



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #493

The Art of Follow-Through: How to Stay Consistent with Your Goals

Setting goals? Easy.

Staying consistent? That's where the wheels come off.

But here's the thing. They don't have to.

In this episode of "Success for the Athletic-Minded Man" podcast, I'm breaking down exactly how to follow through with your goals, even when life throws every curveball it's got at you.

I talk about finding the right path for YOU— not the one your neighbor, coworker, or Instagram feed says you should be on.

Then, we'll tackle staying consistent with routines, accountability (hint: it's not just simply about "holding yourself accountable"), and real strategies that work. And when you inevitably fall off the wagon— and you will— don't worry. I'll show you how to hit the reset button and get back on track.

I'll also share stories from athletes, high performers, and my own coaching experience that'll remind you: setbacks are normal, but staying stuck doesn't have to be.

By the end of the episode, you'll have everything you need to stay focused, stay disciplined, and start making real progress.

Success doesn't wait, neither should you. Let's take that first step together. Hit play and let's go!

Top Quotes From This Episode

"If you know the path, you can get back on it. [But] if you don't know what your path is, you're just going to aim and roam and wander around wasting time."

"Holding yourself accountable is not a thing. You need external accountability to truly stay on track."

Show Notes

This episode touches on the following key topics and ideas:

- **Perspective: Challenges Are Normal (3:07):** Even the best face setbacks. Failures are inevitable and part of the journey. The key? Shift your mindset to view obstacles as opportunities to refine your process rather than derail your progress.

3 Skills to Discover, Stay, and Get Back on the Path

- **Know Your Path (7:25):** The foundation of success begins with clarity. What is the path for YOU? Here's how to identify your unique path:
 - Clarify Your Vision and Values: Use this [free 7-day course](#) to discover what truly drives you.
 - Build Systems and Routines: Identify habits and routines that keep you aligned with your vision, such as sleep schedules, exercise, and time with supportive people.
- **Stay on the Path (11:11):** Consistency doesn't come from willpower alone— it's built through accountability and structure:
 - Leverage External Accountability: Join a group, find a coach, or partner with an accountability buddy to keep you on track.
 - Track Your Progress: You have to have a system and process for tracking just like how businesses use tools like KPIs or OKRs to measure their performance.
 - Remove Distractions: Replace unproductive habits (e.g., social media scrolling) with meaningful actions that align with your goals.
- **Get Back on the Path After Setbacks (15:17):** Falling off the path is inevitable. Here's how to bounce back effectively:
 - [Take a Productive Pause](#): Reflect on what went wrong and recalibrate through journaling or coaching.
 - Execute the Hard Reset: Use these four steps to regain momentum:
 - Sleep: Prioritize a great night's rest.

- Exercise: Do a routine that works for you and your health.
- Hydrate: Replenish your body.
- Journal: Identify actionable steps to get back on track.

List of Resources Mentioned in the Episode

[WATCH] [Why I teach my children to fail | Jim Harshaw | TEDxCharlottesville](#)

Other Episodes Referenced

[#481 No Limits: How Steve Hobeck Overcame Self-Doubt and Transformed His Life at 56](#)

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