



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #508

3 Reasons You Don't Have Enough Time (and How to Fix Each One)

I've worked with hundreds of high-achieving men— former athletes, business leaders, and busy professionals— and one theme comes up again and again: *they struggle to make time for what matters most.*

In this solo episode of "Success for the Athletic-Minded Man," I break down the three real reasons high-achieving men stay stuck in the loop of busyness— and more importantly, how to break out.

You'll hear why your lack of direction is costing you more than you think, why leadership isn't about having a title but about managing your life, and how your environment might be sabotaging your success without you even realizing it.

I'm not offering hacks or feel-good mantras. I'm giving you the exact mindset shift that helped one of my clients go from stuck and unfocused to energized, dialed-in... and running for Congress.

So if you're tired of watching your potential collect dust while you chase low-impact tasks, this episode is for you.

Forget the hacks. Let's fix the root. Tune in now!

Top Quotes From This Episode

"If [your goals] are not literally in front of you, if they're not within arm's reach, if you're not reviewing them regularly, then you're going to find yourself busy saying 'yes' to other things."

"Anytime you say 'yes' to one thing, it inherently means you're saying 'no' to something else."

"You don't rise to your goals. You fall to the standards of your environment and the people you hang around."

Show Notes

This episode touches on the following key topics and ideas:

- **The Truth About Priorities (0:43):** Busy isn't a badge of honor— it's often a lack of clarity. If you don't feel like you have time, it's likely because your ROI on how you spend time isn't serving you.

3 Reasons You Don't Have Enough Time

- 1. Time Drain #1: You're Unclear on Your Direction and Vision (4:10):** Just like Tom Brady never entered a season without a goal, you shouldn't navigate life without a target. A lack of clarity on long-term vision and near-term priorities leads to wasted effort, missed opportunities, and the feeling of spinning your wheels.
- 2. Time Drain #2: You're Lacking Critical Leadership Skills (8:25):** You don't need a new planner, you need leadership. I break this down into three skills:
 - **Managing:** Planning, organizing, tracking.
 - **Delegating:** Letting go of control and empowering others.
 - **Leading:** Inspiring and enrolling others in your vision.
- 3. Time Drain #3: You're in the Wrong Environment (14:54):** The people around you are either pulling you up or dragging you down. I explain the science behind "[brainwave synchronization](#)" and how your surroundings impact your mindset, performance, and habits.

List of Resources Mentioned in the Episode

[ARTICLE] "[Brain Waves Synchronize when People Interact](#)"

Other Episodes Referenced

[#223 How to Use Cognitive Dominance to Out-Think Fear with Neurosurgeon Mark McLaughlin](#)

[#174 The 3 Myths of Leadership: Navy Seal and McChrystal Group Executive Director Jeff Eggers](#)

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