



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #516

Brian Michel

Most men think success means stability: a good job, solid income, steady life. But what if that comfort is the very thing keeping you stuck?

In this episode of “Success for the Athletic-Minded Man” podcast, I sit down with Brian Michel, an executive coach, ultra-endurance athlete, entrepreneur, and our newest Pathfinder Coach, who left corporate comfort to chase something bigger.

We talk about how he went from a “good job” to a great life, the mindset that carried him through 100-mile races, and how faith and active surrender helped him find peace in uncertainty.

Brian also shares the two-year plan that made his leap possible, the lessons he learned balancing family, business, and faith, and how intentional living helped him finally align his work with his purpose.

If you've ever felt stuck in success— comfortable but restless— this conversation will challenge how you define winning and show you how to build a life that's bold, balanced, and deeply fulfilling. Tune in now!

Top Quotes From This Episode

“The action starts with some intentionality around what you're looking for and what values you want to align things to.”

“Active surrender is an intentional process to surrender to God, but faithfully taking actions that are aligned with the plan.”

“When it's supposed to happen, it's going to happen.”

Show Notes

This episode touches on the following key topics and ideas:

- **Which Is Harder? (1:16):** Despite years of ultra training, Brian says stepping out of financial security took more grit than any race. If you're "fit" at work but stuck in place, you may be avoiding the real workout: risk, reinvention, and the unknown.
- **The Leap & The Fear (2:01):** A coaching certification awakened a deeper calling rooted in faith for Brian. Fear was real, but so was the conviction to stop white-knuckling control.
- **Network Like a Learner (8:17):** Brian started by asking curious questions across his existing network, not "pitching." Schedule five coffees to learn needs, language, and introductions— your curiosity is the best business development tool you already have.
- **Talk to Your Inner Circle First (9:24):** Brian discovered entrepreneurs among longtime friends by simply asking about their work and challenges. Start at home base: text five friends today, "Can I pick your brain about [problem/ideal]? 15 minutes this week?"
- **Endurance Origin Story (14:59):** From barely running a mile at 29 to Boston Marathon and a 100-miler, the hook for Brian wasn't medals, it was loving the daily process.
- **Work–Life Integration (19:36):** Brian frames "balance" as deliberate design: family commitments are fixed points, and training/work wraps around them. He'd bike or run to his kids' events and keep a ready-to-go gym bag so workouts never displace family time.
- **Active Surrender Defined (25:50):** For Brian, surrender isn't quitting, it's releasing the illusion of total control, aligning daily actions with faith and values, and trusting timing. He plans, acts, and then lets outcomes unfold without panic.
- **Why Reveal Your Path (33:41):** Brian chose RYP because it matches his values— family, faith, intentionality— and offers mentorship plus a community that raises standards.
- **What's an action item the listener can take in the next 24-48 hours? (36:01):** Do a [Productive Pause](#): list your top five values and one concrete decision you'll make this week to honor them. Then book two short conversations (one friend, one former colleague) and lead with, "What are you building right now, and where do you need help?"

Guest Website and Social

Brian Michel

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