



# **JIM HARSHAW, JR.**

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #491

## **The Power of Personalized Challenges: How 30 Days Can Transform 5 Lives**

What if 30 days stood between you and the best version of yourself?

What if committing to a few simple, purposeful actions every day for a month could transform not just your habits, but how you show up in your relationships, your career, and your life?

In this episode, I'm pulling back the curtain on one of the most powerful tools in the Reveal Your Path coaching program: the Pathfinder 30-day challenge.

No, this isn't one of those too-good-to-be-true promises. It's a proven strategy to reset, refocus, and crush your goals.

You'll hear real stories from five Pathfinders who took on the challenge and finished by going 30-for-30. From physical goals like running and push-ups to mindset shifts like gratitude practices and personal accountability, each challenge was designed to meet their unique needs.

We'll also dig into how to create your own challenge that's personal, doable, and game-changing. This isn't about following trends or checking boxes. It's about building habits that matter, one day at a time, and proving to yourself that you're capable of more than you think.

If you've ever wondered how to bridge the gap between where you are and where you want to be, this episode is your blueprint. Tune in now!

### **Top Quotes From This Episode**

*Tim Lynch: "Start. Write it down. Make it real. Put it in front of you and make a commitment to yourself even if it's small."*

*Ryan Redfrey: "When you do hard things it makes you feel good."*

*"You got to start small. [So] envision a stack of Post-it notes and start creating your own stack. Before you know it, you've got something tangible that you can really see, that you can really be proud of."*

## **Show Notes**

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

In this episode, I interview five Pathfinders who successfully completed their 30-day challenges. By sharing their stories and strategies, they offer actionable insights to help you design a meaningful challenge that aligns with your goals.

Through the lens of three purposeful questions— **What did you do? Why did you do it? What advice do you have?**— you'll discover how to create and crush your own transformative challenge.

#### **1. Building Discipline Through Physical and Personal Growth with Dan Mocchi (6:52):** Dan is a business leader, entrepreneur, and Pathfinder coach who knows the value of consistency. He created a multifaceted challenge to expand on habits he was already practicing while balancing the demands of a busy lifestyle.

##### **1. What Did You Do?**

- Ran on the track daily, increased push-ups from 50 to 100, tracked alcohol consumption, and read a personal development book.

##### **2. Why Did You Do It?**

- Dan wanted to elevate his existing habits while maintaining mindfulness in his social and professional settings. The challenge pushed him to prioritize discipline and growth.

##### **3. What Advice Do You Have?**

- Build on what you're already doing. Align your challenge with your interests and get the most challenging parts done early in the day to create momentum.

#### **2. Gratitude and Positive Focus Amid Chaos with Tim Lynch (14:48):** Tim is a serial entrepreneur and family man who crafted a challenge to bring balance to his busy life. His focus on gratitude, personal growth, and mindfulness helped him realign his priorities and build lasting habits.

##### **1. What Did You Do?**

- Wrote three gratitudes daily, read 10 pages, performed one outdoor activity, and reviewed his daily affirmation.

##### **2. Why Did You Do It?**

- To foster gratitude and positivity in his daily life while staying connected to his long-term goals. He wanted to make small but impactful changes.

3. **What Advice Do You Have?**

- Start with small, meaningful habits. Write down your challenge and commit to daily progress to build confidence and consistency.

3. **Winning the Morning to Win the Day with Ryan Renfrey (24:04):** Ryan, an entrepreneur and father of four, designed a challenge around one simple but transformative goal: waking up early. By starting each day before 6 a.m., he created a foundation for success that positively impacted his family, business, and personal discipline.

1. **What Did You Do?**

- Woke up before 6 a.m. every day, including weekends.

2. **Why Did You Do It?**

- To start the day with a win, improve productivity, and ensure alignment with his personal and professional goals. His mornings set the tone for his energy and focus.

3. **What Advice Do You Have?**

- Start small and make your challenge non-negotiable. Build consistency by stacking wins and watching the impact ripple through your life.

4. **Physical and Financial Focus with Peter Leventis (38:01):** Peter, an attorney and lifelong learner, paired physical discipline with financial mindfulness in his challenge. His goal was to address two key areas of life that often got overlooked despite their importance.

1. **What Did You Do?**

- Completed 200 core exercises daily and spent 10 minutes reflecting on his finances.

2. **Why Did You Do It?**

- He wanted to improve his physical health and take a proactive approach to financial planning. Both were areas he knew required consistent attention but were easy to neglect.

3. **What Advice Do You Have?**

- Prepare in advance, start small, and stick to the plan. Choose goals that are challenging yet realistic to ensure you stay engaged and motivated.

5. **Reconnecting with Faith in a Busy Season with Lisa Kerle (46:13):** Lisa, a government and political professional, turned to her faith during a high-stress period in her career. Her challenge focused on a simple yet powerful habit that provided grounding and clarity amid chaos.
1. **What Did You Do?**
    - Spent 10 minutes each night reading a devotional before bed.
  2. **Why Did You Do It?**
    - To maintain her connection to her faith and find peace during an intense, high-demand work schedule. The simplicity of the habit made it achievable and effective.
  3. **What Advice Do You Have?**
    - Keep your challenge simple and relevant to your current season of life. Focus on what will genuinely support and sustain you.

### **List of Resources Mentioned in the Episode**

[Books by Tim Ferriss](#)

[Podcast] ["The Tim Ferriss Show"](#)

[Hero Gear](#)

### **Other Episodes Referenced**

[#246 & #247 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer](#)

[#307 Jack Canfield on How Exactly to Use Visualization and the Law of Attraction to Create Breakthrough Success](#)

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

[#435 The Power of Personalized Challenges: How 30 Days Can Transform 5 Lives](#)

### **Unlock clarity and consistency in 7 days.**

Learn the proven framework for busy dads used by top performers like Navy SEALs, CEOs, and elite athletes to create clarity, consistency, and focus in 7 days or less.

Join [Reveal Your Path \(Free\)](#) and unlock your next level in business and life.

### **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)

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

### **How to Leave a Rating and Review for SAM on iTunes**

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>