

NICK BAUMGARTNER



2022 Olympic Gold
Medalist Snowboarder
and Author of “Gold
from Iron”

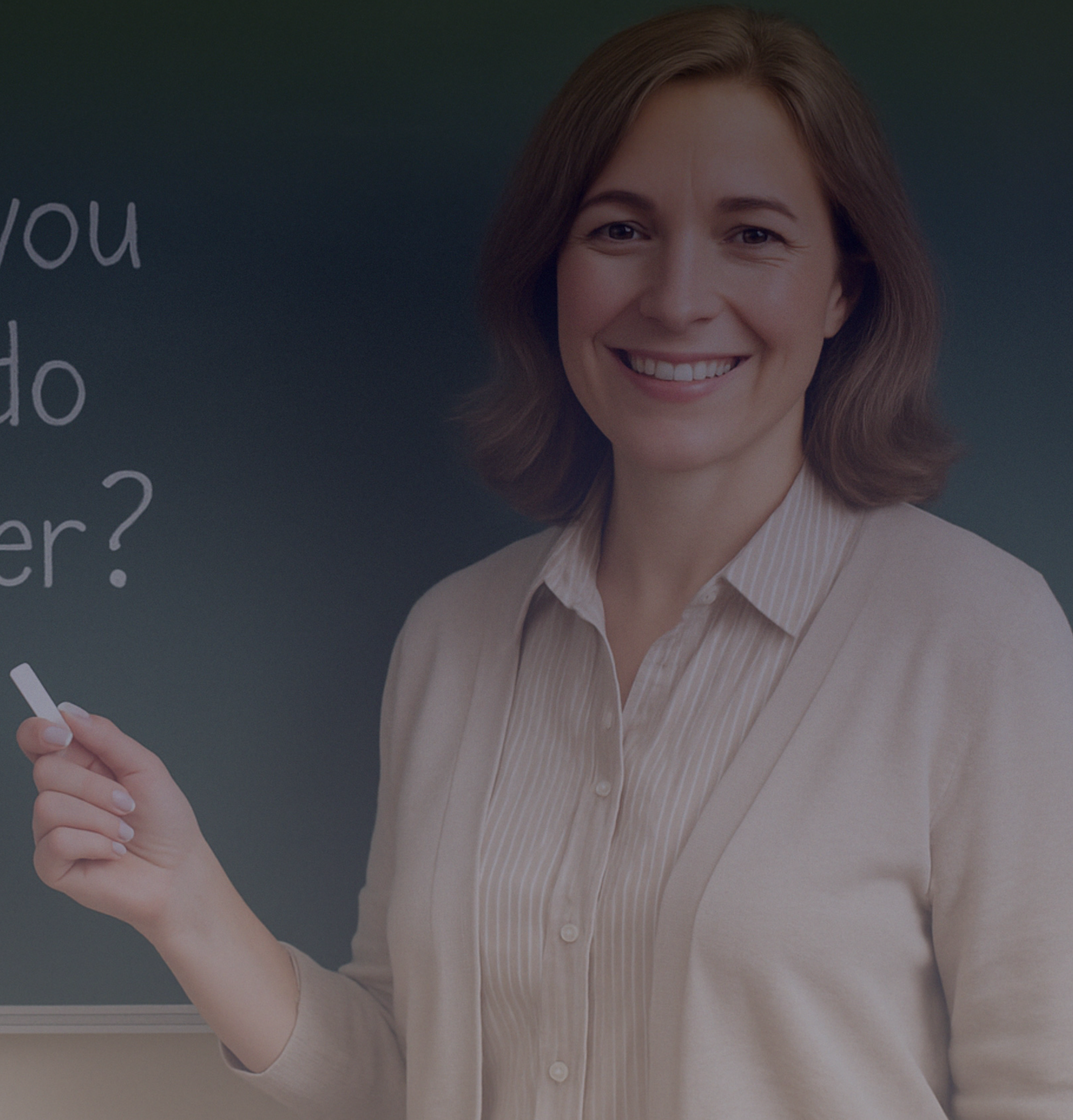


Gold From Iron

Freshman English, August 1996.

What do you
want to do
for a career?

My answer:
**Professional
Snowboarder**



“13 Years Later...”



“Lessons I learned”

- 1. Most people will doubt you, until you’ve already done it!**
- 2. Small minded people will always tell you to ‘be realistic’**
- 3. Sometimes, the fastest way to kill a dream is to tell it to someone who doesn’t believe in it.**

Who are you going to listen to?

- The people who tell you to “be realistic”?
- Or the voice inside that knows what you’re capable of?

World Championships 2011









Life isn't fair, it never was, isn't now and will never be. Do not fall into the trap, the entitlement trap, of feeling like you are a victim. You are not, get over it, and get on with it.

~Mathew McConaughey

Trying to Qualify for the
Olympics at 40!

So many Critics!

**“People said it
couldn’t be done.”**

“Too old.”

“Too late.”

“Passed my prime.”



Either believe the excuses/Critics,
or find a way to make it happen!





- **The hardest and most raw interview of my life**

“Losers quit when they fail. Winners fail until they succeed!”

Failure is inevitable. But what you do after you fail determines everything. If you quit, the story ends there. But if you learn, adapt, and come back stronger, Failure just becomes a stepping stone to success.















Summary

- Dreams don't work unless you do!
- No matter what you want in life, HARD WORK is always the answer!
- When you blame external things for your failure you are giving up your ability to grow and learn from those setbacks.
- Losers Quit when they fail, Winners fail until they succeed.
- The harder the journey the better the story.
- Whether you think you can, or think you can't, you're right.