



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #500

The 500 Challenge: 30 Days, 3 Minutes, Zero Excuses

Somewhere along the way, you were told that success is about working harder, grinding longer, and pushing through exhaustion.

That's the formula, right?

Then why does it feel like, no matter how much effort you put in, you're still spinning your wheels?

What if I told you that some of the world's highest achievers— Navy SEALs, elite athletes, and multimillion-dollar entrepreneurs— are actually working LESS than you... and winning MORE?

Sounds like clickbait, but it's not. It's the truth.

In this milestone 500th episode of the "Success for the Athletic-Minded Man" podcast, I'm breaking down the most overlooked success habit that could change everything. A simple shift that has the power to double your income, transform your relationships, and finally get you unstuck.

And here's the kicker: I'm not just talking about it, I'm challenging you to do it and experience the results firsthand!

To celebrate Episode 500, I'm launching a 30-day challenge that will prove just how powerful this is.

No fluff. No gimmicks. Just 3 minutes a day to unlock clarity, focus, and unstoppable momentum.

Are you in?

Listen now and join the challenge. Just go to: JimHarshawJr.com/500Challenge to join and to know more about the #500Challenge. See you there!

Top Quotes From This Episode

*"Learn from what you failed, adjust, and then move forward. Worrying does nothing."
(Robert O'Neill)*

"A lot of the barriers are in the mind. They're invisible and they're barriers of doubt and fear and anxiety. A lot of times we misdiagnose what the barriers are. We lash out, we blame things, and we're not really turning inward and saying, 'what is the barrier that is truly holding me back?'" (Erik Weihenmayer)

"The secret to success is clarity and the secret to clarity is the Productive Pause™."

"Success does not come from sheer willpower or toughness or grinding harder, it comes from taking the time to step back, reflecting, asking yourself the right questions, pausing and learning, getting clarity of your mission and action."

Show Notes

This episode touches on the following key topics and ideas:

- **The Hidden Key to Success (5:14):** What do an elite Navy SEAL, a man who summited Everest blind, and a world-renowned relationship expert have in common?
 - **Robert O'Neill (8:32):** Robert O'Neill, the Navy SEAL who took out Osama bin Laden, emphasized that success isn't about working harder—it's about pausing to learn and gaining clarity of mission.
 - **Erik Weihenmayer (10:32):** As the first blind man to summit Everest, Erik Weihenmayer realized that most obstacles exist in the mind, not reality. He overcame his struggles by stepping back, identifying what was truly holding him back, and practicing relentlessly.
 - **Gary Chapman (13:48):** Gary Chapman, author of "The 5 Love Languages," teaches that success in relationships comes from pausing to assess what's really wrong.
- **The Habit That Changes Everything (15:39):** The secret to success is clarity. The secret to clarity is the Productive Pause™: a short period of focused reflection around specific questions that leads to clarity of action and peace of mind.
- **Join the 500-Person Productive Pause™ Challenge (18:07):** This is your opportunity to put this into action! Starting April 1st, I'm launching a free 30-day challenge where you'll practice a daily 3-minute productive pause with a powerful question designed to change how you think and act.

How to Join:

- Go to jimharshajr.com/500challenge
- Comment "I'm in" on the LinkedIn post
- (Bonus!) Tag 3 friends and get entered to win a full year of premium access to my coaching community (\$1,200 value!)

List of Resources Mentioned in the Episode

["The 5 Love Languages: The Secret to Love that Lasts"](#) by Gary Chapman

[The 5 Love Languages Quiz](#)

Other Episodes Referenced

[Wrestling with Greatness episode 1](#)

[#342 The SEAL Who Killed bin Laden: Robert O'Neill on Fame, Jealousy, and PTSD](#)

[#96 Summiting Everest, Kayaking the Grand Canyon... Blind: Erik Weißenmayer](#)

[#376 Author of The 5 Love Languages Dr. Gary Chapman on Success, Failure, and 3 Questions to Transform Your Marriage](#)

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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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