



WRESTLING MINDSET CURRICULUM

Objective: to develop the PREDATOR Mindset & learn the four core Mindset Principles

The animal kingdom is made up of predator animals and prey animals. To succeed in wrestling and life, you must have the mindset of a predator. Predator animals have eyes that are located in the front of their head. This is because they are focused on what is in front of them- solely on their objective. Think of lions, tigers, bears, and even humans. Yes, you are a natural born predator! Prey animals have their eyes on the sides of their head. Prey animals need to see almost entirely around them to avoid being eaten. Think of chipmunks, rabbits, and squirrels. Predator wrestlers are focused on what THEY are going to do, their technique, etc. Prey wrestlers are focused on the things going on around them- preoccupied with who their audience is, what other people think about them, etc. It is easy to see that there are many ways to think like Prey, but only a few ways to think like a Predator. A Predator's vision is much narrower and specific. Remember, you can tell if a snake is poisonous if you see vertical pupils instead of rounded. This of course is for laser focus on their mission/victims.

Exercise 1: List Prey mindsets you tend to think and change them to Predator

WRESTLING

COMMON PREY THOUGHTS	NEW PREDATOR THOUGHTS

SCHOOL

COMMON PREY THOUGHTS	NEW PREDATOR THOUGHTS

LIFE

COMMON PREY THOUGHTS	NEW PREDATOR THOUGHTS

Bible Quote: Mt 14:22-23



MINDSET PRINCIPLES

- 1 I AM THANKFUL FOR THE OPPORTUNITY TO WRESTLE
- 2 I AM AGGRESSIVE & RELENTLESS
- 3 I HAVE NO FEAR OF LOSING OR MAKING MISTAKES
- 4 I NEVER EVER GIVE UP

Objective: to notice the thoughts and feelings you have when you wrestle at your best & worst

Olympians and Professional Athletes always talk about one word when it comes to performance- Consistency. You cannot have consistent performances without consistent thoughts, feelings, and behaviors. Here, we will determine differences in your thoughts and feelings before & during (not after) your best and worst performances. The next step is to identify the common themes/patterns between your best matches compared to the themes and patterns of your worst matches. You will likely notice a completely different thought process.

Note- This exercise works best if you dig deeper than surface level. Keep asking yourself “What exactly was I thinking” and “Why exactly did I have those thoughts?”

COMMON THOUGHT PATTERNS

BEST MATCHES	WORST MATCHES
MY moves	OPPONENTS moves (What might they do to me?)
Treat all opponents the same	Over/under estimate an opponent
Consistent intensity	Up and Down Intensity
No special matches	This is a “big” OR “small” match
I’m going to make him tired	What if I get tired this match?
I don’t care what anyone thinks of me/Wrestle for myself	Thinking about letting down parents/coaches/friends
It’s just live wrestling/I have nothing to lose	Significance of this match
I don’t care who is in front of me	What’s he ranked/his record/who has he wrestled?
This is a new match	What happened the last time we wrestled?

Bible Quote: Mt 6:33, Mt 16:26 (foundations)

BEST MATCHES

MATCH	Thoughts/Feelings before & during (detailed & specific) & 1-10 energy level (10 highest energy)
1.	
2.	
3.	

Common Themes/Patterns & optimal energy level:

--

WORST MATCHES

MATCH	Thoughts/Feelings before & during (detailed & specific) & 1-10 energy level (10 highest energy)
1.	
2.	
3.	

Common Themes/Patterns & optimal energy level:

--

Objective: to pre-plan how you will refocus during adversity

Several adverse conditions will be stated and you will pre-plan how you will refocus- the thoughts you will think and emotions you will feel to overcome distractions. In parentheses are my answers. You can use mine or come up with answers that work better for you personally. You will also write 2 adversity scenarios that you would like to better deal with, and how you will refocus.

Exercise: Go through these scenarios. Have 1 Reset Button (Physical Gesture) & know exactly what you will say to yourself in each situation.

Your 1 Reset Button: (i.e. Head nod, deep breath, clap, head shake, hands shake)

If the referee makes a bad call:	([1 deep breath] Just keep going, I don't expect calls to go my way, I'll get the next one)
If the crowd is loud and /or negative:	(Just keep going, who cares about them, I wrestle for myself [head shake])
If I make a mistake:	([quick head shake] Let it go, get the next one)
If my opponent does something really good/scores on me:	([quick head nods & smile] My turn now)
If my opponent does something dirty:	(Beat him on the scoreboard)
If my opponent continues stalling/backing up:	(Get creative, find a way)
If I lose or wrestle badly at a tournament:	(Bounce back, get the next best thing, put all bad thoughts in an imaginary "black box," drill for good feel)
Getting scored on first:	(Plenty of time; get it back)
I have a lead with short time:	(Get one more; keep scoring)

Go through everything, circle your 3 biggest areas to improve & review with coach

Bible Quote: Pv 24:10

Objective: to create a pre-match routine to quiet your mind before a competition

Routines quiet your mind. A detailed and specific pre-match routine will keep you focused on yourself and the exact feelings and thoughts you want to have. While you go through your routine, you will not be thinking about coaches, family, the crowd, your opponent, what if scenarios, etc. Your mind is on your own actions in the present moment. The more you practice your pre-match routine, the more comfortable it will feel. Your thoughts and feelings will be very close to ideal each time you compete.

Exercise: You will construct a very detailed & specific pre-match routine.

A few keys to remember when making a pre-match routine:

- Be as specific and detailed as possible. When will you get up? What music will you listen to? When and how will you stretch & warm up? When will take off your shirt & put on your head gear? How will you run out to wrestle?
- Don't think repair, think design! If you could start from scratch with no memory of the past, what thoughts and feelings would you want to have before you compete?
- Remember to move and act the way you want to feel.
- Include Deep Breathing and some hard drilling with a partner shortly before you wrestle
- Be sure to practice your pre-match routine at least 2 days a week, each week.

Bible Quote: Psalm 144 (Prayer for Victory)

PRE-MATCH ROUTINE CHECKLIST

Dynamic Stretching	<div>List your stretching sequence in order:</div>
Element of Fun	<div>(i.e. funny song, dance moves, juggling) List:</div>
Deep Breathing	<div>Recommended while on double deck When, where, duration:</div>
Drilling/Hand Fighting	<div>Recommended while on deck With who, when, what drills, duration:</div>
Exact thoughts you'll tell yourself	<div>(include songs you'll listen to)</div>

Keep long sleeve shirt on & don't run out too early (to stay warm & loose)

Chew Gum (spit out before match (lowers social anxiety))

Shotgun Routine

You may be put in a situation where you get called to wrestle and you do not have enough time to complete your full pre-match routine. You will want to have a plan for a short version of your pre-match routine you can complete in under 2 minutes. This is your shotgun routine. Remember the key is to make the best out of the situation, not do everything perfectly. Include as many elements from the top that you can.

Write below your Shotgun Routine:

Bible Quote: 2Tim 1:7

Objective: to determine action qualities to focus on in matches

Wins/losses are deceiving. Often, we win but wrestle poorly. Other times we lose, but wrestle well. DON'T judge performance based on outcome (wins/losses) like most people. Judge performance by how well you compete. **Go through this every match!**

MATCH EVALUATION

BEFORE MATCH

WARM-UP	YES	NO
Good warm-up physically		
All Pre-Match elements: Dynamic Stretch, Fun element, Deep Breaths, Drilling		

DURING MATCH

NEUTRAL	YES	NO
Took the 1st Shot (draw first blood)		
Moving forward all match		
Aggressive- several full shot attempts		
Your tie or No tie		
TOP		
1st move every time		
Aggressive- Looking to turn/pin, not just ride		
Mat returns attempted when opponent stands		
BOTTOM		
1st move every time		
Constant movement to get out		
Finished no periods on bottom		

OVERALL

EFFORT	YES	NO
Never Quit		
Worked hard during match (not lazy: no hands-on knees, no standing straight up)		
Wrestled hard by out of bounds & end of periods		
Hustled back to the center of the mat		
ATTITUDE		
Great body language- positive- Up beat (bounce in step; pop in attacks)		
Composure- stayed calm; no arguing with ref, looking for a call		
Not "clock watching" or "keeping score"		

Go through everything, circle your 3 biggest areas to improve & review with coach

Bible Quote: Rev 3:16 (all in, not half-hearted)

Objective: to motivate yourself regularly by reminding yourself why you love wrestling

When people are happy/in a good mood, they adapt easier, are more creative, and have better flexible thinking. In a sport that demands regular adjustments, a positive upbeat mood will help you make mid-match adjustments a lot easier. Also, people often focus too much on winning titles and accomplishments. When times get tough, and they often will, focusing on what you love about wrestling will help sustain you.

Exercise: List of all the things you enjoy/love/like about wrestling. Think of why you got into the sport in the first place. Don't include winning because you can win at any sport. List things specific to wrestling that you like. Make this as specific and detailed as possible.

Things I love about Wrestling:

Practice/Workouts	Dual Meets/Matches	Tournaments

Bible Quote: Col 3:23

Objective: to begin the MINDSET PLAN OF LIFE for success

To maximize success, Mindset Training must become a part of your life- just like brushing your teeth or taking a shower- you do it every day, often multiple times. Mindset, like strength, conditioning, and technique is an ongoing process of improvement. Your Mindset Plan of Life is broken down into your daily plan and weekly plan. Print out the next page and hang it up somewhere you will regularly see it like your bedroom.

