



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #352

### **3 Essential Tips for Staying on Track (Even When the Track is Always Changing)**

Do you have moments in life where you feel out of rhythm? Like change is the only thing that stays the same?

As a father of 4 and an entrepreneur, I feel you. If only there were a reset button to allow us to stay on track!

But this is real life! Change is inevitable and there's no magic button to stop your kids from growing, the economy from changing, family illnesses, aging parents, personal injury, and the list goes on... So how will you catch up in this ever-changing and fast-paced life?

In this episode, my goal is to bring you some peace and clarity. Here are the 3 simple yet effective tactics on how to manage change, stay on track, and update your routines through your always-changing, ever-evolving life. Listen now!

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

*"You have to be aware when change is coming or change is happening or change has already happened. If you're not aware, you're just going to drift through life."*

*"The track is always moving. The path is always moving in life. We have to step back, hit the pause button."*

*"If we just wake up and do the same thing today for no better reason than that's what we did yesterday, wake up tomorrow and do the same thing for no better reason than that's what we did today— that is the recipe for getting off track. Your routines have to update."*

## Show Notes

This episode touches on the following key topics and ideas:

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  - **LinkedIn:** [Jim Harshaw, Jr.](#)
- **Need access to every Action Plan? (2:04):** If you're having trouble accessing the Action Plans, just go to [JimHarshawJr.com/ACTION](#) or send an email to [paulyn@jimharshawjr.com](mailto:paulyn@jimharshawjr.com).
- **An epiphany (2:37):** Is there such a thing as "normal" in this ever-changing world?

### **Essential Tips for Staying on Track (Even When the Track is Always Changing)**

1. **Productive Pause (6:35):** A short period of focused reflection around specific questions that leads to clarity of action and peace of mind.

You can do this daily by journaling or monthly by talking to a coach or mentor. Hit the pause button and reflect.

2. **What do you want your life to look like? (11:53):** Have a vision for your life and identify your [core values](#).
3. **Have clear goals (14:21):** Identify clear goals for each area of your life: Relationship, self, health, and wealth.

If you want to know how to set goals, listen to this episode: [JimHarshawJr.com/269](#)

## **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"](#)

### **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](https://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**

[#220 Do You Feel You Need to Hit the Reset Button? Here's How to Recharge, Reset, and Reattack Your Goals and Your Life](#)

[#350 The Secret to Success That Nobody is Talking About and How to Leverage it for Outsized Results](#)

[#246 & #247 Interview with Tim Ferriss: Secret \(or Not-So-Secret\) Routines, Experiments, and Absurd Questions from a World-Class Performer](#)

[#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](#)