



# **JIM HARSHAW, JR.**

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #519

## **8 Tactical Mindset Upgrades for Men Who Are Tired of Being Stuck**

If positive thinking actually worked, you wouldn't still be stuck... and that uncomfortable truth is exactly where this episode begins.

I'm breaking down why mindset for success isn't about hype, surface-level motivation, or repeating clichés you've heard since high school sports. It's about the deep, subconscious beliefs that quietly drive your behavior, your confidence, and ultimately your results.

I've watched high-achieving men grind themselves into exhaustion—great work ethic, strong discipline, yet still battling self-doubt, imposter syndrome, and that invisible ceiling that never seems to move. In this episode, I show you why belief drives behavior, why identity beats willpower, and how elite performers build a high-performance mindset before the wins show up.

You'll hear real examples— from broken confidence to inspired action— and I'll walk you through 8 tactical mindset habits you can actually use: from a success log and daily mantras to state-shifting techniques that reset you in minutes.

This isn't theory. This is the missing link between effort and outcomes. And once you see it, you won't unsee it.

### **Show Notes**

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

- **Why Cliché Motivation No Longer Works (0:33):** You've heard "believe in yourself" your entire life, but surface-level belief fades fast under pressure. Real change only happens when subconscious belief and identity catch up with logical effort.

- **The classic mantras you've heard about believing in yourself (3:24):**
  - *"Believe you can, and you're halfway there."* (Theodore Roosevelt)
  - *"Whether you think you can or think you can't, you're right."* (Henry Ford)
  - *"To be a champion, you have to believe in yourself when no one else will."* (Sugar Ray Robinson)
  - *"If you don't believe in yourself, nobody else will do it for you."* (Kobe Bryant)
  - *"Whatever you want in life, other people are going to want it to. Believe in yourself enough to accept the idea that you have an equal right to it."* (Diane Sawyer)
  - *"If you believe in yourself, anything is possible."* (Miley Cyrus)
- **Logical Belief vs Deep Belief (5:45):** You can logically believe something is possible and still emotionally reject it. Until belief moves from your head into your bones, your behavior will quietly sabotage your effort.
- **The Athlete Mindset Advantage and Trap (8:30):** Two equal athletes, same training— mindset alone determines the winner. Belief is the real separator that unlocks elite execution under pressure.
- **The Cautionary Tale of the Hardest Worker (11:33):** Outworking everyone means nothing if you don't believe you deserve to win.
- **Identity is the Engine Behind Inspired Action (15:19):** Hard work feels heavy when it's forced. Inspired action becomes automatic when performance lines up with identity.

### **The 8 Mindset Tactics For Lasting Change**

1. **Build a Weekly Success Log (18:47):** Document proof that you are capable: wins, feedback, credentials, work ethic, and past breakthroughs. Then record yourself reading it and listen weekly to retrain belief at the subconscious level.
2. **Install a Daily Mantra (22:24):** Start every morning by speaking the belief you need— not the one you currently feel. Small daily adjustments compound into exponential confidence over time.
3. **Speak Your Personal and Professional Vision Statement (23:57):** Say your future out loud as if it already exists. Vision creates emotional certainty, and certainty fuels consistent execution.

4. **Reread What Strengthens You (24:59):** Your mindset drifts without reinforcement. Revisit the books, scriptures, and mentors that sharpen belief on a regular basis— not once a year.
5. **Clarity Creates Confidence (27:55):** Uncertainty kills momentum. Define long-, mid-, and short-term targets so your energy moves with purpose instead of scattered effort.
6. **Get a Mindset Coach (28:45):** Blind spots don't reveal themselves. Coaching accelerates belief change by exposing internal wiring you can't see from inside the frame.
7. **Live in an [Environment of Excellence](#) (29:03):** Your nervous system calibrates to your surroundings. Surround yourself with people operating at the level you want next.
8. **Change Your State in the Moment (30:21):** Movement, breath, fasting, and self-talk reset performance quickly. You don't always need a week, you need a shift in state right now.

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

["As a Man Thinketh"](#) by James Allen

["Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones"](#) by James Clear

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

["The Magic of Thinking Big"](#) by David J. Schwartz

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

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

## **Other Episodes Referenced**

[#518 Bigger Than Winning: How to Raise the Level of Excellence in Your Life and Everyone Around You \(with Jim Murphy\)](#)

[#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](#)

[Interviews with Navy SEALs](#)

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