Exercise: Print the next page & Hang it up in your room

DAILY MINDSET PLAN

1. Mindset Principles (out loud, in mirror)
2. Daily Lesson Assignment
3. Call Success Hotline: 973-743-4690
4. Daily Mindset Text
5. Nightly Examination

1. MINDSET PRINCIPLES

1. I AM THANKFUL FOR THE OPPORTUNITY TO WRESTLE
2. I AM AGGRESSIVE & RELENTLESS
3. I HAVE NO FEAR OF LOSING OR MAKING MISTAKES
4. I NEVER EVER GIVE UP

2. DAILY LESSON ASSIGNMENT

Self-Knowledge	Daily Mindset Plan only
Goal Setting	Tell at least 1 person your goal
Mental Toughness	Courage of the Day (see lesson 1)
Motivation	Watch 1 Motivational video/movie/Youtube
Present Moment	Take 3 deep breaths before every workout/practice
Relaxing Under Pressure	Visualize overcoming adversity before & during matches/tourneys (5 mins.)
Confidence	Say your goal, in the mirror, like you achieved it: "I am..."
Clarity	Visualize/Watch video: hitting your #1 move neutral, top, & bottom (5 mins.)
Aggressiveness	Write down the name of your wrestling Alter-Ego (post it somewhere)
Sleep	5 minutes of deep breathing before sleep
Recovering From Injury	Tell at least 1 person why this injury is the best thing for you

3. SUCCESS HOTLINE

973-743-4690 (store in your cell phone)

4. DAILY MINDSET TEXT

Text Mindset1 to 84576 to subscribe

5. NIGHTLY EXAMINATION (Use a notebook for journaling)

1. Write the date AND:
 - (a) 3 ways you improved today
 - (b) 1 thing you could've done better
 - (c) 3 things you're thankful for
 - (d) Resolution for tomorrow

WEEKLY MINDSET PLAN

1. Get your 1-1 phone session in
2. Review your most recent Wrestling Mindset Worksheet (10 mins.)
3. Scan through other Wrestling Mindset Worksheets (10 mins.)
4. Watch 1 Wrestling Mindset Youtube video from the "Championship Video" playlist
<https://www.youtube.com/playlist?list=PLYDwIO0Zcz0Flx-h8ITfJLX7tvSwDBxZ7>
5. Go through full pre-match routine [after you learn this] (15 mins.)

Objective: to develop a plan to relax at tournaments and matches to conserve energy

Energy levels occur in peaks and valleys. After your intensity level reaches a peak, a valley will follow. Your intensity level should not be on high throughout the course of a long competition or tournament. It is important to conserve energy throughout the day so you can put full effort into your performance. Do not shy away from a hard warm-up and all-out effort in a match, but you must know when you can recharge your battery.

Exercise: You will make a list of opportunities to relax and recharge your battery during competition. Remember the importance of a good sense of humor.

Ways I will relax at & before tournaments:	(i.e. Don't watch too much wrestling, get out of arena when you can, listen to funny songs/watch funny youtube videos between rounds, play cards with friends between rounds, sleep)
Ways I will relax at & before dual meets:	(i.e. Keep the mood light/loose/relaxed, don't watch too much wrestling, emotionally detach yourself from the teammates/score/dual meet hype)
Ways I will relax the day of competitions:	(i.e. keep the mood light, stay loose/stretch throughout the day, joke more with friends, pay more attention in school)
Ways I will relax during the match:	(i.e. Deep breath during breaks in the action, shake body loose between periods)

Bible Quote: Jer 1:4-19

Objective: To determine your best moves for swift decisive action while wrestling

It is hard to be successful without knowledge of what you are trying to do in each position. Wrestlers are usually at their best when they are aggressive. You cannot be aggressive and do just anything. You must be aggressive looking for YOUR best moves.

NEUTRAL- POWER OFFENSE Best 3 Takedowns

	Shot	Set-Up	Finish
1.			
2.			
3.			

Bible Quote: Mk 16:16, Jn 3:16

NEUTRAL- CLEARING TIES (It's YOUR tie or NO tie)

Opponents Tie-Up	Your answer
Collar Tie	
Blocks out (with thumbs)	
Underhook	
Russian/2 on 1	
Grabs your wrist(s)	
Overhook	

NEUTRAL – COUNTER OFFENSE (not viewed as defense; looking to score)

Opponents Moves	Your answer
Sweep Single	
Double Leg	
High Crotch	
Low Single Leg	
High Single (medium)	
High Single (high)	
Front Headlock (opponent's hold)	

Front Headlock (your hold)	Your answer
Opponent Standing	
Opponent on Knees	

Funk/Leg Pass Strategy:

TOP – POWER OFFENSE

1st MOVE: _____

Best 3 Moves

	Set-Up	Move	Finish
1.			
2.			
3.			

TOP - COUNTER OFFENSE

Opponents Moves	Your answer
Stand-Up	
Quad Pod	
Sit-Out	
Granby Roll	
Switch/Change Over	
Knee Slide	

MAT RETURN: _____

BOTTOM - POWER OFFENSE

1st MOVE: _____

Other 2 Moves: _____

2. _____

3. _____

BOTTOM – COUNTER OFFENSE

Opponents Moves	Your answer
Chop Arm	
Spiral	
Ankle Ride	
Legs-in	
Crab ride (regular)	
High Half Crab Ride	
Broken Down Flat	
One-on-One	
Two-on-One	
Cross Wrist	
Bar Arm	
Claw	

Go through everything, circle your 3 biggest areas to improve & review with coach

PARENTS pt.1

Objective: To determine your perception of your parents and promote open communication

Which parent is more involved/interested in your athletic career? (think most about this parent)

Take some time ALONE to fill out the questionnaire (be as honest as you can)

Your Parent(s):

	YES	NO
1. It's difficult to meet their expectations of me		
2. They always expect me to win/do well		
3. They expect me to be the best at just about everything		
4. Their standards for me are higher than my own		
5. They get mad/disappointed when I am less than perfect		
6. They have a problem with me when I make mistakes		

Answering yes to ANY of these questions puts you at risk to perform less than your best. A child's perception of high parental critique and expectations has been shown by research to be related to greater anxiety and less confidence before competition.

Your assignment is to review this questionnaire with your parent(s). This is not an easy thing to do, but open communication about this topic is crucial for competing with a clear mind, and peace of mind in general.

Note to parents:

It is assumed that everyone has good intentions for the child/athlete. This is meant to be educational and enlightening, not frustrating or degrading to you or the athlete.

These yes/no answers do not have as much to do with reality as they do your child's perception of reality. Their perception of reality is, in essence, their mindset. Their mindset will not change if their perception of reality does not change.

Together with your child, it is important to have open communication about these issues. Understanding, care, self-knowledge, reflection, honesty, and admitting when you are wrong is important for both parties to improve.

PARENTS pt.2

1. What my parents do that helps me mentally:

2. What my parents do that inadvertently hurts me mentally:

3. How would I prefer my parents to critique me:

- (a) Directly- say it like it is, you don't need to sugar coat it
- (b) A little bit more positively – I'm a little sensitive to criticism
- (c) Very positively- I'm very sensitive to criticism
- (d) Lay off completely- Less is better

4. How would I prefer my parents to treat me before a match/during a tournament:

- (a) Fire me up- Get me mad, yell, face slap, etc.
- (b) Keep me calm & relaxed
- (c) Joke around/talk about things other than wrestling
- (d) Give me wrestling related/technical advice
- (e) Lay off completely- Less is better

5. How would I prefer my parents to deal with me after a match:

- (a) Tell it like it is, give corrective feedback immediately
- (b) Keep it positive, give corrective feedback later
- (c) Lay off completely, give corrective feedback later

PARENTS pt.3

1. Do you think anything will change in the future? Why or Why not?:

Remember, you can only change yourself. This assignment was designed to promote enlightenment and honest communication between the athlete and their parent(s). Although your parent may (or may not be) more self-aware of their impact on you the athlete, never expect them to change. Always put the responsibility on yourself.

2. If things remain the same, which in all probability they will, how will you deal more effectively with your parent(s)?:

COACHES pt.1

Objective: To determine your perception of your coaches and promote open communication

Which coach is most involved/interested in your athletic career? (think most about this coach)

Take some time ALONE to fill out the questionnaire (be as honest as you can)

Your Coach(es)

	YES	NO
1. It's difficult to meet their expectations of me		
2. They always expect me to win/do well		
3. They expect me to be the best at just about everything		
4. Their standards for me are higher than my own		
5. They get mad/disappointed when I am less than perfect		
6. They have a problem with me when I make mistakes		

Answering yes to ANY of these questions puts you at risk to perform less than your best. The best athletes trust their coaches, while simultaneously remaining unafraid of letting them down. Many athletes underachieve because of a poor relationship and understanding with their coach(es).

Your assignment is to review this questionnaire with your coach(es). This is not an easy thing to do, but open communication about this topic is crucial for competing with a clear mind, and peace of mind in general.

Note to coaches:

It is assumed that everyone has good intentions for the athlete. This is meant to be educational and enlightening, not frustrating or degrading to you or the athlete.

These yes/no answers do not have as much to do with reality as they do your athlete's perception of reality. Their perception of reality is, in essence, their mindset. Their mindset will not change if their perception of reality does not change.

Together with your athlete, it is important to have open communication about these issues. Understanding, care, self-knowledge, reflection, honesty, and admitting when you are wrong is important for both parties to improve

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2. If things remain the same, which in all probability they will, how will you deal more effectively with your coach(es)?:

Bible Quote: Mt 18:15-17, Gal 6:1



WRESTLING MINDSET CHECKLIST

Goal Setting

1. Do I have a clear goal written down?

☐ Yes ☐ No

2. Do I have a clear & specific action plan to improve in each area (Technique, Mindset, Nutrition, & Strength/Conditioning) that is written down?

☐ Yes ☐ No

3. Do I take personal responsibility for my mistakes & weaknesses (or do I blame others)?

☐ Yes ☐ No

Mental Toughness

4. Do I believe I am the most mentally tough person I have ever met? (Who is? What would you have to do to catch up?)

☐ Yes ☐ No

5. Do I ever worry about getting tired in matches?

☐ Yes ☐ No

6. Do I clearly know my core beliefs about myself and the world i.e. Faith, values, morals, personal standards, and boundaries for my behavior (outside of wrestling including religion/spirituality and views towards drinking, vaping, smoking, dipping, partying, dating, etc)?

☐ Yes ☐ No



Motivation

7. Can I name the things that motivate/inspire me?

☐ Yes ☐ No

8. Do I know the thoughts before a match that bring out my best performances?

☐ Yes ☐ No

9. Am I good at reminding myself why I love wrestling (other than winning) during difficult times in the season?

☐ Yes ☐ No

Present Moment

10. Do I avoid reading/looking at papers, forums, rankings, box scores, Facebook/Instagram and Twitter related to my sport during the season?

☐ Yes ☐ No

11. Do I easily block out distractions (i.e. bad calls, parents, crowd, opponent, getting scored on)?

☐ Yes ☐ No

12. Do I forgive myself and accept my mistakes?

☐ Yes ☐ No

Relaxing under Pressure

13. Do I feel great, energized, & awake before I step on the mat (as opposed to nervous, stressed or tired)?

☐ Yes ☐ No

14. Do I fall asleep without trouble the night before competitions?

☐ Yes ☐ No

15. Do I sometimes get tired early in the match or after the first scramble?

☐ Yes ☐ No

Confidence

16. If I had to put my savings on it, do I believe I will accomplish my goal? (What makes you hesitate?)

☐ Yes ☐ No

17. Do I believe I can hit my best moves on anyone I wrestle?

☐ Yes ☐ No

18. Do I always go after moves in matches (or do I sometimes hesitate and wrestle a little too cautiously and conservatively)?

