



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #344

How to Create Sustained Motivation and Lasting Change (Even If You're Totally Stuck)

Ever feel like your motivation comes and goes? Or maybe one day you have clarity, then the next day you're stuck in a rut... again?

You are not alone.

BUT you don't have to live with "off and on" motivation. This is a framework for sustaining motivation. And it doesn't require you to be superhuman. It doesn't require you to be Olympic caliber. It doesn't require you to have Jocko Willink-like discipline in the past.

High-performers are masters of sustaining motivation. Through years of experience and exposure to world-class performers, I have now summarized their secret to a simple 4-step framework, so you too can perform to your fullest potential— consistently and for the long haul.

In this episode, I'm going to give you the 4-step framework that my Reveal Your Path clients (Pathfinders) and I use to sustain motivation and achieve lasting change over the course of the long haul for your life...

So you can finally start a side hustle,
make that career change,
improve your health and fitness,
Or whatever it is that you've long been aiming for!

Tune in now.

Top Quotes From This Episode

"There's so many stakeholders in your life and so many things you have to balance, so it's not enough to have a single-minded focus. You have to have this balanced success."

"World-class performers pay attention to their self-talk and the words that they use to others."

"If you're just setting your goals and you put them up on a shelf, you're not going to have sustained motivation. You're not going to have lasting change."

"Your motivation is going to go up and down day to day, week to week, month to month, but over time, you want to be trending in the right direction. And if you don't have this framework in your life, you're not going to get there."

Show Notes

This episode touches on the following key topics and ideas:

- **In this episode... (0:29):** How to create sustained motivation and lasting change
- **Coming soon on Success Through Failure (1:44):** Don't miss my upcoming episodes with Dr. Lara Pence, [Steve Sims](#), Cameron Herold, and more!
- **Share this on social media! (3:22):** If you enjoy this episode, take a screenshot, share it on social media, and don't forget to tag me:
 - **Facebook:** [@jimharshawjr](#)
 - **Twitter:** [@jimharshaw](#)
 - **Instagram:** [@jimharshawjr](#)
- **Leave a rating and review (4:11):** Subscribe and give the Success Through Failure podcast a rating and a review and help us grow our community:

[Spotify](#) | [Apple Podcast](#) | [Google Podcast](#)
- **Pathfinder Retreat (4:55):** We'll soon be opening the registration to the Pathfinders Retreat to the general public, so stay tuned. If you want to get on the waiting list, just send an email to assistant@jimharshawjr.com.
- **My backstory (6:05):** How I sustained my motivation through the ups and downs of my wrestling career

4 things you have to have in place in your life to help you sustain motivation and create lasting change (10:09)

1. **Core Values (10:42)**
 - Identify your core values: What is most important to you? What are the things you value?
 - [Use this list of value words to determine your core values](#)

2. Creating goals (12:18)

- Set goals that align with YOUR core values
- Set goals on your relationship, self (growth, impact, fun), health, and wealth. To learn more about goal setting check out this blog: JimHarshawJr.com/GOALSETTING

3. Environment of Excellence (15:02):

- Who are the people who will help you move towards our goals?
- Use "MAPS" to get your from point A to point B: media, area, people, speech

4. How do you sustain the motivation? (17:56):

- i. Crystalize your core values into a memory device or mnemonic
 - ii. Break down your goals into micro goals
 - iii. Have an optimized environment of excellence
 - iv. Create a vivid vision for the life that you want to live
- **You motivation will go up and down (21:23):** BUT having this simple framework in your life will guide you to the right direction

List of Resources Mentioned in the Episode

Cameron Herold's "[Vivid Vision: A Remarkable Tool For Aligning Your Business Around a Shared Vision of the Future](http://JimHarshawJr.com/GOALSETTING)"

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

[#45 Navy Seal Mark Divine on Becoming Navy Seal Fit with an Unbeatable Mind](#)

[#274 Training Your Mind and Creating the Impossible: A Lesson in Thinking Big with Steve Sims](#)

[#338 A Mind-Blowing Story of Explosive Growth: Matt Onofrio on Mindset, Money, and Maximizing Your Potential](#)

[#324 Why and How to Create Personal Core Values](#)

[#269 Why Goal Setting Is Important and How to Do It: The Definitive Guide for How to Set and Achieve Meaningful Goals](#)

[#152 How to Create Your Personal Environment of Excellence](#)