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Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #326

How To Stay On Track And In Balance During The Holidays: The Ultimate Survival Guide to The Holiday Season

Do you have a love-hate relationship with the holidays?

Maybe you love getting together with people... but not really EVERYone?

Maybe you love the food and the booze... but not how they make you feel once the party's over?

Or maybe you love the time off... but it makes you drift away from your goals—health, relationships, finances, and all— and it pushes you off track physically and mentally?

In this episode, we're going to reveal the Ultimate Holiday Survival Guide to keep you on track so that you can truly enjoy the holidays and rise above the challenges and stress that come with the festivities.

Listen now and don't forget to take notes so you'll enjoy a fun but regret-free holiday with this specific and easy-to-follow plan!

Top Quotes From This Episode

"Drifting is the antithesis of what you want to do."

"Stop and be really, truly feel grateful. It'll shift your mindset and help you get through the holidays feeling good about things."

"Any person capable of angering you becomes your master." (Epictetus)

Show Notes

This episode touches on the following key topics and ideas:

- **Be intentional (4:59):** Create a plan. Do a [Productive Pause](#) 5 minutes before you get out of the car or leave where you're at

7 Tactics to Keep You On Track This Holiday Season

1. Commitments (6:04)

Make specific commitment/s for yourself: "What commitments can I make right now before the chaos?"

Even if you just make one simple commitment to yourself that you're going to do or *not* do through the holidays, you will be far ahead of where you would have been. Otherwise

2. Say "no" (8:51)

You don't have to say "yes" to everything. When you say "no" to certain things, it allows you to say "yes" to what is most important— prioritize those and say no to the other things.

3. Hit the pause button (10:00)

Identify what your plan is going into the holidays by doing a [productive pause](#) even for just 5 minutes.

4. [Core habits](#) (10:56)

Stick to your core habits: (1) Sleep, (2) Exercise, (3) Nutrition, and you'll be in a position where you're more focused at work, more productive, and more patient.

5. Know your path (12:52)

What are the other key habits that you really need to pay attention to throughout the holidays that will help you show up as the best version of yourself? What are the habits that keep you on track?

Be aware of your own personal path. Create [goals](#) and [micro goals](#).

6. Gratitude (14:49)

Identify the things that you're grateful for by [writing them down](#) or saying them out loud.

7. Enjoy! (16:15)

Most of us will have stress, remember lost loved ones, feel lonely, over-do or under-do something, but don't forget to still enjoy.

Enjoy the people who get to spend the holidays with you, the presents and the moments that come with the celebrations.

● A quick and simple framework for doing all of this (17:18)

Create a plan for each area of your life:

1. Relationship
2. Self (growth, impact, fun)
3. Health
4. Wealth

If you were looking for a magic potion, I don't have one. No one does. You HAVE to do this work.

But what I do have is a framework. A system. A process to make this simple and therefore actionable by you.

After the holidays, come join me and a small group so that you and I can work together during the Goal Setting Work Session on Dec 30 to put this all in place for you.

This is going to be life-changing for you, so take action now and visit this website for more details: JimHarshawJr.com/GSWS. I look forward to seeing you there.

List of Resources Mentioned in the Episode

JimHarshawJr.com/GSWS

[Success Hotline With Dr. Rob Gilbert](#)

JimHarshawJr.com/GoalSetting

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

[#33 Dr. Gilbert of the Success Hotline on Wrestling, Achievement and Finding Inspiration](#)

[#294 A Surprisingly Simple Trick To Staying On Track With Your Goals: A Power Tactic To Use Every Month](#)

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