☐ Yes ☐ No

Clarity

19. Can I name my #1 moves: #1 takedown, #1 turn on top, #1 breakdown, #1 move on bottom?

☐ Yes ☐ No

20. Can I name my “Go-To” moves in all common situations (front headlock situation, mat return situation, clearing all opponent’s tie-ups in neutral, leg defense, funk situation, finishing takedowns, destroying the quad pod, etc.)?

☐ Yes ☐ No

21. When I compete, do I focus only on scoring points and improving whatever position I am in (or do I think about the score, the time, outcome, etc.)?

☐ Yes ☐ No

Aggressiveness

22. In matches/practice, can I say that I am never too nice or feel sorry for my opponents?

☐ Yes ☐ No

23. Do I always take the first shot in matches?

☐ Yes ☐ No

24. Are the large majority of my wins by bonus points?

☐ Yes ☐ No

Priority Order

(What you need to work on most, based on least Yes' & your judgment)

1.

2.

3.

4.

5.

6.

7.

8.

Bible Quote: Rm 12:2, 1Tm 4:8, Pv 9:9-12 (correct your mind)

Objective: to set a long-term goal and determine your purpose for wrestling

Begin with the end in mind. Get clear on your ultimate goal in the sport. Think long-term wrestling career and be specific. Remember, if people aren't laughing at your dreams, they are not big enough. Just be ready to back it up.

Exercise 1: List your long term goal(s) in wrestling. [Strong examples include: State Qualifier, College Scholarship, State Champ, NCAA Champ, Olympic Champ. Weak examples would be: Get good, Win, Start on the Team]

Long-Term Goal:

Wrestling	School	Life

More important than the goal is understanding clearly why you are wrestling and why you are pursuing this big goal. It helps to have a reason greater than reality for when times get tough. Here is where you define your personal reason for doing what you do. High achievers don't just have a goal, they have a purpose.

Exercise 2: List your purpose for wrestling. [Strong examples would be: To glorify God through my career; To set myself apart from everyone else; To challenge myself and push myself to new limits each day; to be the very best. Weak examples would be: To be part of a team, To Win, To Work Hard]

My Purpose:

Wrestling	School	Life

Next, you will create a “Bucket List” – many things you would like to accomplish in your life (before you kick the bucket). This is important for you to keep things in perspective and realize there is more to life outside of sports. (examples could include: learning a language, meeting the president,

Bucket List:

Bible Quote: Lk 12:34

Objective: to set short-term goals and sign a contract to add magnitude

Exercise 1: Set two short-term goals- something you're trying to accomplish in the next 1-3 years. These goals will motivate you on a regular basis because they will occur in the near future.

6 month goal:

Wrestling	School	Life

1 year goal:

Wrestling	School	Life

Signature _____

_____ Date

When you see this reminder on your body or in your pocket you will remember to stay focused on your goal on and off the mat. It will raise your awareness and act as a compass when you are making decisions (will this option bring you closer or further away from your goal?).

Exercise 2: You will now carry a reminder of your goal on you at all times to remind you on a daily basis of the goal you have committed to here. Strong examples are: Wristband, Necklace, Written Paper in your pocket

Reminder that you will keep on you at all times:

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Bible Quote: Ps 144

Objective: to create an Action Plan to focus on process goals

Goal Setting weeks 1 & 2 cover Outcome Goals. Outcome Goals are excellent for beginners to focus much of their energy on. With experienced/advanced athletes, excessive focus on Outcome Goals often adds much unneeded pressure. Experienced athletes have usually already internalized the desire to win.

For an experienced athlete, we recommend focusing 90% of the time on your Process Goals: Your Action Plan. Process Goals (Action Plan) are directly under your control. Even beginner athletes do well to focus a majority of their energy on their Action Plan. You cannot control outcomes (winning and losing) directly. You control outcomes only indirectly by shifting your focus to your Action Plan. This Action Plan includes all areas of wrestling- Technique, Strength, Conditioning, Nutrition, Mindset, Rest/Recovery, etc. Remember to focus on your strengths (make them freaky) and your areas of improvement (we don't call them weaknesses). What will be the exact actions you will take on a regular basis? The Action Plan will be your primary focus.

One important caveat- the only times we want to shift our focus to our Outcome Goals (winning/losing) is when we need the extra kick of motivation i.e. When you are feeling Tired, Bored, Lazy, Tempted to do the wrong things, or feeling Peer Pressured. At these times, thinking about your Outcome Goals will be helpful. Outside of these times, keep focused on your Process Goals/Action Plan.

NOTE: ANYTIME YOUR SCHEDULE CHANGES, SO TOO MUST YOUR ACTION PLAN
(i.e. The Season, when the season ends, summer break, school begins)

Exercise: Create an Action Plan that contains daily/weekly steps you'll take toward your goal.

Technique

Mindset

Strength

Tendons

Plyometrics

Flexibility

Conditioning

Nutrition

Sleep

Rest/Recovery

Bible Quote: Eph 6:11-19

Objective: to develop an accountability system for completing your Action Plan

Get good at holding yourself accountable to your action plan. Successful people are good at policing themselves. They use unnecessary pastimes and hobbies for this i.e. Television, video games, phone games, hanging out with friends, Facebook, Youtube, etc. If they do not complete their action plan on a certain day, they don't allow themselves to partake in their hobby. It is time to set up a personal accountability system filled with rewards and punishments. This will teach priorities and the concept of, "get your work in first and then go play."

Avoid using food as a reward/punishment. We want to minimize the emotion-food link

Exercise: Develop rewards & punishments for complying with your Action Plan.

If I complete my Action Plan, I will allow myself to:

If I do not complete my Action Plan, I will not partake in:

Bible Quote: Pv 4:23

Objective: to remind yourself of your goal on a regular basis

Successful people frequently read and write their Short-Term Goal (1-3 years). You want to be at the point where you can proudly say your high goal in front of anyone without flinching or laughing. Get in the habit of looking people in the eyes and having a straight face when you talk about your goals, accomplishments, and personal strengths. The point is to feel deep down that you are worthy of your goal.

Exercise 1: You will post your goal in 5 places you will see every day.

5 places you will post your goal:

The left side of your brain is responsible for conscious, analytical, rational thought. It responds to words. The left side of your brain has a great impact on your choices and decisions. The right side of your brain is responsible for feelings, emotions, and creativity. It responds to pictures and images. The right side of your brain has a great impact on your performance. Drawing a picture of yourself achieving your goal feeds the right side of your brain, which impacts your performance.

Exercise 2: You will draw a picture of yourself accomplishing your goal.

Draw picture on the back of this page

You are most likely to lie to yourself. When you tell others your goals, it reinforced your commitment, adds accountability, and shows confidence. Great athletes tell other people what they are looking to accomplish before they do it. (Note- this public declaration of your goal is done for YOU, not to send a message to other people. This is not about arrogance, it is about taking a stance for what you believe in.

Exercise 3: You will make your goal public through facebook or twitter.

When and where will you make your goal public:

Bible Quote: Hab 2:3, Jer 29:11

Objective: to build mental toughness by stepping outside your comfort zone each day for a month

Today begins your 30-day Mental Toughness challenge. You prove to yourself that you are mentally tough by constantly stepping outside comfort zone. You must learn to deal with or ignore nervousness & fear. Most people turn around when they approach the limits of their comfort zone. You want to get in the habit of pushing through and breaking through regularly. Best Examples: Challenge someone to some wrestling related competitive scenario. This to be a voluntary thing that YOU bring up; NOT something your coach makes you do. You want to be going out of your way to create competitive situations regularly, so it will be no big deal when you are in matches (it's something you do every day). You get good at competing by practicing competing.

Exercise: Each day do 1 thing that pushes you outside your comfort zone, preferably on the mat. This could come in the form of an abnormally difficult workout, challenging someone to takedowns or overtime ride-out scenarios, volunteering to help demonstrate moves. If you are not on the mat do something that pushes you outside your comfort zone in life. When you get that nervous feeling in the pit of your stomach, you know this would be a good, "COURAGE OF THE DAY."

Include a Courage of the Day each day this month in this calendar:

Bible Quote: Rom 8:38-39

Objective: to establish toughness through faith & setting boundaries of behavior

A common thread that runs through tough people is strong faith. There will come a time when you feel at your lowest and you feel like quitting. When you feel like everything is crashing down on you and there is nothing left inside, your faith will sustain you. Faith keeps things in perspective, gives you a sense of purpose, and increases satisfaction in life. It is time to get back to your roots and your beliefs about yourself and the world.

Exercise 1: List your beliefs. Include spirituality/religion and your deep down philosophies about you, the world, and your sport. Successful people know what they stand for. They don't follow the crowd, they stay true to their principles.

List your beliefs on the back of this paper

Exercise 2: List regular actions you will take to reaffirm your faith. Strong examples would be: visiting your house of worship once a week, pray each night, meditate daily, etc.)

Your actions to reaffirm your faith:

Exercise 3: You will list your boundaries of behavior

Partying	
Drinking/Alcohol	
Tobacco/Dipping Smoking/Drugs	
Dating/ Friendships	
Staying up Late	

Exercise 4: You will write your biggest distractions and barriers to living a clean life (i.e. Dating, Alcohol, Tobacco, Vaping, Late Nights, Parties, Locations, Environments, People)

Distractions/Barriers:

Exercise 5: You will write concrete ways to improve your biggest distractions/barriers:

Your improvements:

Bible Quote: Ez 10:4, Mt 16:24

Objective: to improve mental toughness with an Accountability Buddy

Who is your biggest opponent? Yourself

And, is there anything you are doing that is holding yourself back? Yes, we all are.

The person we are most likely to lie to is ourselves. By lying to ourselves, we become trapped in the jail of our own mind. As social creatures, we benefit from one another. An Accountability Buddy is a virtuous friend who has your best intentions at heart. You want to be very open and honest with your Accountability Buddy about areas you struggle with, and resolutions and commitments you are making to improve. It is important to check in with your Accountability Buddy at least once a week. Look at the success Alcoholics Anonymous has had with the Sponsor concept. This is very similar to the Accountability Buddy.

