



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #347

Kathleen Trotter

Kathleen Trotter, MSc, is a fitness expert, media personality, personal trainer, and author of *"Finding Your Fit: A Compassionate Trainer's Guide to Making Fitness a Lifelong Habit"* and *"Your Fittest Future Self: Making Choices Today for a Happier, Healthier, Fitter Future You."*

Kathleen has been a personal trainer and fitness expert for almost 20 years. She holds a master's degree in Exercise Science from the University of Toronto, a nutrition diploma from the Canadian School of Natural Nutrition, and a nutrition certification through Precision Nutrition.

Her mission is to inspire as many people as possible to adopt (in an intelligent way) a healthier lifestyle and to make healthier choices because they love themselves, NOT because they hate themselves.

Kathleen joins us in this episode of the Success Through Failure podcast to guide you through your fitness journey using simple yet effective actionable tips and tricks— so your trips to the gym are fun and exciting, not tormenting. Let her years of fitness expertise help you find your fit. Listen now!

Top Quotes From This Episode

"Health and wellness is an infinite game. You keep going, you keep winning, you keep learning, you keep growing, you fall, you get up, you pick yourself up, you get back on your horse, a more informed rider."

"You don't have to be great to start, but you do have to start to get great."

"The benefits of the best 'anything' are moot if you cannot make yourself do it. So start where you are."

"If you want to create a new habit, you make it convenient, you make it easy, you make it simple, you make it fun, you make it something you want to do."

"Most things in life are pretty neutral. It's how we think about them that gives them the power."

Show Notes

This episode touches on the following key topics and ideas:

- **An infinite game (3:46):** Working out is hard because we expect it to be easy
- **Finding your fit (10:04):** Kathleen discusses the value of learning how to thrive in your own fitness journey through trial and error
- **[Make it a habit \(14:13\)](#):** Design the life you want so you're constantly nudged towards the things that you want to do
- **On nutrition (16:42):** Kathleen on eliminating your "sabotaging mindset" to stay on your nutrition horse
- **[Productive Pause plus action \(20:20\)](#):** Taking a pause lets you be productive. It helps you reflect on what your desires are and what are the things that are going to serve you
- **The bad and good days (25:03):** Kathleen talks about having a "mood journal"
- **Streamlining through systems (29:36):** Kathleen on the "plug and play" method for success and the many ways to implement systems to your health and fitness
- **On failure (36:37):** Two lenses to look at failure: failure is doubt or failure is data

What's an action item the listener can take in the next 24-48 hours? (40:06)

- Find something that you can do in this moment that will make you feel like you've taken a step forward, then put it on your schedule
- Create Plan B to counter the hiccups

List of Resources Mentioned in the Episode

Kathleen Trotter's books

["Finding Your Fit: A Compassionate Trainer's Guide to Making Fitness a Lifelong Habit"](#)

["Your Fittest Future Self: Making Choices Today for a Happier, Healthier, Fitter Future You"](#)

James Carse's ["Finite and Infinite Games"](#)

Carol Dweck's ["Mindset: The New Psychology of Success"](#)

James Clear's ["Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones"](#)

Kathleen's [blog about "Atomic Habits"](#)

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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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