



# JIM HARSHAW JR.

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## *Revealing Failure as the Path to Success*

Success Through Failure Podcast

Action Plan Episode #388

**Ruben Gonzalez**

A seemingly "ordinary guy," 4x Olympian, [Ruben Gonzalez](#), wasn't a gifted athlete.

Ruben didn't take up the sport of luge until he was 21. Against all odds, four years and a few broken bones later, he was competing in the Calgary Winter Olympics.

At the age of 47, at the Vancouver Olympics, he became the first person to ever compete in four Winter Olympics in four different decades.

Ruben is also an international bestselling author. Among his works are, "The Courage to Succeed," "Fight for Your Dream," and just last year, he released his first fictional book, "The Shortcut: The Fastest Way to Achieve Your Goals."

Now, after four years, Ruben is back on the Success Through Failure [podcast!](#)

Ruben's story is going to inspire you to think differently and to live your life with passion to push yourself beyond your self-imposed beliefs and your self-imposed limitations.

After listening to this interview, you'll realize that you have no excuse to chase your big dream. Tune in now!

### **Top Quotes From This Episode**

*"There is a shortcut, but it's not the shortcut that people think. It's still going to take work, effort, you're going to go through failure, you're going to have to learn from your failure."*

*"When you're in control, that keeps you in your comfort zone. You can't improve in your comfort zone, right? You have to get outside the comfort zone. [So] you have to let go, right? [And] by letting go, now that allows you to get out of the comfort zone. Now you have the opportunity to improve."*

*"The luge was the vehicle, the Olympics was the dream. I focus on the dream. I focus on the why: Why do you want do something?"*

*"When you believe, everything changes because now you're ready to take action."*

*"Find the coach, be coachable. 'Cause you can be the best athlete in the world, you can be the most talented person in the world, but if you're uncoachable, if you're prideful, then you're not going to be nearly as good, you're not going to go as far as you would as somebody that is coachable and is willing to be open to new ways of doing things."*

## **Show Notes**

**This episode touches on the following key topics and ideas:**

- **An unlikely Olympian (2:18):** How Ruben went from being a kid with a dream to being a 4x Olympian.
- **[The shortcut to success \(4:17\):](#)** Why it's important to follow the leader.
- **The fear of losing control (7:22):** Why you should learn how to let go and get out of your comfort zone.
- **Focus on the "why" (10:04):** Ruben on having the patience to fail and to learn something new.
- **The driving force (13:49):** Ruben believes that *"the dream gives you strength."*
- **When you believe (15:04):** The two types of courage to reach your goals: the courage to get started and the courage to not quit.
- **What words are you using? (19:06):** The power of changing your language.
- **From athletics to the real world (24:23):** The value of setting specific, measurable goals.
- **The writer's process (27:14):** Ruben's process of writing his first fictional book, "The Shortcut."

**What's an action item the listener can take in the next 24-48 hours? (34:19)**

- **[Sign up to get the free action plans](#)** from every episode of the Success Through Failure [podcast](#).
- Find two [coaches](#) who can help you move forward.

## **List of Resources Mentioned in the Episode**

Ruben Gonzalez's books:

["The Shortcut: The Fastest Way to Achieve Your Goals"](#)

["The Courage to Succeed: Success Secrets of an Unlikely Three-time Olympian"](#)

Watch: [The Power of Following the Leader | Ruben Gonzalez | TEDxManitouSprings](#)

Susan Jeffers's book, ["Feel the Fear . . . and Do It Anyway"](#)

Mark Miller's book, ["The Heart of Leadership: Becoming a Leader People Want to Follow"](#)

## **Want to talk to a personal performance coach?**

Want to consider executive life coaching? Claim a spot on Jim's calendar for your free one-time clarity call: [JimHarshawJr.com/APPLY](http://JimHarshawJr.com/APPLY)

Enjoyed the podcast and want to hear more? Head on over [here](#) for more!

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## **Other Episodes Referenced**

[#165 The Truth About Achieving Unthinkable Goals with Speaker, Author, 4X Olympian Ruben Gonzalez](#)

## **Guest Website and Social**

**Ruben Gonzalez**

[Website](#) | [Twitter](#) | [Instagram](#) | [Facebook](#)

[TheShortcutBook.com](http://TheShortcutBook.com)