First and foremost, we must take a moment to be honest with ourselves about areas we struggle with. The last worksheet Mental Toughness Week 2 was an excellent starting point. We will build upon that information this week with greater specificity.

Exercise 1: Who is your Accountability Buddy:

Exercise 2: Regular time you will check in with your Accountability Buddy:

If we want to succeed in wrestling, school, and life we must do a thorough conscience examination on ways we hold ourselves back and good resolutions to improve these areas. As humans, we are composite beings, made up of Spirit, Mind, and Body. If you are messing up in one area, it will likely carry over to another area. We need to get our house in order. We need to clean up our mess (within).

Pv. 9:8

Examen for Wrestling:

How is my effort, attitude, & aggressiveness? Do I have great body language when I compete? Do I like wrestling? Do I practice the way I want to compete? Am I working on techniques/areas I struggle with? Am I coachable/open to critique & criticism? How can I eat healthier? How can I get 8 hours of sleep? How can I be more consistent with practice/lifting/cardio? Do I complete my Mindset Plan of Life: Daily & Weekly? Do I take time to improve my flexibility/stretching? Do I work on plyometrics/explosive power training? Do I take enough chances? Do I ask coaches technique questions? Is there anything else?

Examen for School:

How is my effort, attitude, & aggressiveness? Are there any subjects I struggle with that I could use extra help/tutor/writing center? Can I study longer/better quality? Can I spend more time on homework? Do I attend all classes? What concrete steps am I taking towards college/grad school/career? Do I understand the importance of learning? Do I sit in the front row? Am I a class clown/can I take class more seriously/talk with friends less? Do I ask questions in class? Do I go in for extra help? Do I know how I study best? Am I taking good notes during class? Do I go out of my way to show the teacher I care? Do I use my phone during class? Is there anything else?

Examen for Life:

How is my effort, attitude, & aggressiveness? Do I smoke, drink, dip/tobacco, party in a negative way? Am I in a bad relationship? Do I waste too much time with video games/social media/TV? Am I living my faith/morals? In what ways/areas am I selfish, lazy, jealous, lustful, prideful or judgmental? Do I use bad language/dirty jokes? How do I treat other people? Am I reckless? Am I disorganized? Do I take stock in my appearance, but not go overboard? Do I feed my mind with negative or immoral music, movies, pornography, images, websites, social media? Do I surround myself with a bad crowd? Do I always need to be right? Do I frequently go to negative or immoral environments? Am I wasteful? Am I consumed with myself? Do I procrastinate? Do I take myself too seriously or not seriously enough? Am I perfectionistic? Do I complain frequently? Do I hold grudges? Do I take care of the environment? Do I cheat or steal? Do I lie frequently to make myself look good? Do I gossip? Do I manipulate others to get my way? Do I get defensive? Do I pray? Do I attend my house of worship? Do I forgive others? Am I addicted to anything? Is there anything I should see a therapist for? In what ways do I waste money? Is there anything else?

Circle some of the areas you struggle with

Accountability Buddy Sheet (Keep one copy for yourself & give one copy to your buddy)

	Improvement area	Resolutions
Wrestling		
School		
Life		

Objective: to overcome the fear of fatigue in matches

Competition is tiring, it's to be expected. Fearing fatigue can be fatal. You need to believe in your training and in your never quit attitude before and during competition. You need confidence in your conditioning. Knowing you are physically prepared to deal with fatigue, gives you this confidence. "Doing extras" is a good way to prove to yourself you are prepared to go all out. The key is- while you do the extras, you must think about the doubts you feel before competition. While doing extra live or sprints think of your fear of fatigue. See yourself pushing through this fear. You must prove to yourself on a regular basis that you are comfortable with this uncomfortable feeling. When you do this, the fear begins to dissipate.

Exercise 1: You determine intensity, frequency, & duration of your extra workouts. Remember, the key during the extra workouts is to see yourself pushing through the fear of fatigue on a regular basis. See yourself destroying these fears.

Extra workouts:

During moments of extreme fatigue, it is important to have a focal point. Think of a mother giving birth. Your focal point could be a picture, word, phrase, etc. It better be something that you know helps you dig down deep in your heart, mind, and soul. You must practice pressing this button and responding with determination on a regular basis.

Exercise 2: Determine your focal point [strong examples: religious image, Muhammad Ali quote, getting your hand raised, visualizing standing on the word fatigue with your hands up in victory, etc.

Your focal point in the moment of fatigue:

Bible Quote: Pv 24:10

Objective: to develop mental toughness by remembering & creating extreme life events

You are already more mentally tough than you give yourself credit for. We all have had times in our life where we go through adversity, difficulty, hardship, and challenge. It is very important you remember the difficult times that you have already gone through when facing a new difficulty. If you got through something hard, you can do it again.

Exercise 1: You will list hardships/difficulties you have already overcome in your life.

Hardships overcome:

Exercise 2: A very intense, borderline crazy challenge/workout/competition/event can give you a psychological edge over fatigue. (i.e. A marathon, 1,000 pushups in an hour, 24 hour workout, intensive camp, etc.) Determine a some crazy workout or challenge you will do. Again, it is important when you do this, you must think about this fear of fatigue and see yourself destroying this fear.

Challenge:

Bible Quote: Rom 5:4

Objective: to overcome the fear of fatigue in matches

Competition is tiring, it's to be expected. Fearing fatigue can be fatal. You need to believe in your training and in your never quit attitude before and during competition. You need confidence in your conditioning. Knowing you are psychologically prepared to deal with fatigue, gives you this confidence. When you search your memory bank, you must be able to easily recall overcoming fatigue and succeeding. Think about overtimes, double overtimes, 3rd periods, & grueling practices.

Exercise 1: Write down past competitions/experiences where you were able to push through fatigue in the different positions of the sport.

Neutral		
Top		
Bottom		

Bible Quote: Is 40:28-31

Objective: to determine tough role models and use anchoring to remind you of them

Exercise 1: Write down people you consider mentally tough.

Mentally tough/Motivated people:

Wrestling	School

Exercise 2: If you want to be tough, you want to surround yourself with tough people. Post their picture on your computer, locker, or bedroom. Watch youtube and flowrestling videos on them regularly.

Where will you post their pictures:

--

What videos will you regularly watch of Tough Role Models and when will you watch them:

--

Exercise 3: Determine a physical gesture (or Anchor) that will remind you of these people. My example was the "Brands Mat Slap." Use whatever works for you. Remember to pair the Anchor and these lists regularly

Anchor you will use to remind you of these lists:

--

Bible Quote: Mt 5:48

Objective: to build toughness by taking responsibility for your excuses

It is important you take responsibility for yourself, your thoughts, and your behaviors. Begin by being brutally honest with yourself. We all make excuses for ourselves sometimes. We blame other people, our circumstances, and the world for our shortcomings. We want to take control of our excuses so they don't control of us.

Exercise: List your most frequently used excuses related to wrestling. You may need to ask teammates, parents, & coaches to better understand what you do. Then write a sentence starting with: I take personal responsibility for [the subject you often make excuses about]. Repeat each responsibility statement 10 times each day this week.

Wrestling:

Excuse	I take personal responsibility for:

School:

Excuse	I take personal responsibility for:

Bible Quote: Rom 1:18-20, Mt 10:33

Objective: to determine your personal buttons & when you will push them for motivation

Everybody has buttons. We all have certain things that make us happy, sad, angry, motivated, etc. From our unique personalities and life experiences, we have built in buttons. To use personal motivation to the max, you must (1) know your motivation buttons (2) know when you will need to press your motivation button (3) press your motivation button when you need it. Think of a time you felt motivated. What was it specifically that sparked this emotion? Competition? Success? Failure? A movie? A song? A quote? A thought? A phrase? A person? A goal?

Exercise 1: Write out all of your motivation buttons.

My Motivational Buttons Are: (List Below)

Exercise 2: List situations you'll press your motivation button

Situations you will press your motivation button:

(strong examples: during conditioning; before doing extra workouts; when you're feeling tired, lazy, or bored; when you are hungry; when getting an urge to snack)

Bible Quote: Mt 6:22

Objective: to understand human motives and develop strong mental links

The root word in Motivation is Motive. When you boil it all down, the two basic human motives are FEAR OF PAIN and DESIRE FOR PLEASURE. Every decision you make and every action you take stems from these two motives. To succeed, you want to be sure you have pain and pleasure working for you and not against you. Step 1 is understanding the current payoffs (pain & pleasure links) you are getting out of your old, unproductive behaviors.

Make lists of useful links that will help you be successful. Imagine you were a blank slate. What links would insert into your mind to help you succeed?

Old, Unproductive Mental Links (Bad Habits or Undesired Tasks)

Habit/Task	Old Pain Links	Old Pleasure Links
Example -Not Lifting Legs (Squats)	-I get sore -Takes too much time -Its not important	-my legs feel fine -I have more time when I don't do it -I am focusing on other things
1.		
2.		
3.		
4.		

NEW, Productive Mental Links

NEW Habit/Task	NEW Pain Links	NEW Pleasure Links
Example -Lifting Legs (Squats)	-Weak legs if I don't do it -Less power on my shots -fall short of My Goals	-I'll be STRONG where it counts -WRESTLING MUSCLE! -Its only 2x a week, no big deal
1.		
2.		
3.		
4.		

Bible Quote: Pv 23:7

Objective: to view success and failure differently and more productively

The most successful people hate to lose/make mistakes, but they do not let this attitude stop them from trying. Successful people are willing to “put it on the line” and take more chances and calculated risks than the rest of the population. In many ways, they view success and failure differently. A major part of your success will be seeing success and failure from a different perspective than the masses.

Exercise: You will write down a new definition of success & failure.

(Examples: My **SUCCESS** Definition: Never Quitting, Living My Values, Being Aggressive, Going for it. My **FAILURE** Definition: Play it safe, Not living my values.)

New SUCCESS definition:

New FAILURE definition:

Your attitude on making mistakes is also crucial to your success. If mistakes are “bad, awful, or terrible,” then you will not only avoid them, but also avoid any possible situation where they could occur. Since no one is perfect, this attitude could be crippling. If you view mistakes as “ok, normal, & part of the process,” you will learn a lot more, improve, and eventually succeed more.

