



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episodes #276 and #277

How to Create World-Class Consistency: 15 Step-by-Step Tactics To Unleash Your True Potential

Do you feel like if you could just be more consistent then you could finally achieve the goals that you've always wanted to achieve?

Make that career move...
Start a business...
Fix a relationship...
And a whole lot more?!

Clearly, this is not a walk in the park. It's traversing a bumpy trek of lack of focus, system, and consistency. But at the end of the day, our goal is to get "THERE." The destination. Our goals.

But—like what the name of our show suggests—there is success in failure. And we both know that you have that drive in you. You just need the extra nudge to lead you to the right path.

In this two-part episode, I give you 15 tactics to help you be consistent—what methods, tools, and mindset are effective in building that consistency in your life.

But no pressure! Take your time in choosing just 1 or 2 of these tactics; apply it and see what perfectly fits your goals.

After listening to this, I'd LOVE to hear what tactics you'll employ and how it worked for you. Tune in now and good luck!

Top Quotes From This Episode

"You want to be consistent? Write clearly defined goals and create a plan to achieve them and a plan to stick to them whenever things get hard."

"Peak performance routines help you with consistency."

"You must welcome accountability into your life. You have to choose accountability. Noone's coming to save you. Noone's going to give you permission. You have to choose the hard thing you have to choose accountability."

"These core values, once you crystallize them, they become a compass; to help you make decisions—the big ones and the small ones."

"You have to figure out the ways to reduce the friction, to welcome the accountability. Put those things into your life because things are going to get hard for you."

Show Notes

This episode touches on the following key topics and ideas:

- **"Resistance" (4:49):** Steven Pressfield and the concept of "Resistance" or "the struggle to be consistent"; the "universal force that works to stop us from completing the work that we are meant to do."
- **"Friction" (6:59):** Friction causes resistance. Do you recognize that feeling or the inner dialogue you have where you constantly find excuses to delay doing a task for ANOTHER task and end up not accomplishing anything? Yes, that's friction—the unconscious inner fight that's going on in you.

15 Tactics to be Consistent:

(From [Episode 276 podcast](#))

1. **Minimum Actionable Progress (9:26):** Determine the minimum actual progress that you can tackle to start warming up and building up your momentum.
2. **The Five-minute Rule (12:12):** Allot five minutes of your time to do something on your to-do list. If you don't feel like continuing after that given time, you can quit. But know that after that five minutes, you've already overcome the hardest part, which is the "friction."
3. **Goal Setting (13:42):** Write clearly defined goals and create a plan to achieve them, and more importantly, stick to them! Know more about goal setting from this blog: <https://jimharshawjr.com/GoalSetting>
4. **Have a routine (15:35):** *"When I come in," James said, "I get dressed, shoot for half an hour and then do a stretching routine that lasts about 25 minutes, then go in the training room and get my legs worked on by the masseuses, and then I get taped. Most of the time I do media. Then I do the team meeting and prepare for the game."* (from Sean D. Hamill's 2010 The New York Times article about LeBron James' game-day routine)

If superstar athletes like LeBron James can maintain a routine, YOU can, too! It doesn't have to be as intense as LeBron's, but creating your own version of routine will help you show up as your best self.

5. **Turn off notifications (19:59):** Turn off notifications on your phone and computer to shut down the distractions that stop you from being consistent.
6. **Set timers on your phone (22:37):** Use your phone to set timers, reminders, and alarms. For instance, if you want to meditate more consistently, set a reminder every morning until it becomes a habit.
7. **Use apps strategically (23:32):** Use apps like [Productive](#) or [Streaks](#) to track your habits to aid you in becoming more consistent. You may also opt to go analog and use the classic pen and paper combo or go digital using Excel or [Google Sheets](#).

