



# **JIM HARSHAW, JR.**

*Clarity of Action. Peace of Mind.*

Success for the Athletic-Minded Man Podcast

Action Plan Episode #492

**Dr. Jim Bauman**

Let's face it: most people crack under pressure.

Not because they're not talented or driven, it's because they don't know how to manage what's happening in their own heads.

But what if you could turn that doubt and fear into fuel, just like the world's best performers?

Whether it's Olympians chasing gold, Navy SEALs preparing for battle, or entrepreneurs closing billion-dollar deals, there's one thing they all master: their mindset.

In this episode, I chat with Dr. Jim Bauman, a pioneer in sports psychology who's been coaching elite athletes, military heroes, and high-powered professionals for decades now. Dr. Bauman shares strategies that apply whether you're swimming for Olympic gold, pitching to a big client, or just trying to keep your head above water in life.

We talk about how to stop fear in its tracks, the power of mental "timeouts," and the art of staying present when everything's on the line. He even breaks down how to use visual cues to shift your mindset in seconds, because sometimes the simplest tricks make the biggest difference.

Everything you'll hear in this episode isn't just theory— it's the kind of advice that can change your life starting today, so hit that play button now!

## **Top Quotes From This Episode**

*"You are doing something by doing nothing. [For] a few minutes, give your brain an opportunity to just rest and then re-plug back in again."*

*"Your perspective is your view of life and that can be either healthy or unhealthy. A healthy perspective is paying attention and celebrating what you have. An unhealthy perspective is somebody who shows up and goes, 'Oh geez, I could have trained harder.' [It's paying attention to] all the things they don't have.*

*"Fear is necessary to motivate us either to fight or to run. It's a good thing because it creates action."*

## **Show Notes**

**This episode touches on the following key topics and ideas:**

- **The Journey into Sports Psychology (2:47):** Jim shares his unconventional career journey, highlighting his transition from mental health to sports psychology.
- **Mental Health and Athletics Evolution (4:18):** Jim explains the significant shift in sports psychology, from focusing primarily on performance to addressing mental health and wellness.
- **Parallels Between Executives and Athletes (5:42):** Jim draws striking parallels between business executives and elite athletes, emphasizing the relentless need for improvement, balancing personal and professional lives, and managing stress.
- **Disengagement Routines for Success (9:48):** The power of disengagement is key. Jim shares his routine of transitioning between roles to be fully present, whether at work or home.
- **Staying Present (11:14):** Jim emphasizes staying focused during long tasks and avoiding distractions. Breaks are crucial for maintaining high performance.
- **The Good vs The Great (15:31):** Jim reveals that elite performers are shaped by the life circumstances they're exposed to growing up, the mentors that surround them, and there's a genetic component to it as well.
- **The Pyramid of Elite Success (20:50):** Jim's metaphorical pyramid illustrates how only those willing to work hard and navigate challenges reach the top.
- **The Role of Cues in Overcoming Stress (28:35):** Cues are visual reminders that help athletes and professionals stay in the right mindset.
- **What's an action item the listener can take in the next 24-48 hours? (41:34):** Know when and how to more effectively call a timeout. Jim likens taking breaks to NBA timeouts, which refocus energy, strategize, or stop negative momentum.

## **Other Episodes Referenced**

[#476 No Deposit, No Return: John Naber's Formula for Olympic Success](#)

[#478 Creating Your Future: Bo Eason on Why Living Your Dream Starts Before You "Make It"](#)

## **Guest Website and Social**

**Dr. Jim Bauman**

[LinkedIn](#)

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