you want to get to a different place in life.”

“A confused mind is not the best thing for accomplishing goals.”

"A mind is a terrible place to go alone."

Show Notes

This episode touches on the following key topics and ideas:

- **Your Defining Moment (1:55):** *[TW: Mention of suicide]* Chris shares his "Season of Loss," from hitting rock bottom to transforming his life when his father challenged him to give God a chance, igniting a shift from fear to faith.
- **Reprogramming Negative Paradigms (6:41):** Chris introduces the concept of "paradigms," subconscious patterns that shape thoughts and behaviors. He explains two ways to change paradigms: traumatic events or intentional repetition.
- **The Power of Repetition and Goal Cards (11:36):** Chris highlights the impact of writing and revisiting personal goals daily. He demonstrates how simple, consistent habits lead to significant life improvements.
- **Accountability and Transformation (15:49):** Chris emphasizes the value of accountability in achieving goals. He reveals how regular check-ins can increase goal success rates to 95%, showcasing the transformative power of shared commitment.
- **The Role of Coaches in Personal Success (17:16):** Chris debunks the myth of self-made success by sharing examples of high achievers, like Michael Chandler, who reached new heights with the help of dedicated mentors and coaches.
- **The Spiritual and Metaphysical Side of Success (25:58):** The connection between faith, science, and metaphysics in achieving goals. Chris shares insights on the power of imagination and positive thought, underscoring their transformative effects.
- **What's an action item the listener can take in the next 24-48 hours? (32:02):**
 - Write down a goal (one personal and one professional) or a habit. And once you write that down, repeat it to yourself over and over again. It's going to make a massive difference in your future.
 - Needle Mover Priorities: Write five key tasks each night to focus on the next day.

List of Resources Mentioned in the Episode

["Think and Grow Rich: The Landmark Bestseller Now Revised and Updated for the 21st Century"](#) by Napoleon Hill

[ShopHeroGear.com](#)

Other Episodes Referenced

[#463 Transform Your Life with a Pathfinder Vision: The Secret to Achieving Your Dreams](#)

[#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](#)

Guest Website and Social

Chris Patterson

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