



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast
Action Plan Episode #335

How to Be Prepared for Anything: A Framework For Being Ready For The Ups and Downs of Life

How prepared are you for the ups and downs of life?

Are you prepared to navigate your family through a pandemic?

Through a tragedy?

Or something really challenging and tough?

In this episode, we'll talk about what it means to be ready physically, mentally, and even spiritually for anything. By the end of the episode, you'll have a framework to follow so that you're more than ready to swing every time life throws you curveballs.

We're not just talking about preparedness for a disaster or power outage, but it's also about the broader sense for what life can throw at you— which might mean a fight with your spouse, rolling your ankle, or a global pandemic.

Ready, set... tune in now!

Top Quotes From This Episode

"We're built to handle adversity."

"Being ready doesn't mean everything's easy, it just means you're built for it; you're ready."

"What is quite unlooked for is more crushing in its effect, and unexpectedness adds to the weight of a disaster. This is a reason for ensuring that nothing ever takes us by surprise. We should project our thoughts ahead of us at every turn and have in mind every possible eventuality instead of only the usual course of events..." (Seneca, the Roman stoic philosopher)

"To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour." (Winston Churchill)

"Luck is when preparation meets opportunity."

"You may fail, but you have peace of mind in knowing that even if you fail, it's better to have pursued it than not pursue it at all. That's success through failure."

Show Notes

This episode touches on the following key topics and ideas:

- **The Catalyst (0:39):** The inspiration for this episode
- **Paint me a picture:**
 - **(2:29)** My good friend, [Travis Macy](#), told me "we are built for this"—the adversities and setbacks. It was a different mindset. And he was right.
 - **(4:14)** Identifying potential obstacles and how you can be ready
 - **(7:35)** Soldiers are always told to get their affairs in order before going to war
 - **(8:41)** [Marshawn Lynch](#) asked how he gets ready for Super Bowl. "Nothing. I'm always ready."

How to be prepared for anything

- **(12:31)** There are 4 areas where you have to be prepared for: Relationships, self, health, and wealth
 - **RELATIONSHIPS:** Do you have clear goals in your relationships? Are you living in alignment in that area of your life? Are you doing the work to help you be prepared?
 - **SELF (Growth, Impact, Fun):**
 - **G:** Are there hopes, wishes, dreams left unpursued?
 - **I:** Are you giving back to the world (philanthropy or volunteering)?
 - **F:** Did you do the things for yourself— the bucket list items? Are you actively pursuing activities and experiences that are fun?
 - **HEALTH:** Is your health holding you back? Mental health? Physical health? Spiritual health? Have you sought out help from health and fitness professionals to get you ready?
 - **WEALTH/WORK:** Are you ready for an emergency? Or do you blow your money on gadgets, vehicle loans, or expensive things that bring little to no true value to your life?

- **[Environment of Excellence \(17:30\)](#)**: You can't go it alone. Do you have your team: A Financial Advisor? Doctor? Mastermind? Fitness coach or group? Friends who can help you?
- **[Are you ready? \(18:25\)](#)**: Look back at your failures and do a [Productive Pause](#). What can you learn from those? How could you have been ready?

List of Resources Mentioned in the Episode

Travis Macy's book, ["The Ultra Mindset: An Endurance Champion's 8 Core Principles for Success in Business, Sports, and Life"](#)

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

[#52 Travis Macy, Author of The Ultra Mindset, Talks Success in Business, Sports and Life](#)

[#283 How to Build a Personal Dream Team That Will Streamline, Simplify, and Optimize Your Life](#)