Exercise 2: You will now redefine your view on mistakes:

New view on mistakes, losses, & errors:

Bible Quote: Romans 8

Objective: to prevent self-sabotaging/Fear of Success

What we do is determined by our conscious mind. How we perform is determined by our unconscious mind. Many athletes underperform because they, deep down, fear what consequences success may bring- increased pressure, greater expectations from others, attention, interviews, public ridicule/scrutiny, etc. These perceived consequences of success lead many very good athletes to have “approach-avoidance” to their goals. As they get closer to success, they “sabotage” themselves before their potential is reached. Self-sabotaging is a silent killer of goals. You must identify any hints of self-sabotaging in yourself and correct them. Note self-sabotaging also occurs when we feel that we aren’t confident (which we address in that series).

Exercise: You will identify any self-sabotaging thoughts and write new, empowering thoughts to correct them.

Self-Sabotaging Thoughts	New Empowering Thoughts
i.e. Greater expectations	I don't care what anyone thinks, I wrestle for myself!

Bible Quote: Mt. 6:21

Objective: to stay in the present moment by avoiding the "hype" & "fan mentality"

As an athlete, you cannot approach the sport as a fan. Fans get involved in "the hype" - the importance of the competition, streaks, wins, losses, box scores, slumps, records, predictions, rankings, and stories of individuals. Fans spend countless hours gathering information about their sport on television, listening to radio, reading articles on the internet, participating in forums, debates, gambling, etc. The "fan mentality" and "the hype" pull athletes far from the present moment.

Exercise: Identify "fan mentality" and "hype" that you engage in. Strong examples include: checking the rankings frequently, checking opponents box scores, reading the forum, spending excessive time looking at brackets and watching too many of your opponents matches. Writing down the fan mentality within yourself and hype you get involved in, will give you a good idea what you will avoid.

Fan mentality and hype you frequently engage in:

--

It is important to know how you will deal with circumstances when other people begin to talk about the hype in front of you. Sometimes you can walk away, but other times its right in your face.

Exercise 2: Identify people and situations that bring about the fan mentality and hype and how you will respond to seeing newspaper articles, interview questions, and people around you talking about records, rankings, and predictions in front of you.

Hype around you	How you'll respond

Bible Quote: Gal 1:10

Objective: to stay in the present moment by committing to wrestle for yourself

When you think about letting other people down, it becomes difficult to focus on the task at hand. Any sign of potential mistake or loss could cause your mind to drift away from productive actions for you to take in this present moment. Become honest with yourself and with anyone you are afraid of letting down. Often, this means our parents, families, coaches, teammates, & friends. The fear of letting other people down is a strong negative motivator. Fear of letting others down causes us to become afraid of going for moves, making more attempts, and taking chances. All these attitudes are necessary to compete at your best. Fear of letting others down also often causes us to engage in behaviors that make us “look good”, like running away from challenges and difficult competition, instead of behaviors that actually make us good.

Exercise 1: Write down the people you're afraid of letting down:

You will find wrestling and competition much more enjoyable if you compete for yourself, and not for the praise, recognition, or pity of others. Having more fun competing will translate to greater success.

Exercise 2: You will write a strong statement that you will wrestle for yourself and not out of fear of other's reactions or expectations. (A strong example would be, “I wrestle for myself! I don't give a crap what anyone thinks of me! I don't have to prove anything to anyone in this world. I compete for myself and because I love the sport. It's none of my business what other people think of me.”)

Your “wrestle for yourself” statement:

Bible Quote: 1Th 2:4

Objective: to stay in the present moment by practicing trusting while you wrestle

When we drill technique, we are often very critical and perfectionistic of ourselves. When we began wrestling or learn a new move, we have to consciously think a lot. The drawback to this, is that we train ourselves to think too much while we wrestle. Once a move is well learned, 70% of the time you drill it should be devoted to feel and fluidity. This is almost like sparring. Sometimes you don't do it perfectly, but that doesn't mean you start over, you keep going from where you are. It is difficult to trust yourself in competition if you do not work on trusting yourself in practice.

Exercise 1: You will determine when you will practice your technique for feel. Since there is often technical instruction from coaches in practice, it may only be possible to drill your moves in a trusting mindset part of the time in team practices. To reach 70% of your practice time on your "trusting" mindset, you will likely need to come in for extra practices dedicated almost entirely to trusting- feel, flow, and fluidity.

When and how will you practice trusting while you drill technique:

A physical cue can help remind you to have the trusting mindset while drilling during practice. Again, once you know the technique well, you want to spend the rest of time trusting in your technique, not being too critical or perfectionistic. In matches, moves are rarely picture perfect. The cue you use will snap you back into the trusting mindset when you begin thinking too much. This cue can be used in matches too to remind yourself to think less and stay more in the present moment and trust yourself.

Exercise 2: What physical cue will you use to remind yourself to trust while you drill?
Strong examples include- tape on a finger, a visible marking on your knee pad or shoes, etc.

Your trust cue:

Bible Quote: Pv 29:25

Objective: to learn how to eliminate distractions & stay in the moment with Deep Breathing

Eastern cultures developed Deep Breathing and meditation as a way to empty their minds, eliminate distractions, and feel rooted in the present moment. Taking control of your breath is the first step to taking control of your body and energy. Breathing is the basis of life. When you are engaged in Deep Breathing, you are not thinking of anything other than your breath. Unless there is a serious emergency, you are temporarily shutting down from the rest of the world. Here are the steps:

- Know that there is nothing in the world you need to do but relax
- Relaxation is your body's natural state, you don't try to relax, you allow yourself to relax
- Have an image or picture in your mind that reminds you to put yourself at ease
i.e. A rock at the bottom of the ocean as water moves around you but does not affect you, sitting in your happy place, fortress of solitude, etc.
- Get into a comfortable position- lying down, sitting, kneeling
- All breathing is deep and done in your abdomen. Your chest does not move.
- Breath in through your nose and out through your mouth
- Half smile on your face
- Place your hands in the same spot every time
- When thoughts pop into your head, don't judge them, don't panic. Accept everything and redirect your focus back to the air passing in and out of your lungs.
- Open your eyes
- Take at least 10 deep breaths in this manner every day

Exercise: You will come up with an image that puts you at ease.

Your relaxation image:



Bible Quote: Ps 23

Objective: to stay in the present by simplifying our thought process

Poor priorities, confusing freedom and addiction, and overthinking are all major blocks to living freely in the present moment.

If we are failing to live our ideal priority order currently, it is probably because we have a difficult time saying no to distraction/negative feelings, emotions, and/or tempting environments. We think that by living according to “whatever feels good” we are acting freely, but really, we are living as slaves who are addicted to our feelings/emotions and relationships. Truly free people can say no to others and themselves in favor of their priorities. Slaves and addicts cannot say no. DON'T confuse freedom and slavery.

Exercise 1: You will identify your Top 5 Priorities in order [i.e. 1. Faith, 2. Family, 3. Health, 4. School/Career, 5. Wrestling] then identify honestly your current priority order

	Ideal Priority Order	Current Priority Order
1.		
2.		
3.		
4.		
5.		

Exercise 2: Write 3 simple steps you can take to help yourself reprioritize your current priorities to your ideal priorities:

1.	
2.	
3.	

Many people are prone to Overthinking. This drains our energy that could be dedicated to productivity. Overthinking pulls us from the present moment into a world of what if's, second guessing, turning a situation over & over in our minds, buyer's remorse that seems to never end. We live in a very complex world and it is often not entirely obvious what we should do or think in any situation. It is very useful to have strategies that allow us to cut through all the complex information and arrive at fast & effective solutions. Strategies, often in the form of questions, help us make loads of information simpler. Firmly understanding our priorities is the first step. Asking effective questions is step two.

Exercise 3: You will adopt these effective strategies in complex situations or create your own

Complex Situations	Your Effective Question to Make Decisions Easier
Evaluating Your Thoughts (Is this a good thought I'm having)	Is this Predator or Prey thinking?
Making A Decision (What should I do?)	Does this reflect my priority list? Is this moving me closer or farther from my goals?
In A Difficult Situation (How do I cope with this?)	Is this a situation I am I willing to change? If not, how can I make the best of this situation?

Circle any of the effective questions that you think will work for you or write different thought strategies below in the blank spaces.

Bible Quote: Mt 7:24-27, Mt 22:37-40

Objective: to overcome negative thinking & complaining with positivity & gratitude

Negativity kills performance in every area of life. Excessive negativity & complaining is a primary contributor to stress, which can literally kill you (over time). As humans, we catch ourselves complaining on a regular basis. Complaining is easy to do and is usually lazy thinking. Instead of shutting our mind down, we want to wake it up. We wake up our minds being positive thinkers- specifically with an attitude of gratitude. The opposite of depression is not happiness, but thankfulness. When we are thankful for something, we are implicitly acknowledging that we have or will have something. You cannot be thankful for something you do not have or will not have. A great way to train yourself into being a positive thinker is to practice gratitude. When you catch yourself complaining about something, force yourself to name at least 3 positives/things your grateful for in that situation i.e. "It's a gloomy day outside." -> I'm thankful for my family, I'm thankful for my health, I'm going to get a lot of work done today so I can enjoy nice days in the future.

Exercise 1: You will write down your 3 biggest complaints and then name 3 positives/things you're thankful for in these situations.

Biggest Complaints	Positives (3)

Exercise 2: Fill the back of this page with everything you are thankful for.

Objective: to stay in the moment by changing our relationship to our thoughts

Many times, we get caught in the middle of a civil war in our brains when we “fight our thoughts.” The internal thought war is like a downward negative stress cycle often going like this- We have a negative thought, we fight it, the thought fights back, we fight back the thought that fought back, and the stress continues to escalate. A different way to approach our thinking is through mindfulness. We must understand that we all have automatic negative thoughts, doubts, and feelings of stress. It is very natural. Where we often go wrong, is we take our automatic thoughts (and ourselves in general) too seriously. We do not have to choose to take automatic thoughts negative. Automatic thoughts happen to everyone, we want to let them gently pass by us and dismiss them. We do this successfully with scary dreams and movies. We don’t take them too seriously. We get scared and then realize- “it was just a dream/movie.” We experience it, then dismiss it. This is why dreams and movies rarely bother us after the fact. We realize they are NOT reality. The same can be said about our automatic thoughts. In the same way, we can choose to dismiss our negative automatic thoughts after they are experienced.

