



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success Through Failure Podcast

Action Plan Episode #390

Leah Amico

Leah Amico is a 3x Olympic gold medalist, a 2x World Champion, and a 3x NCAA Champion softball player.

Known for being one of the most clutch hitters of all time, Leah still holds the record for highest batting average in the Women's College World Series.

Leah is also a college softball analyst for ESPN and Westwood One Sports, where she imparts her love and knowledge of the game to fans across the world.

Truly, she's a world-class performer in every sense of the word.

In this episode of the Success Through Failure [podcast](#), Leah walks us through her journey to the top of her sport and through an epic collapse that she, and the US softball team, used as their catalyst for a historic success. Don't miss it!

Top Quotes From This Episode

"When you're depressed, when you're hurting and struggling, getting out of bed and making your bed is a win."

"Know where you want to end up. What are my priorities? What is my end goal for this thing that I'm doing for my family or for whatever we're working at. [Be] clear on what is the end goal."

"Every one of us is going to face challenges, but what you do with those challenges is going to determine how long it takes if you really can reach those goals."

"The best leaders [are] always coachable themselves."

"The 'I will prove you wrong mentality' [is] powerful. That carries people very far."

Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode! \(1:53\)](#)**: Share the podcast on social media by tagging me and using the hashtag #STFpod:
 - a. Facebook: [@jimharshawjr](#)
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- **From Southern California to Olympics (2:08)**: Leah shares how her love for softball started.
- **Learning from failures (4:15)**: The pivot that led Leah to the [Olympics](#).
- **[The confident mindset \(7:03\)](#)**: Leah on overcoming doubts.
- **Go for gold (10:22)**: Leah relives the US softball team's successful 112-game win streak in the 2000 Summer Olympics.
- **The game changer (16:14)**: Why athletes should work with sports psychologists.
- **The coach's role (19:36)**: What makes a good coach.
- **The principles for success:**
 - Goal Setting and Goal-oriented (22:34)
 - Overcoming obstacles (25:07)
 - Leadership (28:33)
 - Dedication and Drive (32:04)

What's an action item the listener can take in the next 24-48 hours? (34:45)

1. Write down your goals or the things that you want to accomplish.
2. Tell it to somebody and be accountable.
3. Take one small step.

List of Resources Mentioned in the Episode

Jeff Jansen's [books](#)

Steven Pressfield's book, ["Put Your Ass Where Your Heart Wants to Be"](#)

Want to talk to a personal performance coach?

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Other Episodes Referenced

[#388 An Unexpected \(and Surprisingly Simple\) Shortcut to Success from 4x Olympian Ruben Gonzalez](#)

[#137 Seven Steps of Accountability: Getting Others To Buy In, Take Action and Follow Through](#)

[#387 How to Create Your Personalized Plan for Maximum Consistency and Focus in 2023](#)

[#372 Steven Pressfield on Commitment, Self-Reinforcement, and Getting Yourself to Do What's Necessary to Achieve Your Goals](#)

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Leah Amico

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