



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #518

Jim Murphy

What if your obsession with winning is the very thing keeping you from performing like a champion?

In this "Success for the Athletic-Minded Man" episode, I sit down with Jim Murphy, the mind behind Inner Excellence and the book "The Best Possible Life," whose work quietly shows up in some wild places— like on the NFL sidelines in the hands of All-Pro wide receiver A.J. Brown.

We talk about mental toughness under pressure, not as a cliché, but as a spiritual, heart-level skill set for real life: sales pitches, hard conversations, big presentations, and yes, Game 7 moments.

Jim shares how losing his dream as a professional baseball player, moving to the desert, and giving away over half his possessions led him to a radical idea— if your heart is chasing possessions, achievements, looks, money, and status, you will never feel free, no matter how "successful" you get.

If you've ever been results-obsessed, anxious, or secretly afraid of losing love and approval when you fail, this conversation will punch you in the gut, and then hand you a way out. Tune in now!

Top Quotes From This Episode

"The heart is the key to your life."

"We got to clear out of all this noise and say, 'Who am I?' 'How do I want to feel?' 'How do I wanna live?' 'Who am I meant to become?' 'Why am I on this earth?' What's the purpose, and really pursue that. And then you can feel fully alive and pursue absolute fullness of life. Let everything else go."

"Everything is here to teach me and help me. It's all working for my good."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (2:47):** Share the podcast on social media by tagging me and using the hashtag #SAMpod:
 - **YouTube:** [@jimharshaw1](#)
 - **Facebook:** [@jimharshawjr](#)
 - **Twitter:** [@jimharshaw](#)
 - **Instagram:** [@jimharshawjr](#)
 - **LinkedIn:** [Jim Harshaw, Jr.](#)
- **The Wild-Card Moment (3:25):** A sudden burst of attention (A.J. Brown reading the book on national TV) collided with one of the toughest weeks of Murphy's life. External highs and internal lows often coexist.
- **Detours, Failure, and the Unplanned Path Forward (6:09):** Murphy's story shows that so-called failures (quitting the Rangers job, career dead-ends) were actually formative steps leading to Olympic coaching and writing Inner Excellence.
- **Why Your Heart, Not Your Mind, Breaks Under Pressure (13:07):** This section reframes pressure not as a thinking problem but as a heart problem— what you desire, fear, and cling to. Confidence isn't built through more tactics but through training the inner life.
- **Purpose Bigger Than Results (15:24):** Pressure becomes overwhelming when the thing at stake is your self-worth. Learn how to pursue a purpose so meaningful that results become secondary.
- **How to Stay Loose in Your "Game Seven" Moments (17:27):** Murphy shares practical tools: presence over outcome, gratitude over anxiety, controlling only your effort and your heart. Stay calm and effective when everything's on the line.
- **Reclaiming Fun and Freedom in High-Stakes Situations (23:20):** Murphy shows that peak performance comes from freedom— not fear— and identifies the three biggest blockers: overthinking, negative thinking, and self-consciousness.
- **Rethinking "Good" and "Bad" Outcomes (31:52):** Many "bad" events later become turning points. Loosen your grip on rigid expectations.
- **A Midday Reset That Actually Works (35:11):** The double-inhale technique and the Inner Excellence tools offer real-time strategies for resetting during

stress. Use these immediately during a tense meeting, tough conversation, or chaotic day.

- **Turning Excellence Into Service (39:20):** The Freedom Project shows how inner excellence naturally expands outward into service and contribution. The highest form of success often involves impact rather than ego.

List of Resources Mentioned in the Episode

Books by Jim Murphy:

["The Best Possible Life: How to Live with Deep Contentment, Joy, and Confidence--No Matter What"](#)

["Inner Excellence: Train Your Mind for Extraordinary Performance and the Best Possible Life"](#)

["The Confident Mind: A Battle-Tested Guide to Unshakable Performance"](#) by Dr. Nate Zinsser

["How to Win Friends & Influence People"](#) by Dale Carnegie

Other Episodes Referenced

[#336 West Point Director of Performance Dr. Nate Zinsser on How to Create a Confident Mind](#)

Guest Website and Social

Jim Murphy

[Website](#) | [Instagram](#) | [Twitter](#) | [Facebook](#) | [LinkedIn](#)

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

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>