



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #363

Health Mastery: Finding Consistency and Discipline in Your Physical and Emotional Health

Do you struggle to stay on track with your health goals?

Remember the time when you finally got to working out only to find yourself slowly falling off track?

Or that time when you found a great diet routine but then you went on vacation and it was a struggle to get back on track?

This episode is for you.

In this third installment of the four-part series on Mastery, we'll talk about how you can master your health and wellness.

After listening to this episode, you'll be equipped with the right ingredients to achieve consistency and discipline in your physical and emotional wellness leading to your mastery of health. Listen now!

Don't forget to listen to the rest of the episodes on mastery. Just go to: JimHarshawJr.com/MASTERY.

Top Quotes From This Episode

"It's not about insulating yourself from failure, it's about moving down the path that always will include failure, but still finding success."

"Failure along this (Health Mastery) path is normal."

"These ingredients reduce the negative effects of failure. They're not going to make sure you don't fail, but it's going to enhance the positive effects of failure."

Show Notes

This episode touches on the following key topics and ideas:

- **Mastery episodes (1:08):** Listen to the other episodes on mastery here: JimHarshawJr.com/MASTERY
- **Pathfinder Retreat (1:36):** Stay tuned for the next retreat happening in May 2023!
- **Approaching mastery (2:54):** Times in my life when I've experienced something close to mastery:
 - Wrestling at the University of Virginia (UVA)
 - Running a marathon and [Spartan Races](#)
 - Consistency in working out with [E3](#) over the years

Ingredients for Health Mastery (4:08)

- 1. Accountability (5:08):** Seek accountability. Pay the money, sign up for a gym membership or a session with a therapist, tell a friend, join a running group, etc.
- 2. Find your purpose (6:56):** You have to find the purpose in being healthy. Is it because you want to be fit? Be stronger? Be more confident?

In [Reveal Your Path](#), we tether our health goals to our [core values](#) to provide purpose behind our road to wellness.
- 3. Personalized (11:27):** What works for others won't necessarily work for you. Your health journey should be personalized. Consider YOUR needs and preferences.
- 4. Ask for help (13:05):** You don't have to figure this out on your own. Ask for help.
- 5. Do things as a group (16:09):** Find your fitness buddies and experience the ups and downs, the wins and losses, and ultimately, the fun of reaching your health goals alongside other people.
- 6. Prioritize:** Choose to make it a priority in your life over other things.
- 7. Self-worth:** You are worth it.
- 8. Balance:** Health creates balance but is also a by-product of balance.
- 9. Moderation:** You don't have to go all in like David Goggins!
- 10. Gratitude:** When you start from a place of gratitude, you value the opportunity to go workout.

11. Fasting (food, social media, alcohol): These 100% commitments are great tactics for health mastery.

12. Self-awareness: Are you aware of what you need?

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 - a. **Facebook:** [@jimharshawjr](#)
 - b. **Twitter:** [@jimharshaw](#)
 - c. **Instagram:** [@jimharshawjr](#)
 - d. **LinkedIn:** [Jim Harshaw, Jr.](#)

List of Resources Mentioned in the Episode

Try [Calm](#) and [Headspace](#) for free

[Ragged Mountain Running and Walking shop](#)

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)

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Other Episodes Referenced

[#357 Relationship Mastery: Transform Your Personal and Professional Relationships With These 4 Untapped Strategies](#)

[#359 Self Mastery: Essential Ingredients for Mastering Your Growth and Impact](#)