



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #320

Lindsay Shoop

Olympic gold medalist Lindsay Shoop is a coach, author, speaker, and lifelong athlete. In addition to her Olympic gold, she is a three-time World Champion, five-time World Cup medalist, and a National Rowing Hall of Fame inductee.

With a focus on performance optimization and longevity throughout sport and in life, Lindsay hosts clinics, webinars, and workshops for coaches, athletes, and teams of all types.

She is a speaker for events at major universities and corporations, presents on various topics across the spectrum of her expertise as an elite athlete, coach, exercise physiologist, and author, and is a commentator for USRowing.

In her book, [Better Great Than Never](#), Lindsay shows you how to seize your full potential by removing self-imposed limitations. She demonstrates how to embrace every step—good and bad—to find greatness.

For Lindsay, life isn't about winning. As long as you learn throughout your journey, you can never lose.

Top Quotes From This Episode

"I'm willing to deal with the down parts because there are so many upsides and I'm becoming a better human being because of it."

"If that's really what you want, you have to visualize it, you have to see it, you have to really want that. And then every day prepare and let your preparation become your confidence toward that. And along with that preparation, you have to control what you can and ignore the rest."

"Control what you can. Ignore what you can. Preparation is confidence."

"No matter how fast you could be, someone could be right behind you, you know? And you're kind of selling yourself short if you're not humble because there's no limit to how fast you could be or how well prepared you could be for whatever your undertaking is."

"Be willing to let go of regret."

Show Notes

This episode touches on the following key topics and ideas:

- **From the top (5:05):** Lindsay talks about her childhood and how she got into athletics.
- **Rock bottom (6:58):** The fear of losing her identity as an athlete when Lindsay got into the University of Virginia.
- **The 5k run (12:16):** How Lindsay discovered rowing, her Olympic sport.
- **Journal (15:12):** Lindsay shares the stories behind her journal entries where she poured her rues as an athlete.
- **Pursuing the opportunity (18:10):** Finally opening her door to the world of rowing.
- **Warming up (22:09):** Lindsay takes us to her awkward first day of training.
- **Finding her footing (25:22):** On getting adjusted to the pain and suffering that goes into rowing.
- **Going to the next level (29:24):** The tipping point for Lindsay to go National and, eventually, the Olympics.
- **Breaking the world record (33:18):** Lindsay on winning her first world championship, which became a turning point for the United States team.
- **Bagging the gold (36:47):** On winning the gold medal at the 2008 Beijing Olympics.
- **Letting go of regrets (40:01):** On taking control of your life by prioritizing what's important to you.

What's an action item the listener can take in the next 24-48 hours? (42:06)

- Set priorities and know what's truly important to you.

List of Resources Mentioned in the Episode

Lindsay Shoop's ["Better Great Than Never: Believing It's Possible Is Where Champions Begin"](#)

Want to talk to a personal performance coach?

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Other Episodes Referenced

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

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