



JIM HARSHAW JR

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #93

Cameron Myler

Today I bring you Cameron Myler. Cameron is a 4x Olympian and flag bearer for the United States at the 1994 Winter Olympics in Lillehammer. At age 15, she became the youngest member of the US Women's National Luge team. She went on to graduate cum laude from Dartmouth while still training and later got her law degree from Boston College. Cameron has served both on the US Olympic Committee board of directors and as a member of the International Olympic Committee's International Olympic Academy in Olympia, Greece. As an attorney, she is a frequent commentator on sports and legal issues and has been quoted in multiple media outlets, including The New York Times, Washington Post and ESPN. She currently serves on the Court of Arbitration for Sport, based in Switzerland and Myler is a member of the faculty for sports law and governance at NYU.

Quotes

"Rarely does something worthwhile come easily."

"We all have different challenges, obstacles and opportunities to learn along the way."

"There is something to be learned in every situation."

About Preparation

"Once you get to the race or the competition or if you're a lawyer, you get to court or to your boardroom meeting, whatever it is, you need to be in the place where you've done absolutely everything you can to be ready and to perform."

About Successful People and Obstacles

"You never know what's going on in someone's life. It's easy to see the exterior and see someone's who very successful in various areas of their life. But they may have a whole variety of challenges and difficulties going on that's not public. So I think it's important to keep that in mind, that we all have difficulties, challenges, obstacles and opportunities to learn along the way."

Recommended Books:

Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up
<https://www.amazon.com/Spark-Joy-Illustrated-Organizing-Tidying/dp/1607749726/>

Websites and Social:

<http://cameronmyler.com/>

<https://www.instagram.com/cameronmyler/>

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