Step 1: Notice your automatic thought

Step 2: Discern whether your thought is positive/helpful/predator OR negative/hurtful/prey

Step 3: Dismiss (gently & calmly) negative automatic thoughts like a bad movie/dream and direct your thoughts toward a positive thought/predator mindset

Our negative automatic thoughts are usually not random. We tend to have regular patterns that we run. In other words, we probably consistently have the same automatic thoughts. A sense of humor goes a long way in not taking ourselves and our negative automatic thoughts too seriously. Use humor to your advantage.

Exercise: Write negative automatic thoughts you often have & write how you will Notice, Discern, & Dismiss them to break the downward spiral.

Typical Automatic Negative Thought	What you’ll tell yourself to gently & calmly dismiss the thought (Remember to use your sense of humor)

Objective: to redefine feelings of nervousness

When we feel under threat, our sympathetic nervous system is activated. The sympathetic nervous system has also been described as “fight or flight” mode. Your brain is telling your body, “We need to run away or prepare for battle.” Adrenaline is produced to protect our body, which feels as if it is under threat. Our heart rate increases to improve lung action for breathing. Blood rushes to protect our vital organs, so our hands can become cold. Some athletes interpret these physical signs as fear, nerves, anxiety, or stress. It is important to remember that these interpretations are subjective/arbitrary labels of our response. Many of the best athletes have a much more effective label for these physical signs/emotions: motivated, energetic, spirited, adrenaline, mo-jo, extra strength, etc. Notice, the same exact feelings and physical signs are labeled differently. Mike Tyson’s trainer Cus D’ Amato used to say, “The hero and the coward feel the exact same emotions. The difference is how they act after experiencing the feelings.” Remember, you control the label you put on these feelings/physical signs. Why not interpret reality in your favor?

Exercise 1: You will write your current interpretation of the Sympathetic Nervous System (SNS) response and create a new, more effective/empowering interpretation

Current Interpretation of SNS	New Interpretation of SNS

Objective: to become relaxed in matches by making practice conditions as similar to matches as possible

A big reason wrestlers find it difficult to relax before and during competitions is that they view competition as something “special.” Remember that everything is important, but nothing is special. Often, when someone makes a particular match “special,” performance suffers. The idea is to make live wrestling- live wrestling. You do not want your mind to distinguish practice and matches. There should be no “big” or “small” matches. It is all live wrestling. One way to keep live wrestling as consistent as possible is to create similar circumstances. If you must wrestle live in matches with a singlet and headgear, then do the same in practice. Have a friend or coach referee and time a match with your practice partner after practice. Make conditions in practice as similar to a match as possible.

Also, make match conditions similar to practice conditions. You can do this by doing some hard drilling or hand fighting shortly before a match. Think about it, in practice you drill for a long time before you go live. Before you wrestle matches, there is often a lot of bouncing around without any human contact for a long time. This is completely unlike a practice.

Exercise: You will make practices similar to matches and you will make matches similar to practice.

Ways you'll make practice similar to a match	How you'll make matches similar to practice

Bible Quote: Mt 6:25-34

Objective: to identify factors that add pressure to you while you wrestle and how you will deal with them

There are probably several people and situations add pressure to you. It is important you are honest with yourself. Then you create a plan how to deal with these factors effectively; these are your coping strategies. Remember that a good sense of humor will go a long way in helping you relax.

Exercise: You will identify 3 factors (situations or people) that add pressure to you and coping strategies (how you will effectively handle the situation). Think parents, coaches, teammates, community, environment, & self. Be specific. Anytime you find a situation, person, or circumstance that adds pressure, return to this exercise and do the same analysis.

Example:

Pressure Factor: [thinking before a match]: My dad will be mad and critique me if I make mistakes or lose.

Coping Strategy: I don't care what he says to me. I wrestle for myself. I'll listen to him and take what I can from his talk but I won't take it personally. I'm not going to wrestle this match in fear of hearing it after. (laughing to myself) he just doesn't get it.

Pressure Factor	Coping Strategy

Bible Quote: Mk 13:33-37

Objective: to overcome mental blocks of stereotyping & superstition

Many athletes set arbitrary limits on themselves. Athletes, like anyone else, are guilty of stereotyping. Stereotyping often leads to mental blocks which affect performance. It is important you are brutally honest with yourself or you may continue to give these opponents an unearned competitive edge. A great way to overcome stereotypes is by identifying counter examples.

Here are some examples of common stereotypes:

Their experience, build/body type, race, height, weight, age, shoes, socioeconomic background, school/club attended or countless other characteristics. Some of these are rooted in past experience, others are learned from hearing others.

Exercise 1: You will be honest with yourself and determine if there are any stereotypes that you hold that could lead to mental blocks. Then list counter examples of the stereotype that disproves them.

Stereotypes	Counter examples

Superstitions

Superstition is another way athletes develop mental blocks. Superstition could include equipment, irrational routine, compulsive actions or countless other things. There is a big difference between having a consistent warm-up/pre-match routine and believing everything has to be exactly a certain way every time before/during a match. The difference between the two lies in control- do you control it or does it control you?

Even though the superstition may “feel right,” you leave yourself open to feeling lost if you do not have it. Your superstitions could be interrupted by the world at any time, so you want to prove to yourself now that they do not control you.

Superstitions	Ways you will take control

Bible Quote: 1Sam 17

Objective: to reduce nervousness by facing the worst-case scenario head on

Fear can usually be reduced to the feeling that you will not be able to handle the outcome of a situation. By facing the worst-case scenario ("What's the worst that can happen?") you will realize that even this is not nearly as bad as it seems. Your job is to determine what you are most afraid of. What is the worst-case scenario? Letting yourself down, being laughed at, getting yelled at, being made fun of, failing to meet others' expectations, messing up, losing, being judged negatively by others, coming up just short- all of these, some of these, none of these?

Exercise 1: Take some time to write out the worst-case scenario in a match. Be detailed and specific. It is important to get it all out right here.

The worst that could happen:

Exercise 2: You will now write down how you would handle the worst case scenario, should it occur.

What you will do, think, and feel if the worst case scenario happens:

Bible Quote: Php: 4:6-13

Objective: to improve well-being through positive, empowering, rational Self-Talk

The words we use have a big impact on how we think (particularly in the left side of our brain). Words influence thoughts, thoughts influence behaviors, and behaviors influence our outcomes. Negative/Extreme/Irrational words & phrases cause us a great amount of stress, slow us down, and keep us trapped in the jail of our own minds. This list of common phrases and words will help you improve your words to ultimately improve your outcomes.

Exercise: Fill in how often you use these common phrases on the right side of the table.

Common Phrase	Better Word Choices	Rarely/Sometimes/Often
I Should, Have to, Need to, Ought to, Must (demanding/stressful words)	I Will, Want to, Choose to, Going to	
I'll Try/I'm Trying (cop out/excuse; fear of failure)	I Will, I'm Going to/for	
Lucky/Luckily, Fortunate/Fortunately (distracts us from gratitude)	Blessed/Thankfully	
I already know this... (excuse to blow off info)	How well do I apply this?	
Worry/Worried (we're not worried about anything, we want to focus on things)	Focus/Focused	
Always, Never, Everyone, No one, (extreme language is rarely rational)	Usually, Rarely, Often, Sometimes, Most people, Few people	
"Awfulizing" - terrible, awful, horrible, stinks, sucked (things aren't 100% bad)	Inconvenient, frustrating, undesirable, annoying, aggravating	
Perfect/Perfection (irrational outside of faith)	Master/mastery	
Negative Commands i.e. Don't Run, don't fall down (your unconscious hears subjects 1st)	Positive Commands i.e. Walk, stand firm	
Why Questions (Why me, why does this keep happening- stuck on problem)	How Questions (How can I improve, How can I change this)	
React(ing) [negative, like on medicine]	Respond(ing)	
I don't have enough time (it's not important enough for you)	I'll make time	
Can/could (technically a cop out)	Will/would	
Problem	Challenge	

Go through everything & circle your 3 biggest areas to improve & review with coach

Bible Quote: Mt 15:17-18

Objective: to improve well-being through recognizing our common mistakes in thinking

We make several predictable mistakes in our thinking. These predictable mistakes are called cognitive distortions. Cognitive Distortions cause us a great amount of stress, slow us down, and keep us trapped in the jail of our own minds. As we recognize these mistakes we make, we become much more clear, rational, and positive in our thinking.

Exercise: Fill in how often you fall into these common distortions on the right side of the table.

COGNITIVE DISTORTION	Explanation of Distortion	Rarely/Sometimes/Often
All or Nothing	Black & White Categories (outside of Faith/Morals/Facts) Ex. "Since it's not perfect, it's no good."	
Over Generalizing	Seeing 1 negative event as an enduring pattern Ex. Using extreme words like "always" or "never"	
Mental Filter	Dwelling largely on a single piece/few pieces of information Ex. "I'm small for an athlete so I won't do well"	
Jumping to Conclusions	Making negative interpretations that aren't supported by facts Ex. Assuming	
Mind Reading	Assuming negative outcomes, that aren't supported by facts Ex. "My Coach must hate me because he critiques me" (may or may not be true)	
Fortune Telling	Anticipating things will turn out bad, with little evidence Ex. "I won't be able to improve over time"	
Magnification	Making negatives a bigger deal than they are Ex. "I struggle in a certain position, so I'll never succeed"	
Minimization	Making positives a smaller deal than they are Ex. "I'm in great shape, but that doesn't mean much"	
Emotional Reasoning	Assuming our feelings reflect reality Ex. "I feel nervous, therefore I won't do well"	
Labeling	Name calling yourself & others Ex. "I messed up again- I stink"	
Fixed Mindset	Over-emphasis on talent & belief that things always remain the same Ex. "I'm not a natural, so I'll never be good."	

Go through everything & circle your 3 biggest areas to improve & review with coach

Objective: to develop a Confidence Anchor & focus on past successes to build confidence

We all have times where we feel confident. You will also be creating the feeling of confidence through mindset exercises. Either way, when you feel confident, you want to pair this feeling with a physical gesture or Confidence Anchor. The more times you pair the feeling of confidence with your Confidence Anchor, the stronger the link will become. Then at times when you want to feel confident, simply act out your Confidence Anchor.

Exercise 1: Create a Confidence Anchor (i.e. clap, leg slap, fist pump, jump, etc)

Your Confidence Anchor is: _____

Confidence has everything to do with the things that you focus on. If you focus on past failures you will have a hard time believing in yourself. You want to have past successes fresh in your mind all the time. You want to know deep down that you are good enough.

