



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #465

Behind the Medals: Harnessing the Olympian Mindset for Business and Life

With the 2024 Paris Olympics coming this summer, what better time to dive into the minds of those who've reached the pinnacle of achievement!

If you're craving a dose of Olympic spirit, you're in the right place!

In this two-part episode of ["Success for the Athletic-Minded Man" podcast](#), we're unlocking the secrets of legends like Bonnie St. John, the trailblazing Paralympian, and Ruben Gonzalez, the gravity-defying luge competitor. You'll also hear from Shannon Miller, who has enough Olympic medals to make a jewelry store jealous, and wrestling titans like Jake Herbert, Andy Hrovat, Ben Askren, and the incredible Lee Kemp. Kemp may have missed the Olympics due to a boycott, but he still conquered the world— literally! Their stories are more than just inspirational; they're playbooks for success.

We'll explore how these champions defied the odds, the crucial role of mentorship, and their top-secret goal-setting strategies. You'll get practical, actionable wisdom directly from the best in the world.

So, grab your notepad and get ready to be inspired. Whether you're prepping for your own personal Olympics or just looking for a motivational boost, these stories will light a fire under you.

Let's dive in and hear from the legends themselves. Remember, the Olympic flame might burn out, but the drive for success is eternal. Let's get started!

Top Quotes From This Episode

"If you don't stop yourself, if you don't let failure stop you inside yourself, what can stop you?" (Bonnie St. John)

"Showing up every day at work and doing the bare minimum of what's being asked of you is not what it takes to be great. You have to do all the things that great people do. And great people are constantly looking to get better, to find other ways to get better." (Lee Kemp)

"Goals are incredibly important. If you don't have a goal, then you don't know where you're headed." (Shannon Miller)

"Failure is not reaching a goal that you set. If I set a goal, that means I control if I fail or not. And you don't really fail until you stop trying or you quit." (Jake Herbert)

Show Notes

This episode touches on the following key topics and ideas:

- **Defying Odds: Olympians Who Overcame Incredible Adversities (3:20)**
 - **Bonnie St. John:** Despite financial struggles and severe physical setbacks, Bonnie managed to secure a scholarship and continued to train rigorously, demonstrating unparalleled determination and resilience.
 - **Lee Kemp:** Wrestling played a crucial role in Lee's life, especially during difficult times. He found healing and purpose in wrestling, which helped him become a successful coach and mentor.
 - **Ruben Gonzalez:** Facing multiple injuries and a severe accident on the track, Ruben epitomizes the spirit of never giving up. His story is a testament to the importance of persistence and adaptability.
- **The Mentorship Advantage: Stories of Guidance and Support from the Top (12:12)**
 - **Lee Kemp:** Lee emphasizes his experience under the guidance of Dan Gable taught him the value of doing more than the minimum required, and how true commitment means embracing all aspects of the journey to greatness.
 - **Andy Hrovat:** Andy learned the importance of surrounding oneself with experienced mentors to continuously grow and adapt, highlighting that learning and passion are key to success.
 - **Ben Askren:** Ben discusses the critical difference a good coach can make in a young athlete's life. He believes in providing a superior wrestling experience and sees it as an obligation to offer the best

guidance possible, showing how mentorship extends beyond sports into life skills.

- **Dream Big: Goal-Setting Secrets from Olympic Legends (17:50)**

- **Shannon Miller:** Shannon underscores the necessity of setting clear goals and creating daily actionable steps to achieve them. Her approach of always pushing to do more than what is required illustrates the disciplined mindset needed for success.
- **Jake Herbert:** Jake speaks on the importance of setting priorities and continuously striving to improve. His perspective on failure as a learning opportunity reinforces the idea that persistence and continuous effort are crucial.
- **Ruben Gonzalez:** Ruben's journey from being an average athlete to a multi-decade Olympian shows that with perseverance and strategic choice of sport, anyone can achieve extraordinary goals. Dreaming big and never giving up can lead to historic accomplishments.

- **Practical Wisdom: Actionable Advice from the World's Best (25:22)**

- **Bonnie St. John:** Bonnie advises finding time to pursue your passions, even if it's just an hour a week. This incremental approach proves that consistency in small efforts can lead to big achievements.
- **Jake Herbert:** Jake emphasizes the importance of focused practice. By concentrating on improving one thing at a time and regularly assessing what you're getting better at, you can master various skills more effectively.
- **Shannon Miller:** Shannon talks about harnessing a positive form of stubbornness to overcome challenges. Viewing setbacks as beginning points for further effort and proving detractors wrong through actions, not words, is a powerful mindset for achieving success.

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!

How to Leave a Rating and Review for STF on iTunes

Ratings and reviews help a lot! Please consider leaving one. It's really simple. Here's how: <https://youtu.be/T1JsGrkiYko>

Other Episodes Referenced

[#169 Resilience, Adversity, and Being Extraordinary: Lessons from Author, Speaker, Paralympic Medalist Bonnie St. John](#)

[#25 Believing the Dream and Not Reality with Lee Kemp](#)

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

[Wrestling with Greatness Episode 3 with Jake Herbert and Andy Hrovat](#)

[#13 ONE Welterweight Champion and 2X NCAA Champion Ben Askren](#)