



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #510

How I Trained My Mind to Stop Avoiding Discomfort

Do you want to grow? But do you also want comfort?

You can't have both.

In this episode of "Success for the Athletic-Minded Man," I revisit one of my most replayed— and most needed— episode about the role of pain and discomfort in personal growth, mental toughness, and living a meaningful life.

Whether you're building a business, chasing a goal weight, or trying to reignite your relationships, you're going to face resistance. And that's a good thing.

I share personal stories from nearly quitting mid-marathon training to battling limiting beliefs that I'm just "not a runner," plus insights from clients, [Navy SEALs](#), and high performers who chose the hard path and reaped the reward.

You'll discover how to shift from "just grinding" to inspired action by connecting discomfort to your core values.

And if you're ready to do more than just think about change, I'll give you 4 tactical steps to structure your goals, welcome accountability, and commit to something that scares you just enough to matter.

Are you ready to stop drifting and start building? This episode is your first step.

Top Quotes From This Episode

"If you're going to aim high, there's going to be pain, [there] will be discomfort, there will be failures, and there will be setbacks, but it's worth it."

"You're holding yourself back by not committing. There's more inside of you. You're not gonna find out what that 'more' is unless you commit to something hard."

"Whenever you have accomplishments along the way, reward yourself. Find little ways to celebrate. Give yourself a chance to celebrate and to recognize your victories."

Show Notes

This episode touches on the following key topics and ideas:

- **Rewriting Your Mental Story (3:20):** How my limiting belief about being a bad runner kept showing up— and how I chose to reframe it by taking action instead of accepting the story.
- **Inspired Action Doesn't Always Feel Good (6:55):** Even when you want something badly, the action required may not feel "inspired." Chasing big goals demands grit, not just motivation.
- **You Don't Just "Get" Success, You Choose the Grind (8:36):** You have to opt in to the hard stuff. You don't stumble into a meaningful life. You build it— brick by brick, early morning by late night, one hard choice at a time.
- **Meaning Is Born from Sacrifice (10:17):** From wrestling to rock climbing to parenting, I share stories of choosing pain in the name of purpose.
- **You're Not Alone: Examples of Pain-Driven Breakthroughs (13:42):** Inspiring stories from past guests— from [Navy SEALs](#) to amputee athletes to national champion coaches— all of whom suffered first, succeeded second.
- **How to Actually Welcome Pain: A 4-Step Blueprint (16:57):**
 1. Identify what you truly want and why. Goals must be meaningful, not just impressive.
 2. Welcome accountability. Let others into your journey. It will raise your standard.
 3. Commit to something hard. Make the leap. You can't course-correct if you don't take off.
 4. Celebrate small wins. Build in rewards to stay energized and acknowledge progress.

List of Resources Mentioned in the Episode

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

["Cognitive Dominance: A Brain Surgeon's Quest to Out-Think Fear"](#) by Mark McLaughlin

Other Episodes Referenced

[#155 Making Success Easy\(er\): Turning Hard Work Into Inspired Action](#)

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

Navy SEAL episodes:

[#45 Navy Seal Mark Divine on Becoming Navy Seal Fit with an Unbeatable Mind](#)

[#132 How To Master Your Inner Dialogue with Retired Navy SEAL Thom Shea](#)

[#163 Courage, Suffering, and Doing Hard Things: Insights on Living from former Navy SEAL Rorke Denver](#)

[#166 What Are You Bred For? Former SEAL Eric Davis on Happiness, Failure, and Doing the Little Things](#)

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

[#213 The Commitment: From Drug Addict to World Record Ultramarathoner, Charlie Engle Talks About Choosing Success](#)

[#205 How to Crush Massive Goals Even If You Have Massive Obstacles: A Conversation with Andre Kajlich](#)

[#141 How to Breakthrough the Good to Great Barrier with 4X NCAA Championship Coach Brian Boland](#)

[#155 Making Success Easy\(er\): Turning Hard Work Into Inspired Action](#)

[#27 Joe De Sena and How to Be a Spartan](#)

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