



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #470

David Karasek

What happens when you walk into a room at the Olympics and Michael Phelps is sitting there, doing the same breathing exercise you just learned from his mindset coach?

Well, Swiss swimmer David Karasek knows and he's here to tell you all about it.

In this episode of the ["Success for the Athletic-Minded Man" podcast](#), I sit down with David, an Olympian, high-performance coach, and fellow UVA grad, who reveals the mindset strategies and sports psychology tips that took him to the world stage.

We dive deep into how he conquered performance anxiety with the help of Michael Phelps' mindset coach, Jim Bauman, and how these techniques can skyrocket your performance— whether you're in the boardroom, on the field, or just trying to crush your daily goals.

David shares actionable tips on using visualization techniques and conscious breathing exercises that helped him stay calm under pressure. He also talks about the power of self-talk and how building mental toughness can help you overcome any failure— just like the best in the world do.

Hit play now, and get ready to unleash your inner Olympian— no swim cap required!

Top Quotes From This Episode

"Happiness is a choice and it's in the present moment. It's not something we pursue because if we pursue something that means we don't have it now or we don't have it to the level that we want it."

"Positive self-talk only works when you truly believe it. If you don't, it can actually make things worse."

"The most successful people are those who fail often but refocus and try again."

Show Notes

This episode touches on the following key topics and ideas:

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 - **a. Facebook:** [@jimharshawjr](#)
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- **The Moment of Becoming an Olympian (2:17):** David recounts the moment he qualified for the Olympics, emphasizing the unexpected calmness that allowed him to perform at his best.

- **Overcoming Performance Anxiety (3:39):** David discusses his lifelong struggle with performance anxiety and how working with a sports psychologist helped him develop psychological skills to manage this anxiety.

- **The Ladder to Success (6:46):** David relives what it's like to work with Jim Bauman— Michael Phelps' mindset coach. He also explains how your performance is only as strong as the weakest link among your body, skills, and mind.

- **The Olympian's Secret Weapon (12:35):** David delves into the technique of conscious breathing, which is a simple yet highly effective method for calming nerves before important events that he learned from Jim Bauman.

- **Visualization Techniques for Success (17:17):** David discusses the importance of visualization in achieving peak performance. He shares his evolved approach to visualization, which involves engaging all the senses and physical movements to make the experience as real as possible.

- **The Power of Present Moment Happiness (21:27):** David explains why true happiness isn't tied to accomplishments and how cultivating a gratitude practice can shift your mindset from scarcity to abundance.

- **Roger Federer on Overcoming Failure (24:33):** David shares insights from his conversation with Roger Federer in the Olympic Village. Federer's perspective on mastering hard moments by repeatedly overcoming failures provides a valuable lesson in resilience and mental toughness.

- **Balancing Drive with Avoiding Burnout (30:45):** David talks about the fine line between striving for peak performance and risking burnout. He shares

personal strategies for sustaining high performance without sacrificing well-being.

- **What's an action item the listener can take in the next 24-48 hours?**
(33:39): David introduces a grounded approach to self-talk, explaining why positive affirmations can sometimes backfire if they aren't rooted in belief. Acknowledge fears while reinforcing desired outcomes, a technique useful for anyone looking to improve their mental resilience.

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David Karasek

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