



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #464

Vince Poscente

Ever wonder how someone goes from hitting the slopes for fun to competing in the Olympics in just four years?

This is Vince Poscente's story and he spills all this and more in this episode of ["Success for the Athletic-Minded Man" podcast](#).

Vince is an Olympian and a New York Times bestselling author of eight books, which include "The Earthquake" and "The Age of Speed." He is an in-demand, corporate presenter and Hall of Fame Speaker in both Canada and the USA. Vince has also led expeditions to the summit and named Himalayan mountains after everyday heroes.

In this interview, Vince shares the truth about the discomfort and determination it takes to go from zero to Olympic hero. His journey isn't just about skiing fast— it's about doing what the competition isn't willing to do. Imagine strapping yourself to the roof of a car to perfect your aerodynamics. Yep, Vince did that.

But this episode isn't just about skiing; it's a masterclass in mindset, resilience, and the power of unconventional thinking. Vince's strategy of using visualization and biofeedback, along with his mantra of "doing what others won't," is something you can apply to any goal— big or small.

Whether you're aiming for a personal best or a new career high, this episode will inspire you to push past your limits and embrace the extraordinary. Don't miss it!

Top Quotes From This Episode

"When you make a reference point of who your competition is, think of the highest performers, think of the people just killing it, people on top of their game. What are they not willing to do?"

"There's no linear way out of chaos."

"We're not defined by the bumps we hit. We're not defined by the goals we reach."

"Never make a decision based on fear."

Show Notes

This episode touches on the following key topics and ideas:

- **Overcoming Regret as a Motivator (1:41):** Vince discusses his fear of regret from quitting luge and how it fueled his ambition to pursue speed skiing and become an Olympian.
- **Push Yourself to the Limit (3:56):** Vince emphasizes the importance of identifying and performing actions the competition isn't willing to do as a key to his success.
- **The Four Pillars of Training (6:06):** Vince breaks down his training into four categories: Financial, Physical, Technical, and Mental, detailing strategies in each area to gain a competitive edge.
- **Innovative Training Techniques (7:32):** Vince recounts unconventional methods like strapping himself to the roof of a car for aerodynamic training and using sensory deprivation tanks for mental training.
- **The Power of Visualization and Emotional Buzz (10:39):** Vince explains the concept of "gold dots" and how visualizing his goals with intense emotional engagement helped him achieve top rankings.
- **[Visualization](#) vs Experientialization (18:11):** Vince discusses mental training techniques such as biofeedback, hypnosis, and sensory deprivation to enhance performance and achieve goals.
- **Living Without Fear (26:57):** Vince shares his philosophy of never making decisions based on fear and encourages listeners to take bold steps towards their goals.
- **Recommended Reading (33:49):** Vince recommends his books "The Ant and the Elephant" and "The Earthquake," which explore the power of the conscious and subconscious mind and strategies for overcoming setbacks.

- **What's an action item the listener can take in the next 24-48 hours?**
(35:15): Vince advises listeners to list 25 things they'd like to accomplish, pick the one that scares them the most, and start exploring it.

List of Resources Mentioned in the Episode

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

Vince Poscente's books:

["The Ant and the Elephant: Leadership For the Self"](#)

["The Earthquake: Your Journey from Setback to Breakthrough"](#)

["The Age of Speed: Learning to Thrive in a More-Faster-Now World"](#)

["The Alchemist"](#) by Paulo Coelho

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

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](#)

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

[#438 Behind the Scenes Look into a 4X Olympian's Attempt to Return to the Top of the World](#)

Guest Website and Social

Vince Poscente

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