



# JIM HARSHAW, JR.

*Clarity of Action. Peace of Mind.*

Success Through Failure Podcast

Action Plan Episode #429

**Lucy Westlake**

What were you up to when you were 19 years old? Probably not climbing up Mount Everest, right? Meet Lucy Westlake, the incredible force of nature who's rewriting the rules of youth!

Lucy Westlake is a world-class athlete and American mountaineer. She holds an American Record as the youngest woman to summit Mount Everest and a World Record as the youngest female to summit the highest mountain in each of the 50 U.S. states.

But there's more to Lucy than her impressive accolades.

Join us in this episode of the [Success Through Failure podcast](#) as Lucy shares her incredible journey and her unwavering commitment to breaking gender barriers in mountaineering. Because she's not just climbing mountains; she's paving the way for a new generation of female adventurers, providing them with the access, training, and support they need to pursue their dreams.

And her mission goes beyond the mountains; she's also dedicated to ensuring safe water for all. Her firsthand experience in a Ugandan village, where a water system transformed lives, ignited her lifelong dedication to solving the global water crisis. Lucy carries the "Safe Water for All" flag to mountain summits, inspiring others to join the fight.

Lucy's passion is infectious, and her story is sure to inspire you to turn your ambitions into actions.

After listening to Lucy's journey, if you're looking for more inspiring mountaineering stories, don't miss my interviews with Erik Weihenmayer and Chris Warner.

👉 <https://jimharshawjr.com/96>

👉 <https://jimharshawjr.com/362>

## Top Quotes From This Episode

*"Your limits are what you tell yourself. A lot of the times you can do so much more than you think you can do."*

*"Sometimes you just have to say 'yes' and have no idea if you could actually do it or not."*

*"Say 'yes' to the opportunities that present itself."*

*"When you really find your purpose, I don't think anything can really keep you from that."*

## Show Notes

This episode touches on the following key topics and ideas:

- **[Share this episode!](#) (2:46):** Share the podcast on social media by tagging me and using the hashtag #STFpod:
  - a. Facebook: [@jimharshawjr](#)
  - b. Twitter: [@jimharshaw](#)
  - c. Instagram: [@jimharshawjr](#)
  - d. LinkedIn: [Jim Harshaw, Jr.](#)
- **Lucy's Beginnings (3:03):** Lucy shares her initial introduction to mountaineering and the powerful mindset that drove her to take on challenging summits.
- **"Limits are perceived." (7:16):** How Lucy reframed her mindset to overcome her limits to help accomplish her audacious goals.
- **Just Say "Yes" (9:09):** Lucy talks about the importance of staying positive and maintaining the right mindset in the face of fear and uncertainty while climbing.
- **The Weak Link? Not Really! (10:18):** Lucy talks about her unforgettable memories of attempting to summit Denali and K2.
- **Record-breaking Summit (21:30):** Lucy's journey to becoming the youngest female to summit Everest.
- **Mindset Works (23:05):** How self-talk aids in Lucy's challenging adventures as a mountaineer.
- **Gender Gap (26:26):** Lucy's mission has expanded to inspire the next generation, especially young women, to pursue mountaineering and break gender stereotypes.

- **Safe Water for All (28:26):** Lucy's passion for clean water initiatives and her involvement with Water Step, making a difference in the world.

**What's an action item the listener can take in the next 24-48 hours? (30:32):**

- Mindset is key to eliminating the fear of the unknown.
- Write down your top goals and determine the failures that may come with them, then plan how you'll overcome them.

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

[IG Reel] [The youngest woman to summit Mt. Everest](#)

### **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!

### **How to Leave a Rating and Review for STF on iTunes**

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### **Other Episodes Referenced**

[#362 Tragedy, Triumph, and Leadership: Absurd Stories and Ironclad Lessons from the World's Highest Mountains with Chris Warner](#)

[#96 Summiting Everest, Kayaking the Grand Canyon... Blind: Erik Weihenmayer](#)

### **Guest Website and Social**

**Lucy Westlake**

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