



JIM HARSHAW, JR.

Clarity of Action. Peace of Mind.

Success for the Athletic-Minded Man Podcast

Action Plan Episode #476

John Naber

What if the secret to achieving your biggest dreams was learning how to fail better?

In this episode of "Success for the Athletic-Minded Man" podcast, I sit down with Olympic swimming legend John Naber to explore the mindset that took him from being a late-bloomer in swimming to winning four Olympic gold medals.

John's journey is more than just about athletic success— it's a blueprint for how overcoming adversity and adopting a growth mindset can elevate every area of your life— from personal to sports to business.

We dive into his childhood dream of becoming an Olympian, the setbacks that almost ended his career, and how those "failures" became stepping stones to success.

But this episode is not just about sports.

John's insights into teamwork, leadership, and mental toughness will inspire anyone looking to maximize their potential— whether you're an athlete, a business leader, or simply striving for personal growth.

Want to learn how to turn obstacles into opportunities? Hit play and discover how John Naber's story can help you reach your next level.

No deposit, no return. So tune in now and start taking action!

Top Quotes From This Episode

"If you're not willing to pay the price, you're not entitled to enjoy the flavor."

"If we're not willing to invest in our dreams in advance, we don't deserve to see the dreams come true."

"It's the damage that produces results. It's the failures that teach us life lessons."

"There's a real difference between 'I screwed up' and 'I'm a screw-up.'"

"If you've done the work, you have a reason to be confident."

"One of the easiest ways to find a path to success is to mimic your role model."

Show Notes

This episode touches on the following key topics and ideas:

- **Olympic Dreams (2:25):** John shares how his Olympic aspirations sparked during a family trip to Olympia, Greece, when he was 10.
- **High School Setbacks and College Choices (3:18):** John reflects on his high school swimming journey and the injuries that sidelined him during crucial recruiting periods. He also explains the competitive yet supportive environment at USC, where teammates pushed each other to improve.
- **"No Deposit, No Return" (7:37):** A life-changing moment came when John learned that success requires an upfront investment in effort.
- **Lessons Learned (9:31):** John shares some failures in his life and the important life lessons he learned from them.
- **Reframe the Narrative (16:12):** Embrace setbacks as opportunities to polish your skills. Use every challenge as a chance to ask, "What can I gain from this experience?" and turn adversity into growth.
- **The True Meaning of Competition (17:55):** John explains that competition isn't about simply winning but pushing each other to be better, even in life's pursuits. The original purpose of sports is to prepare people for life after sport.
- **The Power of Coaching and Mentorship (24:00):** Throughout his career, John had six key coaches who each taught him valuable lessons at different stages.
- **Building a Successful Team (26:54):** A great team is built on a shared common goal and a willingness to sacrifice personal comfort for the group's success.
- **Lessons from the Olympics for Life (30:01):** John emphasizes that overcoming adversity is the true mark of greatness.
- **What's an action item the listener can take in the next 24-48 hours? (32:59):** Rather than asking "if" you can overcome an obstacle, ask "how" you will do it. Viewing setbacks as puzzles to solve can help turn adversity into triumph, whether in sports, business, or personal life.

List of Resources Mentioned in the Episode

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

Books by John Naber:

["Awaken the Olympian Within: Stories from America's Greatest Olympic Motivators"](#)

["Eureka! How Innovation Changes the Olympic Games \(and Everything Else\)"](#)

["Olympic Trivia Challenge by John Naber"](#)

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

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

Guest Website and Social

John Naber

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