



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #525

Practical Habits That Will Change Your Life in 30 Days

You do not need another generic challenge to “fix your life” just to feel like you failed by Thanksgiving.

In this episode of “Success for the Athletic-Minded Man,” I talk with seven driven men who took on the On the Path October Challenge, a custom 30-day challenge built around one core principle: stop borrowing rules that don't fit your life and start tracking the habits that actually move the needle.

Because if you're a high achiever, you already know what to do. The real problem is drift. You get buried in work, you live in reaction mode, and the stuff that matters most gets whatever's left. Then you tell yourself you'll “get back on track” next week... Or next month... Or after things slow down.

This challenge is designed to break that pattern.

These men created custom, achievable challenges built on follow-through rather than hype. You'll hear how small, targeted commitments sharpened their energy, focus, and discipline, and how public tracking made it a lot harder to talk a good game and then disappear when life got busy.

I also walk you through the framework so you can build your own, starting today: how to choose the right habits, keep them realistic but still challenging, set up accountability, track a simple scorecard, and avoid the overreach that leads to burnout.

Hit play now and build your 30-day challenge today. Stop letting “busy” decide who you become.

Top Quotes From This Episode

"When I do better physically and challenge myself physically, I perform better. Emotionally, these things all connect together." —Tim Lynch

"Things work best when they're consistent." —John Lyons

"The pain of regret is way worse than the pain of actually doing what it is that you say you want to do." —Roger Robinson

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode! \(3:19\)](#)**: Share the podcast on social media by tagging me and using the hashtag #SAMpod:
 - **YouTube:** [@jimharshaw1](#)
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- **Why a custom, public 30-day challenge (0:34)**: Preset programs like 75 Hard can miss what you actually need, and building a short, specific challenge around your real priorities gets better results.
- **Coach Jim AI (3:47)**: If you want help designing the exact items and rules for your challenge, try [CoachJimAI.com](#) to get an AI-driven blueprint based on your goals.
- **Ben Scherz — water, stretch, journal (4:12)**: Ben drank 32 oz of water on waking, stretched 15 minutes nightly, and journaled 15 minutes nightly to log wins and values alignment.

If digestion, cravings, flexibility, and clearer priorities matter to you, start with one small, non-negotiable morning habit and one short evening practice so you close the day with momentum.

- **Dan Mocci — level up existing wins (8:51)**: Dan added volume to workouts, doubled down on journaling and daily connection with his children, and tracked KPIs like water and alcohol.

Don't reinvent the wheel, find what you already do and push the volume or frequency slightly, then lock in the metric so you can see progress.

- **Brian Tomlinson — triple morning set, protein, marital gratitude (13:06):** Brian did 100 pushups, 100 sit-ups, and 100 air squats before 10 am, hit 150g of clean protein, and kept a nightly gratitude notebook for his wife.

If relationships matter, add one tiny, consistent action toward the person you care about and make it physical and visible, like a small nightly note you can gift later.

- **John Lyons — hydration, mobility, daily journal, note to spouse (16:53):** John focused on a morning glass of water, daily mobility, a five-minute gratitude and priorities journal, and a quick daily note to his wife.

Start with a two-minute morning win and a two-minute evening pause, then add a single micro-gesture to your spouse so the habit builds into your life, not fights it.

- **Matt Von der Ahe — swim, no alcohol, nightly planning (20:42):** Matt swam each morning, cut alcohol for the month, and spent five to ten minutes each night planning the next day.

If you want better mornings, block five minutes the night before to schedule one deep task and one recovery block so you avoid getting chewed up figuring it out at 8:00.

- **Roger Robinson — read 10 pages, no social media, 100 pushups (25:59):** Roger read 10 pages daily, stopped social media to control inputs, and added 100 pushups to his routine.

If you feel scattered, limit the low-value scroll and replace that time with high-return microhabits like reading a chapter or a short physical challenge.

- **Tim Lynch — three gratitudes, 100 pushups, daily chapter, reach out (31:00):** Tim did three morning gratitudes, 100 pushups minimum, one chapter a day, and reached out to another group member daily to be of service.

Combine a mental win, a physical win, and one social act each day so you cover body, mind, and relationships without overloading any single area.

List of Resources Mentioned in the Episode

[75 HARD™](#)

[Whole30](#)

[Exodus 90](#)

[“The Compound Effect: Jumpstart Your Income, Your Success, Your Life”](#) by Darren Hardy

Other Episodes Referenced

[#513 Why Men Fail at Simple Habits— but Win Big With Challenges](#)

[#445 \(Pt 4 of 5\) Excellence by Design: Crafting Your Environment of Excellence Using “MAPS”](#)

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