



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #467

**Behind the Glory: Olympians' Guide to
Overcoming Setbacks and Finding Success**

What if the secret to Olympic-level success could be yours? Spoiler alert: it's not just about talent or training.

Dive into the latest episode of ["Success for the Athletic-Minded Man" podcast](#) and discover the untold stories and mindsets of Olympic legends that can transform your life.

For part two of our special 2024 Olympics episode, we revisit incredible interviews with a new set of Olympians I've interviewed in the past who have shared life-changing encounters with mentors, leveraged failure for monumental success, and redefined their identities after significant life changes.

You'll hear from legends like Lindsay Shoop, an Olympic gold medalist rower; Matt Lindland, an Olympic silver medalist wrestler; Leah Amico, a 3x Olympic gold medalist softball player; Devon Harris, captain of the Jamaican Olympic bobsled team; Cameron Myler, an Olympic luge athlete; John Register, a Paralympic silver medalist; and Helen Maroulis, the first-ever female Olympic gold medalist wrestler for the US.

Each of these athletes brings unique insights that can help you harness your athletic drive for clarity, focus, and consistency in both business and life. Their experiences will not only motivate you but also provide actionable strategies for your own success.

What will you start, stop, or continue doing after hearing these powerful stories? The path to success starts here. Let's get started!

Top Quotes From This Episode

*"All dreamers, anyone who has succeeded along the way, it's impossible for them to have achieved success without having to deal with some failures along the way."
(Devon Harris)*

*"Faith in yourself is hugely important, whether in sport or in the business context."
(Cameron Myler)*

*"Life can change with one wrong step and get back on track with one right step."
(John Register)*

*"You'll be on this cycle of constantly asking for things, or you keep thinking that when this changes, this will get better but you just need you to pause. Be grateful and be in the moment."
(Helen Maroulis)*

Show Notes

This episode touches on the following key topics and ideas:

- **Transformative Encounters with Coaches and Mentors (3:08):**
 - **Lindsay Shoop (Olympic Champion Rower):** Lindsey shares an encounter with Coach Kevin Sauer, who persistently encouraged her to try rowing. Despite initial resistance and unopened letters from Virginia Rowing, a chance meeting at a swimming facility led her to finally embrace the opportunity.
 - **Matt Lindland (Olympic Silver Medalist Wrestler):** Matt talks about the influential role of coaches throughout his career, starting from high school gym class. A key moment was when a coach introduced him to Greco-Roman wrestling, changing his career path.
 - **Leah Amico (Olympic Champion Softball Player):** Leah emphasizes the role of sports psychologists and the openness of her coaches to utilize experts for team building and mental strength. This highlights the importance of mental preparation and the benefits of having access to comprehensive support systems.
- **Leveraging Failure for Ultimate Success (11:14):**
 - **Devon Harris (Jamaican Bobsled Team Captain):** Devin reflects on his ambitious goals and how failure at Sandhurst inspired him to work harder. Despite setbacks, his determination grew stronger, illustrating that failure can be a powerful motivator to achieve even greater goals.
 - **Cameron Myler (Olympian in Luge):** Cameron shares a challenging period where she faced multiple crashes and fear of physical injury. Overcoming these fears required deep faith in her abilities.

- **Redefining Personal Identity After Major Life Changes (18:10):**

- **John Register (Paralympic Silver Medalist):** John recounts his journey after a life-changing injury that led to the amputation of his leg. He emphasizes that certainty is an illusion, and adaptability is crucial.
- **Helen Maroulis (Olympic Champion Wrestler):** Helen shares her struggle after failing to make the Olympic team in 2012, a period marked by depression and identity crisis. She highlights the importance of self-love, perseverance, and maintaining perspective beyond the immediate goals.

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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

[#320 Better Great Than Never with Olympic Gold Medalist Lindsay Shoop](#)

[#17 Interview with Matt Lindland, Olympian, fighter, coach, entrepreneur, whitewater rafting champion](#)

[#390 Turning Setbacks into Comebacks: An Interview with Olympic Gold Medalist Leah Amico](#)

[#327 From Ghetto to Greatness: The True Story of Jamaican Olympic Bobsledder Devon Harris](#)

[#93 86 MPH on a Sled: Luge, Life and Lessons from 4x Olympian Cameron Myler](#)

[#309 A True Story of Overcoming the Unthinkable: How to Override Limiting Beliefs with John Register](#)

[#143 Fear, Doubt, and Achieving Greatness: The Unlikely Story of Olympic Gold Medalist Helen Maroulis](#)

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