(From [Episode 277 podcast](#))

8. **Time Blocking (00:56):** Exercise blocking off specific times on your calendar when you have to execute an activity; whether it's working out or making the sales call or meditating. Block off any distractions and focus on realizing what you have scheduled.
9. **Close the door (2:31):** Momentarily closing your office door while you do deep work sends the signal that you are busy at the moment—warding off possible disturbances. You may also try finding a different location to work at. Change your environment. Try working in a nearby stadium (like I do), your favorite cafe, or just any quiet, undisturbed workspace.
10. **Accountability (4:14):** You're responsible for your own journey. You find yourself struggling on your own? Why not try hiring a fitness coach, a sales coach, or a [personal performance coach](#) like myself? Do you want to be more consistent? Welcome accountability.
11. **Commitment (6:45):** If you make a commitment, fulfill it. I know it's easier said than done, but I guarantee, once you accomplish it, the rest will become easier. Be a man of his words.
12. **Instant negative feedback (9:47):** Ponder on the instant negative feedback you'll receive if you'd fail to be productive. Use that to motivate you to carry out tasks or goals. When you create that feedback, then you're more likely to execute.
13. **Identify your core values (11:25):** Who are you? What do you value? What do you care about most? Determine what your core values are and focus your energy on that to be more consistent.
14. **Create belief (13:55):** If you don't believe that you can be consistent, you're going to have a really hard time being consistent. Implement "cognitive conversion" or the shift in mindset. Learn more about it in this episode: <https://jimharshawjr.com/139>

- 15. DO. IT. ANYWAY. (16:22):** Whatever it is that you keep on putting off or you just simply don't want to do—there's no better way to put it but, "Do it anyway!" Don't wait for the momentum. Don't wait for the emotion. Don't wait until you feel like it, do it anyway. As they say, "There's no better time than NOW."

List of Resources Mentioned in the Episode

- jimharshawjr.com/CONSISTENCY
- ["The Legend Of Bagger Vance" \(film\)](#)
- Steven Pressfield's book, ["The War of Art"](#)
- Bill Burnett and Dave Evan's books:
 - ["Designing Your Life: How to Build a Well-Lived, Joyful Life"](#)
 - ["Designing Your Work Life: How to Thrive and Change and Find Happiness at Work"](#)
- The New York Times article by Sean D. Hamill (2010): [For James. Game-Day Quirks Evolve Into the Ritual](#)
- CNBC article by Jade Scipioni (2019): [NFL star Tom Brady's exercise and diet routine for optimal performance](#)
- Cal Newport's books:
 - ["Digital Minimalism Choosing a Focused Life in a Noisy World"](#)
 - ["Deep Work Rules for Focused Success in a Distracted World"](#)
- Ryan Holiday's [Daily Stoic](#)
- ["Office Space" \(film\)](#)
- Robert Gilbert's [Success Hotline](#) number: (973) 743-4690
- James Clear's book, ["Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones"](#)
- Check out the solo episodes of Success Through Failure: <https://jimharshawjr.com/SOLO>

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!

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Other Episodes Referenced

- [#256 Steven Pressfield: Defeating Resistance and Starting Before You're Ready](#)
- [#124 Dysfunctional Thinking and How to Be Happy: Using Design Thinking To Get Out Of Your Rut with Stanford Professor and Author Bill Burnett](#)
- [#269 Why Goal Setting Is Important and How to Do It: The Definitive Guide for How to Set and Achieve Meaningful Goals](#)
- [#246 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer \(Part 1\)](#)
- [#247 Interview with Tim Ferriss \(Part 2\): Asymmetric Bets, Fear Setting, and Choosing the Right Targets](#)
- [#268 Deep Work, Digital Minimalism, and Doing Your Highest Value Work with Cal Newport](#)
- [#275 The Underground Movement That's Transforming Men Across America: F3 Founder Dave "Dredd" Redding](#)
- [#33 Dr. Gilbert of the Success Hotline on Wrestling, Achievement and Finding Inspiration](#)
- [#139 The Power of Cognitive Conversions: How to Change Limiting Beliefs Into Liberating Beliefs](#)
- [#259 Nine\(9\) Weird Mindset Hacks That You Can Use To Break Limiting Beliefs](#)