



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #354

**Lara Pence**

Dr. Lara Pence is a Licensed Clinical Psychologist. She is the owner of her own private practice, Chief Mind Works, in Colorado and has worked with parents, families, and children for the last two decades.

She is the co-author of "10 Rules for Resilience: Mental Toughness for Families," the Chief Mind Doc at Spartan, and founder of LIGHFBOX.

She is also featured as a regular guest expert on the new CNBC show, "No Retreat: Business Bootcamp" with Joe De Sena— who has recently been on the show (see [JimHarshawJr.com/340](http://JimHarshawJr.com/340)).

Lara has also worked as a coach at Unbeatable Mind alongside Navy SEAL Mark Divine— who graced the show back in episode 45 (see [JimHarshawJr.com/45](http://JimHarshawJr.com/45)).

In this episode, Lara reveals why having negative thoughts is just as important as having a clear and positive mind, how to handle them, and how to address such thoughts— especially when it's your kids on the receiving end. Don't miss this interview. Tune in now!

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

*"We have negative thoughts because we're primal human beings that want to survive. And so our brain is constantly evaluating the world in terms of what's going to allow us to survive and what's going to kill us."*

*"Self-awareness is just about being curious about how you think, feel, behave, and relate."*

*"It's those smaller gestures of effort that actually create the beast."*

*"This is one of the plights of life where you cannot always be successful in everything, you cannot always finish everything— and that's life. That's the way that it is."*

## Show Notes

This episode touches on the following key topics and ideas:

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  - **Facebook:** [@jimharshawjr](#)
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[Spotify](#) | [Apple Podcast](#) | [Google Podcast](#)
- **Free Coaching Call (2:52)**: Claim a spot on my calendar for a free one-time clarity call: [JimHarshawJr.com/APPLY](#)
- **The beginning of her career (3:10)**: Lara shares how films led her to become a psychologist.
- **Why do we have negative thoughts? (5:42)**: Negative thoughts are opportunities to pivot and evaluate.
- **How to become self-aware? (9:31)**: Do a [Productive Pause](#) to strengthen your muscle of self-awareness.
- **It's part of the human experience (14:35)**: Becoming attached to negative thinking versus just allowing the thought to be.
- **Handling failures differently (17:17)**: On seeing failures as opportunities rather than a threat.
- **Is it ok to quit? (20:17)**: Lara believes that we have to quit sometimes.
- **Experience less negative power (24:01)**: You don't always have to sugarcoat the language, especially with kids.
- **How to handle situations with kids? (27:50)**: Let kids have their feelings.
- **Addressing the lack of consistency and discipline (32:12)**: Identify the [values](#) by which you want to lead your life.

**What's an action item the listener can take in the next 24-48 hours? (37:19)**

- Do the values exercise
- Take a pause and ask yourself:
  - How am I thinking?

- What am I feeling?
- How am I behaving?
- How am I relating?

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

Joe De Sena and Lara Pence's book, "[10 Rules for Resilience: Mental Toughness for Families](#)"

[lighfbox.com](#)

["No Retreat: Business Bootcamp"](#)

### **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**

[#340 Joe De Sena on Resilience for Families and the Spartan Lifestyle](#)

[#27 Joe De Sena and How to Be a Spartan](#)

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

### **Guest Website and Social**

**Lara Pence**

[Website](#) | [Email](#) | [Instagram](#) | [Twitter](#) | [Facebook](#)