Exercise 2: Create a list of your past successes. Include big wins, great performances, good people you've beaten or even scored on in practice. Remember to use your Confidence Anchor after writing.

Wrestling (i.e. Tournaments won/good people you beat/scored on)	Physically	Life/School

Bible Quote: 1Sam 17:32-37

Everyone has qualities already inside themselves to be successful. Focusing only on your weaknesses will lead you to the conclusion to “I have a long way to go before being good” or “I stink.” To be confident, it is important to know your strengths, personal traits, and characteristics that will lead to success.

Exercise: List your personal strengths, moves you’re good at, and other good qualities that you have. Be sure to use your Confidence Anchor after going through your Personal Strengths.

Personal Strengths

Wrestling	Physically	Life/School

Bible Quote: Gen 1:27-28, 1Cor 12:4-11, 1Cor 13:1-13

Objective: to use other people's successes to build confidence

You get H.O.P.E Hearing Other People's Experiences and you remember to Hold On Possibilities Exist.

Exercise 1: List people similar to you who have accomplished (or come close to) your goal. People of the same town, height, body type, etc. This will help you remember that YOU CAN DO IT TOO! Remember to use your Confidence Anchor after this exercise.

People similar to you who accomplished your goal:

Success Models are highly successful people who use the same moves as you. They remind you that your technique is successful at the highest level. If they can execute on the best, it will work when you do it too.

Exercise 2: List your success models. Remember to use your Confidence Anchor after this exercise. Strong examples would be: Burroughs' Double Leg, Ed Ruth's Cradle, Cael Sanderson's Ankle Pick etc.

Success Models:

Bible Quote: Jn 16:33

Objective: to develop confidence through swagger and body language

Studies show that when we act confident, we feel more confident. Maybe you feel confident, maybe you don't. But, you can always ACT confidently. Fake it till you make it. Or better yet, fake it until you feel it. The more you practice it, the more you will feel it.

Exercise 1: Describe how you look, move, and carry yourself when you are at your most confident. If this is difficult, use other athletes who appear confident to you. Remember to get the confident feeling and use your Confidence Anchor.

What does confidence look like to you:

(Strong Examples: Head up, standing tall, brisk pace, speaking loud and clear, looking like Muhammad Ali, Bruce Lee, Usain Bolt, Kyle Dake/ David Taylor warmup for finals)

Exercise 2: Name the times you will need to behave confidently.

When will you behave confidently:

Exercise 3: Name the place and the time you will practice behaving confidently.

When and where will you practice behaving this way:

Bible Quote: 1Cor 6:19, Mt 5:13-16

Objective: to develop and use daily affirmations to boost confidence

Affirmations consciously program the unconscious mind. Look at them as mental reps. Think of some affirmations you can tell yourself every day. Try to have a mixture of general and specific. Be sure to include affirmations for wrestling and life.

Examples: I'm alert, I'm alive, I feel great; Nothing can stop me; I am strong; I got a lot of MO; etc.

Your daily personal affirmations:

Bible Quote: Jn 5:24, Jn 14:12-27

Objective: to build confidence through visualizing success

People have a tendency to repeat bad past experiences over and over in their minds.
Successful athletes visualize themselves succeeding regularly.

Exercise 1: Visualize yourself competing to the best of your ability and succeeding in a match each day this week for 10 minutes a day. Use all your senses and be sure to get that good feeling inside you. Remember to use your Confidence Anchor after each exercise.

Write a good time and place you will visualize success each day this week:

Exercise 2: Create a highlight video of yourself or watch a match you wrestled at or close to your best each day this week. Remember to use your Confidence Anchor after each exercise.

What video will you use:

Bible Quote: Mk 11:23-24

Objective: To build Confidence by building Competence

Competence breeds Confidence. When you know that you possess effective skills and strategies, your confidence will rise. You must prove to yourself you are competent in your skills. Remember that repetition is the mother of mastery. This is especially true for our #1 techniques on Neutral, Top, and Bottom. We better be Competent, at the very least, in our #1 techniques from each position.

Exercise: From each position, write down your best technique, set-up, and finish AND how many repetitions you commit to performing each week to build Competence in your #1 techniques.

	Technique (set-up, move, finish)	Number of Reps per Week
Neutral		
Top		
Bottom		

Note: 10,000 is a number to remember. In many instances, World Class Mastery tends to occur around this number. This would be something great to strive for.

Bible Quote: Mt 6:1-6

Objective: To build Confidence by knowing you deserve your goal

Deep confidence comes from knowing, deep down inside you that you deserve your goal. Just like a lawyer provides evidence to their case, you will provide evidence for your case- achieving your goal. Using all the other confidence worksheet information, make a list of the best reasons why you deserve your goal. Do not worry if you feel like you are far from achieving your goal. Make the best case for yourself. When you feel these reasons deep in your heart and mind, you will greatly improve your chances of achieving your goal!

Your Goal: _____

Reasons you deserve your goal:

Statement of why you deserve your goal:

Bible Quote: Mt 6:1-6

Objective: To understand the difference between Confidence and Cockiness

Many wrestlers are reluctant to be confident or act confidently because they are afraid they will be perceived as cocky/arrogant. When we hear the word confidence, we sometimes think of people we know who are cocky/arrogant. We begin to mentally link confidence with cockiness. This is a big mistake. They seem similar and at times, there can be a fine line, but when you really get down to it, they are worlds apart. Confidence and cockiness separate themselves from one another in several ways including humility (being humble), hearing about others successes, & receiving critiques/criticism.

Confidence is knowing you are capable of reaching your goals. Thinking “I can get the job done, I can do this, I am capable of success.” Here you are thinking about yourself. It is a predator mindset. With this mentality, you can still be humble. You can be highly confident and highly humble.

Cockiness/arrogance is the opposite. You cannot be humble because you are comparing yourself relative to other people. Thinking “I’m better than you, you’re no match for me.” You’re putting yourself above other people- it’s hierarchical. It’s also prey mindset.

Confident people are able to compliment others and hear other people receive compliments without becoming jealous or asking themselves “what about me?” Confident people do not experience negative emotions when they hear about other’s successes. Cocky people feel uneasy when others receive compliments and/or succeed.

Confident people are coachable because they can receive critiques/criticism without becoming defensive. Cocky people become defensive when they hear anything negative about themselves.

The idea is to know the distinction between confidence and cockiness so you can go hard with your confident beliefs and body language without any reserve or fear.

Exercise: You will write your distinctions between confidence and cockiness

Confidence	
Cockiness/Arrogance	

Bible Quote: Lk 18:9-14 (Humility)

Objective: to become mentally clear in the NEUTRAL position

Knowing your objective clearly greatly reduces nervousness. You do not want many different moves and techniques clouding your mind. Focus on only on your go-to moves. The rest will fall into place.

Exercise 1: You will write your 3 best takedowns in order. This is your focus in NEUTRAL.

1.
2.
3.

It is important to direct your attention using cue words or short phrases. The left side of your brain is responsible for thinking and analysis. It is influenced by words. Cue words and/or phrases help eliminate mental noise that may develop inside your head while competing. You want your left brain more or less silent. A word or phrase is the most you want going on. Be creative and use something that you can personally relate to. i.e. "Aggressive"

Exercise 2: You will write 1 word or phrase to direct your attention in NEUTRAL.

Your word or phrase:

--

The right side of your brain is responsible for feeling. It responds to images and music. The right brain is responsible for the flow state or being "in the zone." Choose an image or song that evokes the exact feeling you want to have on your feet. Be creative and use something that you can personally relate to. Add a physical gesture or Anchor to make this pairing stronger.

Exercise 3: You will write down a song or image that will allow you to feel your desired emotion on your feet. If possible, choose an image or song that corresponds with your word OR choose a word that goes along with your image or song. An example would be a Tiger paired with the word Attack & a quick squint as in Eye of the Tiger.

Your image or song AND Anchor:

--

Bible Quote: Dt 31:6

Objective: to become mentally clear in the BOTTOM position

Knowing your objective clearly greatly reduces nervousness. You do not want many different moves and techniques clouding your mind. Focus on only on your go-to moves. The rest will fall into place.

You will write your first move off the whistle. It is important to take this mini battle (fight for the first move) seriously. Going for a first move is almost entirely mental. You never want to wait and see what your opponent does. Your first move should be the same every time regardless of circumstances. This eliminates hesitation and indecision.

Exercise 1: You will write your first move on BOTTOM

Your first move on BOTTOM: _____

Exercise 2: You will write your 2 best escapes/reversals order. This is your focus on BOTTOM.

It is important to direct your attention using cue words or short phrases. The left side of your brain is responsible for thinking and analysis. It is influenced by words. Cue words and/or phrases help eliminate mental noise that may develop inside your head while competing. You want your left brain more or less silent. A word or phrase is the most you want going on. Be creative and use something that you can personally relate to. i.e. "Keep Moving"

Exercise 2: You will write 1 word or phrase to direct your attention on BOTTOM.

Your word or phrase: _____

The right side of your brain is responsible for feeling. It responds to images and music. The right brain is responsible for the flow state or being "in the zone." Choose an image or song that evokes the exact feeling you want to have on bottom. Be creative and use something that you can personally relate to.

Exercise 3: You will write down a song or image that will allow you to feel your desired emotion on BOTTOM. If possible, choose an image or song that corresponds with your word OR choose a word that goes along with your image or song. An example would be a Bull & the words Keep Moving & flare nostrils like a bull.

Your image or song AND Anchor: _____

Bible Quote: 2Ch 15:7

Objective: to become mentally clear in the TOP position

Knowing your objective clearly greatly reduces nervousness. You do not want many different moves and techniques clouding your mind. Focus on only on your go-to moves. The rest will fall into place.

You will write your first move off the whistle. It is important to take this mini battle (fight for the first move) seriously. Going for a first move is almost entirely mental. You never want to wait and see what your opponent does. Your first move should be the same every time regardless of circumstances. This eliminates hesitation and indecision.

Exercise 1: You will write your first move on TOP

Your first move on TOP: _____

Exercise 2: You will write your 3 best turns/pinning combinations in order. On TOP you look to turn & pin never just ride.

