



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #438

Ruben Gonzalez

For the first interview episode of "Success for the Athletic-Minded Man," we're not talking post-victory speeches or polished success stories. Nope, we're diving into the nitty-gritty of an Olympian's ongoing journey— like a backstage pass to the grit and grind of real success.

Ruben Gonzalez, a three-time Olympian, accomplished speaker, and author, is here to share his journey from the Olympic luge track uncovering the powerful life lessons he learned along the way. We dive into the setbacks and triumphs that shaped Ruben's path.

Ruben also opens up about facing fears, embracing setbacks, and trusting the process— a mindset that helped him become the only person to ever compete in four Olympic Winter Games each in a different decade.

Join us as my good friend Ruben and I explore the practical strategies and mental fortitude required to navigate life's hurdles, whether in sports or the boardroom. Discover how harnessing your athletic drive can lead to clarity, focus, and unwavering consistency in your personal and professional pursuits.

If you're eager to thrive in both business and life, this episode is a must-listen. Hit that play button now and let's dive into the real talk on success with Ruben Gonzalez.

Top Quotes From This Episode

"Perseverance is not guaranteed, but at least you still got a shot, you're still in the game. But if you quit, it's all over."

"A setback is a setup for a comeback."

Show Notes

This episode touches on the following key topics and ideas:

- **Meet Ruben Gonzalez (3:24):** Ruben shares his Olympic aspirations, and the unique path that led him to become a distinguished athlete, speaker, and author.
- **The Power of Focus and Goal Setting (8:39):** Ruben discusses the importance of focus and goal setting, drawing parallels between his Olympic training and how these principles apply to achieving success in any field.
- **Overcoming Fear and Taking Action (10:42):** Discover how Ruben tackles fear and uses it as a catalyst for growth. Gain actionable insights on facing challenges head-on and embracing discomfort to reach new heights.
- **Using Mantras and Visual Cues for Success (18:42):** Explore Ruben's unique approach to motivation, including the use of mantras and visual cues, and understand how these practices can be applied in everyday life and professional endeavors.
- **Lessons from Olympic Training (30:24):** Delve into the specific lessons Ruben learned during his Olympic training and how these principles can be adapted for personal and professional development.

List of Resources Mentioned in the Episode

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

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](https://jimharshawjr.com/APPLY)

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Other Episodes Referenced

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

Guest Website and Social

Ruben Gonzalez

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