



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast  
Action Plan Episode #329  
**A Blueprint for Goal Setting for 2022**

Want to make 2022 the year you finally break through? Do you want to create your plan for clarity, focus, and consistency?

This is the episode for you.

Do you want to set goals for 2022 but you're not sure how to start?

Or do you wish you had an easy framework for setting meaningful goals that you can stick to (and achieve) in the new year?

Then grab a pen and paper because NOW is the perfect time to set your goals for 2022!

In this episode, I'll reveal the blueprint that my clients and I consistently use to set goals so that we're not left with unchecked boxes and mere words on a page by the end of the year.

This episode is brief but packed with powerful and easy-to-follow strategies to set yourself up for success. Tune in now and prepare to make 2022 your breakthrough year!

### **Top Quotes From This Episode**

*"I go at the day with total disregard for past failures." [\(Michael Chandler\)](#)*

*"What are the consequences of doing nothing? It's getting more of the same."*

*"Make that commitment. Don't drift through another year. Don't let unfulfilled potential go by anymore. You're already working hard now, so make sure you're working hard on the right things."*

## Show Notes

This episode touches on the following key topics and ideas:

- **Have a [plan \(2:13\)](#):** Resolutions are NOT a plan. They don't work. 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.

Do a [Productive Pause](#) and make a plan.

***So how to do a session for setting goals so you have a REAL plan?***

- **Block the time (4:41):** Set aside a couple of hours to work on this. One thing to do this is to join me on Dec. 30, 10 AM (ET) for the Goal Setting Work Session, where we'll lay the groundwork to make 2022 your breakthrough year!

Start a business: \$999 - too much

Buy a new iPhone: \$999 - no problem

Healthy groceries: \$100 - too much

Dinner & drinks: \$100 - no problem

Watch Netflix: 2 hrs - 1 more episode

Learn a new skill: 2 hrs - no time

Life is about choices, stop blaming the  
"lack of opportunity."

This is an opportunity knocking at your door right now. Visit [JimHarshawJr.com/2022](http://JimHarshawJr.com/2022) to know more.

- **Get yourself into a peak state (9:24):** Prioritize the 3 Core habits so you feel good during the planning session:
  1. Get a good night's sleep
  2. Get some kind of exercise
  3. Eat right and hydrate
- **Review (10:06):** Look back on the year that just passed and evaluate yourself and the goals that you set earlier at the beginning of the year. Determine what went well and what didn't go well.
- **Journal (11:21): Spend time answering these questions:**
  1. What worked? What went well this year?
  2. What didn't work?
  3. Where did I fail?
  4. Where did I succeed?

5. What were my wins?
6. What were my losses?
7. What did I struggle with? What did I try to do but didn't succeed at?
8. What did I learn from my successes or failures?
9. If I could go back and do it again, what would I do differently?
10. If I could go back and talk to myself on December 31st last year, what would I tell myself?
11. *(For next year)* What do you want your year to look like a year from now? Where do I want to be in the different areas of my life: [relationships, self, health, and wealth](#)?

- **Goal Setting template (13:40):** Download a copy of the template at [JimHarshawJr.com/ACTION](http://JimHarshawJr.com/ACTION) and set goals on your relationships, self, health, and wealth.
- **Plan for hiccups (14:20):** Don't forget to ask yourself: what could happen this year that might derail you?

Determine what possible challenges you could face, so you're mentally prepared once you're faced with a setback.

- **Plan for follow through (15:07):** Whether or not the hiccups happen, you should still have a plan for follow through.

Create Micro Goals and once a month, come back and review your goals.

### **List of Resources Mentioned in the Episode**

[Why 80 Percent of New Year's Resolutions Fail](#) (*health.usnews.com*)

### **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](http://JimHarshawJr.com/APPLY)

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

### **How to Leave a Rating and Review for STF on iTunes**

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

## **Other Episodes Referenced**

[#326 How To Stay On Track And In Balance During The Holidays: The Ultimate Survival Guide to This Holiday Season](#)

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