



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #165

Ruben Gonzalez

You might ask why anybody in his right mind would want to jump on a sled and hurl himself down an icy mountain at over 80 miles per hour?

Well, at the age of 21, Ruben Gonzalez did just that... he took up the sport of luge and started training for the Olympics.

Four years..... and a few broken bones later...Ruben made his Olympic dream come true!

But he didn't stop there... Ruben kept training, and at the age of 47, he was competing against 20-year-olds at the Vancouver Winter Olympics!

Ruben is the first and only person to ever to compete in four Winter Olympics EACH in a different DECADE!

He's still competing at the age of 55.

Ruben Gonzalez is also one of the most popular speakers in America.

Ruben's best selling book "The Courage to Succeed" has helped countless people achieve their goals and dreams.

Get ready to be inspired!

Quotes

"If you study the lives of great people, you'll figure out what works and doesn't work in life because success leaves clues. I realized it's perseverance."

"Belief will get you into the game, desire will keep you in the game."

"I write down my goal every day because it's an active commitment."

About Not Sugarcoating the Difficulty of Achievement 11:44 - 12:20

"My attitude going in (for the Olympics) - it kind of goes with your TedTalk - is that a broken bone is a temporary inconvenience because bones heal and I'll be back. It's what I tell my kids. I tell them, 'Life is tough, it's going to knock you down, you're going to have bloodied knees but guess what? You're going to dust yourself off, pick yourself up and get back in the game because that's what champions do.' You've got to tell people it's tough so that they put on a mental armor and they're ready for the battle. If you tell them, 'It's going to be easy, you can do it baby, come on, here's your ribbon for 12th place,' as soon as it gets hard, they'll quit on you."

About How You Can Help Your Mentor 18:30 -18:50

"You'll always hear about 'Successful people are always empty inside. They're missing something.' I'll tell you what they're missing. There's another level beyond success. It's called significance. That means you help other people become successful. So it's a two-way street. You go to the mentor, and as long as you're willing to take action and do whatever they say, you're helping them reach significance because when you succeed, it's going to help them too."

About Tweaking the Little Things 20:08 - 21:25

"I got a good friend, his name is Don Acres. He was a boxer, he came one fight away from making it to the L.A. games. He's really into hypnosis. He knows how the mind works and he can really get into your head. He's a great coach. So he said, "Why don't you come over to my house and bring your sled?" I had to race in Lilyhammer in a few more weeks and do well to have a shot to make it to Vancouver. So I go to Don's house, and he said, 'Lay on the sled and take a mental run. Tell me what comes to your head, what you think.' Finally, I said, 'Here it comes.' 'Here it comes? Is that what you're saying to yourself? Man, you're being totally reactive. You've got to be proactive. From now on, your mantra is 'Here I come.' You're going to stick it to that track, okay?' I wrote 'Here I come' all over the place. I had it in front of my steering wheel, my bookmarks, everywhere. I even put it on top of the sled so that's the last thing I see. When I went back to Lilyhammer, no problem. That little tweak, from here it comes to here I come, maybe it's a little thing like that that's holding a person."

Action Item

"Make a list of one goal you want to accomplish in the next year, and maybe one you'd like to accomplish in the next 3 to 5 years. If you try to do two, forget it. Your chances will drop big-time.

Write your goals down every day before you check your email. Put pictures of your goals all around you for the Environment of Excellence.

Find someone who's already doing what you want to do, an accountability partner. If you have a buddy to go work out with, you're more likely to go.

Ask yourself several times every day, 'What can I do in the next 10 minutes to get me closer to my goals?' When you do something, ask yourself, 'Is this going to get me closer or further to my goals?'"

Website and Social

Website: <http://ruben-gonzalez.com/about-ruben/olympic-story/>

Facebook: <https://www.facebook.com/RubenGonzalezOlympicSpeaker/>

Books: <https://www.amazon.com/Ruben-Gonzalez/e/B00NS62KDS>