



REVEAL YOUR PATH

Success for the Athletic-Minded Man Podcast

Action Plan Episode #535

The Two Ingredients Every High-Achieving Man Needs (Hustle Isn't One of Them)

You're slammed all day at work, but when the day is over, you can't point to anything that actually moved the needle.

You keep telling yourself you'll 'hold yourself accountable' this time. You know exactly what you should be doing and still can't get yourself to do it consistently.

I've coached more than 300 men and spent over a decade interviewing Navy SEALs, Fortune 500 CEOs, and NCAA champions on this podcast. I keep seeing the same two things separate the guys who follow through from the guys who don't: clarity and accountability.

Clarity means you know where you're headed, not just what's on today's to-do list. While accountability means someone else is in it with you. And I'll be blunt about this: "I'll hold myself accountable" sounds good on paper, but nobody actually follows through alone.

In this "Success for the Athletic-Minded Man" episode, I show you how to build clarity and accountability into your life. We'll talk about the process of turning a big goal into daily action, plus why trying to go it alone keeps so many driven guys stuck at 80% on what matters most.

Every year without these two things is a year you could've spent moving forward instead of standing still. Press play and start closing that gap.

Then go to JimHarshawJr.com/QUESTION. Answer one question, and you'll walk away with a seven-day action plan built for exactly where you're stuck.

Top Quotes From This Episode

"If you have clarity, your likelihood of executing is going to skyrocket."

"There's absolute clarity in a compelling long-term vision. If you don't have that, you will find yourself drifting, wandering, and lacking consistency and discipline."

Show Notes

This episode touches on the following key topics and ideas:

- **Share this episode! (1:50)**: Share the podcast on social media by tagging me and using the hashtag #SAMpod:
 - **YouTube:** [@jimharshawl](#)
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 - **LinkedIn:** [Jim Harshaw, Jr.](#)
- **First Ingredient to Success: Clarity (3:19)**: Walking into your day without clarity is like walking into a gym with no plan, wandering between cardio, lifting, and Pilates until the workout never happens. Set a long-term vision, break it into midterm priorities, and land on one thing to focus on today.
- **Clarity creates luck (12:10)**: Clarity is what lets you spot an opportunity where you used to see only an obstacle or nothing at all. Aim for "inspired action" instead of hard work, since inspired action is driven by a clear why and hard work alone burns out.
- **Second Ingredient to Success: Accountability (14:17)**: I hear from guys constantly who think they just need to hold themselves accountable, and I'll tell you straight, that's a fallacy that doesn't exist. Bring in a coach, a trusted peer, or a group where you have to show up, since that's the pressure that keeps you from sliding back.
- **Productive Pause™ (20:34)**: A short period of focused reflection around specific questions that leads clarity of action and peace of mind.
- **Your two-minute plan (22:07)**: I built a free tool at [JimHarshawJr.com/question](#) that asks one direct question, followed by

a quick follow-up, and hands you a seven-day action plan. Go there today, before this episode becomes something you just listened to.

Other Episodes Referenced

[Beyond Hard Work: Embracing Inspired Action for Greatness](#)

[Productive Pause: The Secret to Success That Nobody is Talking About and How to Leverage it for Outsized Results](#)

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