



REVEAL YOUR PATH

Success for the Athletic-Minded Man Podcast

Action Plan Episode #537

How to Stop Needing to Win to Feel Worthy

Think about the biggest win of your life: The promotion. The deal. The title you finally got.

Now ask yourself: who are you without it?

Most high-achieving men never actually answer that. They just keep winning (or trying to) and assume the question will answer itself eventually. It won't.

In this episode of "Success for the Athletic-Minded Man," we talk about the difference between self-worth that depends on your last result and self-worth that doesn't, and why most men never know which one they're running on until they lose.

You'll hear what happened in the final seconds of the biggest match of my wrestling career, and the one thing that had to be true for me to win it. It's the same thing that has to be true for you before your next big moment, whatever that looks like in your world.

Then I get into four things that build self-worth strong enough to survive a bad year: your values, the people around you, the habits you execute whether or not they work, and having a plan even before you've hit the goal.

This isn't about caring less about winning. It's about not needing the win to know you're enough.

Go into this episode thinking about your last big win, and whether your confidence would survive losing it. Then go answer the question waiting for you at jimharshawjr.com/question.

Top Quotes From This Episode

"Inherent Self-worth is that I don't need external validation. Contingent Self-worth is my self-worth is based upon how I'm doing in life, my success, my achievements, my possessions, my status, my money."

"Showing up as the best version of you only happens when you have inherent self-worth."

"When you live by your values, you are less subject to external validation."

Show Notes

This episode touches on the following key topics and ideas:

- **Inherent vs Contingent Self-Worth (0:36):** Inherent self-worth does not depend on results, contingent self-worth does. Start by naming one area where your mood or identity rises and falls with an outcome, then tell yourself aloud, I am more than that result, whenever you feel triggered.
- **Why This Actually Matters (2:55):** You show up as your best when your worth is internal, not when it depends on sales, titles, or trophies

Four concepts for converting contingent self-worth into inherent self-worth

1. **Live by Your Values (10:46):** Identify 3 core values that actually move you, and test decisions against them. If you do not have clear values, write down recent proud moments and extract the common threads, those are your values to live by.
2. **Cultivate Meaningful Relationships (13:18):** Relationships give you a stable sense of belonging that reduces reliance on outcomes for worth. Join or create one group of similarly valued men for regular accountability and honest feedback, and protect time for face-to-face connection weekly.
3. **Habits as Votes for Who You Are (15:05):** Treat each habit as a vote for the identity you want, not a ticket to a result.
4. **Have a Plan, Not Drift (17:25):** A plan gives you hope and direction independent of immediate wins, so align your plan with your values and habits.

- **Where to Start (20:16):** Go to jimharshawjr.com/question, answer the question there, and pick one change from the list above to execute this week.

List of Resources Mentioned in the Episode

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

["Turning Pro: Tap Your Inner Power and Create Your Life's Work"](#) by Steven Pressfield

The Harvard Gazette: [Good genes are nice, but joy is better](#)

Other Episodes Referenced

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

[The Daily Pressfield: A Hero's Journey through Life's Grind with Steven Pressfield](#)

[Mindset of a Champion from a Champion: UFC's Michael Chandler on Success, Failure, and Your Journey to Greatness](#)

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