



# **JIM HARSHAW, JR.**

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*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #506

## **13 Lessons from the Pathfinder Retreat That Will Transform Your Next 30 Days**

What happens when a room full of high-performing men— entrepreneurs, executives, husbands, and dads— drop their titles, leave the chaos behind, and finally get real?

In this “Success for the Athletic-Minded Man” episode, I take you behind the scenes at the very successful 2025 Pathfinder Retreat, so you can also benefit from what we learned at the comfort of your own home.

We came together last May to sharpen our edge professionally. But what happened had little to do with tactics and everything to do with vulnerability, honest reflection, and resetting what really matters.

I'm breaking down the 13 unexpected lessons that emerged from that weekend. From why “low-hanging fruit tastes just as good” to what one guy called “Good Dude Ville”— and why that oddly perfect phrase might just unlock your next breakthrough.

If you've ever felt stuck in your head, pulled in too many directions, or like you're succeeding on the outside but drifting on the inside, this one's for you.

And at the very end of the episode, I'll share the story and the exact strategy I used when I was sitting in the stands in tears after losing at the NCAA Championships... the same strategy I shared with the men at the retreat to help them stay on fire long after the retreat ended. Let's dive in!

## **Top Quotes From This Episode**

*"Information isn't what moves the needle. It's about how you put this information to use in a way that works for you. None of us really need more information. The information's out there. What we need is to be able to take action."*

*"The people you surround yourself really define the actions that you'll take and the standards that you set."*

*"Simple wins can just be more effective because they're right in front of you."*

*"Life happens. You've got to remember why you're doing what you're doing, so you can stay disciplined, so you can execute and evaluate."*

## **Show Notes**

**This episode touches on the following key topics and ideas:**

### **13 Takeaways from the 2025 Pathfinder Retreat**

- 1. The Power of Vulnerability (2:54):** What made the retreat special wasn't the content, it was the openness. Men dropped the armor and got real. Conversations around struggling marriages, identity, shame, and burnout became the breakthrough moments. Vulnerability created connection, and connection created change.
- 2. From Knowing to Doing (4:10):** The retreat wasn't about gaining new information. It was about finally acting on what you already know. The shift came from clarity, commitment, and space to follow through. The most powerful growth happens when knowledge meets execution.
- 3. The [Reset](#) and the [Productive Pause™](#) (5:53):** The Productive Pause™ wasn't just a concept— it was lived. Guys silenced the noise and found space to hear their own truth. Whether you attend a retreat or carve out solo reflection time, you need to hit reset before life forces one on you.
- 4. Mind-Body-Spirit Connection (7:34):** Ice baths. Movement. Music. Meditation. Bourbon. It wasn't random, it was designed. These physical and sensory experiences helped men unlock self-awareness, presence, and peace.
- 5. Reflective Moments and Self-Awareness (9:27):** The retreat was a mirror. It reflected blind spots, busted assumptions, and helped guys see themselves clearly, without judgment. Sometimes you just need someone else to show you what you've been ignoring.

- 6. Relationships Matter Most (10:43):** Men came to improve their businesses. They left focused on their marriages, kids, and friendships. If your relationships are off, no amount of business success will fill the gap.
- 7. Brotherhood and Community (11:45):** Real male friendship is rare after college. Here, men found a brotherhood— shared values, mutual accountability, and safety to be real. Success feels less lonely when you're not doing it alone.
- 8. Big Rocks vs. Little Rocks (13:45):** You've heard the "put the big rocks in first" analogy. But what if the rocks don't belong anymore? This was about re-evaluating what's actually worth your time and having the courage to let go.
- 9. Iron Sharpens Iron (15:08):** Being around excellence raises your standard. The guys didn't just show up, they leveled up each other. You don't need more hustle, you need higher-caliber people around you.
- 10. We're All Just Dudes (15:41):** Strip away titles, salaries, resumes— and what's left? Just a bunch of guys trying to be better. The playing field isn't as uneven as it seems. Everyone's human. Everyone's working on something.
- 11. Execute and Evaluate (16:21):** One mantra summed up the weekend: Execute. Evaluate. Repeat. Stop overthinking and just start. Reflect. Adjust. Keep going. That's how momentum is built.
- 12. Low-Hanging Fruit Tastes Just as Good (17:11):** Not everything has to be a breakthrough. Sometimes, the most powerful move is the simplest one right in front of you. Take the win. Build on it.
- 13. The Letter to Yourself (17:42):** The final exercise: a letter to your future self. Inspired by a painful, life-changing moment in my wrestling career, it was a commitment to hold on to clarity and momentum. When the high fades, this letter brings you back to purpose.

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

["The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change"](#) by Stephen Covey

## **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](#)

[#445 \(Pt 4 of 5\) Excellence by Design: Crafting Your Environment of Excellence Using "MAPS"](#)

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