



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #279

The Busy Person's Guide to an End-of-Year Strategic Planning Session: Your Agenda, Checklist, and Instructions For Planning For 2021

2021 is just around the corner. Are you ready to welcome another year? Have you prepared your New Year's resolutions? What are your goals this coming year?

In an [article by Marla Tabaka on Inc.com](#), "According to U.S. News & World Report, the failure rate for New Year's resolutions is said to be about 80 percent, and most lose their resolve by mid-February."

Most of us are probably guilty of this. Wouldn't it be nice to finally break free from this never ending process of losing your resolve and ultimately see the fruits of successfully achieving your yearly goals?

In this episode, we'll talk about how you can strategically plan your 2021 by sticking to an agenda, checklist, and instructions for planning the upcoming year.

Don't let your resolutions and goals become a part of another statistic. Raise the bar! Strive for your goals! Listen now!

Top Quotes From This Episode

Pathfinders' Credo:

"I am a Pathfinder, a seeker, a dreamer, a competitor. I get things done. People say I'm crazy, I'm hardheaded, that I'm wired just a little bit differently, but you can't deny me.

I raise the bar. I set a new standard. I create a path where there once was none. I live by my values and I strive for my goals. I know what to say no to because I know what to say yes to. I'm a leader and I reveal this path to those who follow. I am a Pathfinder."

"Mindset goes with (setting goals). You have to put a mindset and a belief behind these actions."

Show Notes

This episode touches on the following key topics and ideas:

- **Pathfinders Retreat (6:47):** Join the first-ever Pathfinders Retreat! Be a Pathfinder and complete the Reveal Your Path coaching program. Just go to JimHarshawJr.com/APPLY to know more.
- **Productive Pause (11:32):** *“According to U.S. News & World Report, the failure rate for New Year’s resolutions is said to be about 80 percent, and most lose their resolve by mid-February.”* ([Inc.com article by Marla Tabaka, 2019](#))

Make sure your goals stick by building a [Productive Pause](#) in your life, which is “a short period of focused reflection around specific questions. It leads to clarity of action and peace of mind.”

- **Consequences of Inaction (13:46):** Think about the consequences of not taking action, of not doing ANYTHING! It doesn't have to be big like signing up to coaching programs—but just the simple act of applying what you'll learn from this episode will take you a long way.

If you're looking for a sign, THIS IS IT. This is where the pivot starts for you. Take action, print out this Action Plan, and see amazing things happen!

How to Prepare for an End-of-Year Strategic Planning Session:

1. **Mini Retreat (16:06):** As mentioned, Productive Pause is essential in setting your goals, so block at least 2 hours on your calendar and go on a Mini Retreat.
2. **Peak Performance State (18:12):** Put yourself into a peak performance state by practicing the 3 Core Habits:
 - 2.1. Get a good night's sleep.
 - 2.2. Get moving! Workout.
 - 2.3. Good nutrition: Hydrate and eat healthy food
3. **Environment (19:13):** Find an environment where you're not distracted. It is best to also turn off your phone, email, and notifications—you may also opt to play some background music or white noise.

The End-of-Year Strategic Planning Session:

1. **Review (20:02):** Start by looking back on the year. Give yourself a good 45 minutes, open up any journal that you have, check the goals that you set over the past year, and assess what worked and didn't work.

2. Journal (21:13): Set aside at least half an hour for this journaling session and ask yourself these questions:

- What worked? What went well in 2020?
- What didn't work in 2020?
- Where did you fail?
- What did you struggle with?
- What did you try to do but you didn't succeed at?
- If I could go back and do it again, what would I do differently?
- A year from now, when I do this again, what do I want my look back to be like?
- What is my five-year vision for my life?
- What do I want my life to look like in 10 years?
- What would (this person) do? What would they have done in this situation? What would they instruct me to do?

3. Set your goals for next year (25:20): Using this [Goal Setting Template](#), create goals for the four areas of your life: (1) Relationships, (2) Self, (3) Health, and (4) Wealth.

- **Follow-through Plan (26:14):** At least once a month, come back and review this document. Add "micro goals": "What can I do and accomplish over the next 30 days?"
- **Set Mindset Goals (26:49):** You can copy, download, and apply every program and tactics by anyone in the world, but you will not get the same results if you don't have the mindset to go with it.

Check out this blog: [#259 Nine\(9\) Weird Mindset Hacks That You Can Use To Break Limiting Beliefs](#), for some hacks, tricks, and tactics on how to set mindset goals.

List of Resources Mentioned in the Episode

[Most People Fail to Achieve Their New Year's Resolution. For Success, Choose a Word of the Year Instead](#) (Inc.com article by Marla Tabaka, 2019)

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

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Other Episodes Referenced

[#161 The HARD Truth About Your Commitment Level: An Elite Boxing Coaches View On Success](#)

[#165 The Truth About Achieving Unthinkable Goals with Speaker, Author, 4X Olympian Ruben Gonzalez](#)

[#196 Initiative: A Blueprint For How To Make Your Idea Work With Josh Spodek](#)

[#175 Make 2019 Your Best Year Yet: A Step-by-Step System for Doing a Year in Review](#)

[#259 Nine\(9\) Weird Mindset Hacks That You Can Use To Break Limiting Beliefs](#)