It is important to direct your attention using cue words or short phrases. The left side of your brain is responsible for thinking and analysis. It is influenced by words. Cue words and/or phrases help eliminate mental noise that may develop inside your head while competing. You want your left brain more or less silent. A word or phrase is the most you want going on. Be creative and use something that you can personally relate to. i.e. "Grind Him"

Exercise 2: You will write 1 word or phrase to direct your attention on TOP.

Your word or phrase:

The right side of your brain is responsible for feeling. It responds to images and music. The right brain is responsible for the flow state or being "in the zone." Choose an image or song that evokes the exact feeling you want to have on top. Be creative and use something that you can personally relate to. Add a physical gesture or Anchor to make this pairing stronger.

Exercise 3: You will write down a song or image that will allow you to feel your desired emotion on TOP. If possible, choose an image or song that corresponds with your word OR choose a word that goes along with your image or song. Examples would be an image of a cowboy & the word Grind & tap your head (as to put on your cowboy hat)

Your image or song AND Anchor:

Bible Quote: Ecc 9:10

Objective: to determine your “go-to” moves from common situations

Your technique will be much faster if you are decisive in each position. Technique and speed increases scoring. This means instead of thinking of many of the different moves you can hit from each position, you will focus on one move.

Exercise: You will write your go-to move from several common positions you regularly find yourself in.

SITUATION	YOUR RESPONSE (YOUR MOVE)	THOUGHT/CUE
Collar Tie (clearing/scoring)		
Front Headlock (above)		
Front Headlock (below)		
Mat Return (top)		
Mat Return (bottom)		
Funk scramble/leg pass		
Leg Counter		
Crab Counter		
Opponent Quad Pods		
Finish 1:		
Finish 2:		
Finish 3:		

Bible Quote: Josh 1:9

Objective: to determine factors in a match that distract you from scoring points

In a match, your goal is simple: score points/pin. Certain situations or occurrences may arise in a match that distract you from your objective of scoring points/pinning. It could be a parent or coach yelling, team score, opponent's coach, loud crowd, the present time of the bout or time remaining, the present score of the match, the potential referee's future call, what someone will say to you after the match, a mistake you just made, something good you just did, etc. You need to know what factors pull YOU from thinking about scoring points/pinning.

Exercise: You will write down situations that distract you from scoring points/pinning.

Distraction	Interrupt Cue	Productive Thought/Plan to handle the situation
[CAEL Examples] Thinking I'm not good enough	(Head shake) "Nope"	"I'm Ready"
1st match of the Night		
Last match of the night		
Overhearing gossip about you, a competition, or opponents		
Dual Meet- Everyone on the team winning before you		
Dual Meet- Everyone on the team losing before you		
Big upset before you wrestle		
Handling interviews		

Bible Quote: Mt 5:29-30

Objective: to create an Alter Ego on the mat to deal with stress and to be more aggressive on the mat

Many of the top athletes & performers have an alter-ego/stage name to help themselves cope with stress & perform fearlessly. As a person, you may be quiet, reserved, & very nice, but your Alter Ego on the mat can be whatever you want it to be- with no fears or doubts.

Be sure to balance ALL Alter-Ego Worksheets with the rest of the program.

Do not let the Aggressiveness series raise your energy level above your desired level.

Exercise 1: You will name your Alter Ego on the mat

Your Alter Ego name: _____ **Alter Ego Birthday:** _____

You will now write down attitudes and qualities your Alter Ego has:

(i.e. I don't care about losing or making mistakes; I don't need praise, recognition, pity, or approval from anyone; This is my mat/gym, I own it; I'm the baddest man in the world; I'm not afraid of anything; I go after all challenges; It's all a game, it isn't even real)

Attitudes of your Alter Ego:

Exercise 2:

Just like it is important to name your Alter-Ego, it is also good to name your inner "wimpy voice." When we name something, we take control of it. Then tell that inner wimp to shut up when you hear it.

Name of your inner wimp: _____

Bible Quote: Gn 32:23-31

Objective: to develop your Alter Ego on the mat by learning how to “flip the switch”

Physical cues/anchors/gestures help us transition into different mindsets/attitudes easier. You will describe your Alter Ego’s physical qualities in this exercise. These minor adjustments will go a long way in helping you get “into character.”

Exercise 1: You will develop physical qualities for your Alter Ego

Your Switch (i.e. Mark Schultz’s switch was pulling his hoodie over his head)	
Colors you wear (black is dominant; red is related to better performance)	
Haircut (i.e. slightly shorter than you wear it now- cops, military, etc)	
Battle Cry (making a noise is something warriors have traditionally done, i.e. Loud clap, yell, mat slap)	
Your Mark on your head/face (Warriors have traditionally worn face paint/helmet Possible exs: Tape around head, symbol on headgear, masked headgear, chin strap)	
Other additions:	

Objective: to develop the willingness to dominate & destroy on the mat.

The most aggressive wrestlers have aggressive attitudes on the mat.

*Mark Schultz- "I'm sorry if they see me as an element that's dangerous, I'm only interested in winning, pinning, & scoring points."

*Wade Schalles, Ben Askren, Nick Simmons attitude- It's their choice to wrestle. If it hurts too much, they can always choose to pin themselves.

*Mike Zadick- "...break his spirits, trash him, pick him up & throw him out the door like a little kid"

*Dan Gable- "It's you or them."

*Wrestling golden rule: Do harm to others before they do harm to you (legally, on the mat)

*Cobra Kai (Karate Kid)- No Mercy (on the mat)

Exercise 1:

Do you have the willingness to crush your opponent on the mat? _____

Exercise 2:

Practice targeting tough competition. Next practice, Challenge the toughest teammate in the room to a takedown. Who will this be?:

Exercise 3:

Practice crushing you opponents and continuing to score. In practice, when wrestling someone you're a lot better than, look to score 50 points. Keep a tally below of all the times you do this:

Objective: to find aggressive wrestlers to watch and integrate into your Alter Ego

You need to know who your aggressive wrestler role models are so you know what behaviors & attitudes to emulate.

Exercise 1: Aggressive Wrestler role models:

Exercise 2: Name some of their behaviors you can integrate into your Alter-Ego
(i.e. Club man right off the whistle; constantly invade the opponents 2ft. bubble; last to stop wrestling; head nod; run back to the center; clap; run onto & off mat)

Exercise 3: Watch video of at least 1 of your aggressive wrestling role models each week.
Which videos will you watch:

--

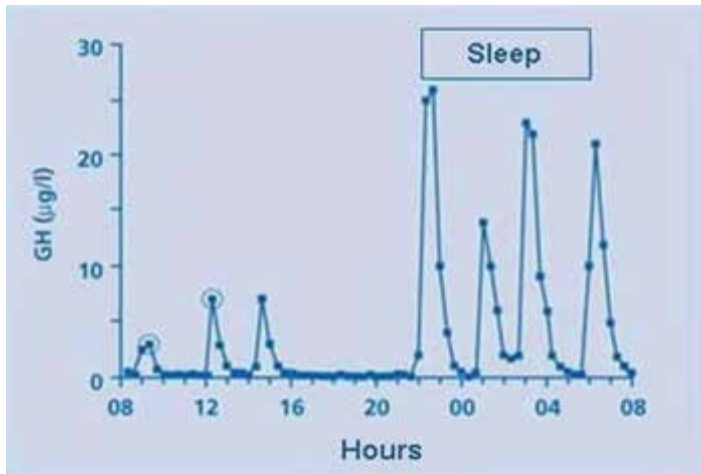
Objective: to find additional buttons to help you become more aggressive

It is important to identify all things that can help you flip the switch, become more aggressive, and turn on your personal Alter Ego.

Videos/Movies	
Songs	
Quotes	
Animals, Superheroes, Symbols	

Exercise 2: You will post pictures, create playlists, & surround yourself with these buttons. How:

Objective: to learn strategies to help you sleep easier:



*GH- Growth Hormone



Half Military Crawl Position- inhibits movement

Tips:

- 8 hours a night
- Go to sleep at the same time every night (consistent circadian rhythm)
- Avoid Caffeine & Sugar 6 hours before bed
- Temperature: between 65-70° (individual preference)
- Pitch black (cover even small lights on electronics)
- White noise (to drown out surroundings)
- Cold shower 1 hour before bed
- Minimize work/reading in your bed (mentally link your bed to sleep only)
- When you have your “warning yawn” that’s 1 hr. before you should sleep- cut all electronics which can keep you awake
- Drink Tea: Traditional Medicinals: Nighty Night
- Essential Oils: Lavender

Feng Shui tips:

- Keep a neat & clean room. Avoid clutter. Keep all doors & closet shut. (Creates a sense of peace & calm)
- Avoid too many pictures, which may look like they are staring at you.
- Minimize if not eliminate TV, computer, or exercise equipment in your room (your mind should be at peace & link your bedroom to sleep only)

Circle which tips you will incorporate

Objective: To get the biological edge to help you sleep easy the night before competition

The first step to sleeping easy the night before a competition, is to give yourself a biological advantage. Food releases chemicals that can keep your body awake, most notably- caffeine and sugar. You will want to avoid soda, coffee, tea, and sugary foods, which includes many protein bars. Get good at reading nutrition labels. If weight control is an issue, you are probably not eating much the night before. The little you do eat matters!

Foods/Drinks you usually have the night before competition	New foods/drinks you will now have the night before competition

Another big part of the biological edge is mastering your circadian rhythm. Many athletes go to sleep at different times each night. Most of the time, this is not a problem. The night before a competition, athletes often attempt to go to bed early, and then lay in bed and wonder why they cannot fall asleep. When your body gets used to going to sleep later, it is hard to go to sleep at an earlier time. Your body needs time to adjust to sleeping at an earlier time. To be safe, if you have an early competition on Saturday, you will want to begin going to sleep on Monday at the same time you will go to sleep on Friday to try to get your full 8 hours.

Time you will go to sleep the night before competitions:

Time you normally go to sleep	Time you will start going to sleep

Objective: to develop a Pre-Sleep routine to help you relax the night before competitions

Just like a pre-match routine helps empty your mind before a match. A pre-sleep routine will put your mind at ease the night before a competition. Have a routine you perform every night before you go to sleep. This could include washing up, prayers, cleaning your room, deep breathing, or whatever (try to avoid physical activity which can wake your body up). Perform this every night, so the night before competition you have a set routine and you will not be pacing around endlessly thinking of competition. The more you do this routine, the better it will work for you when you need it. Do not make the night before competition the first time you do this. Include deep breathing as one of the final parts of your pre-sleep routine.

Pre-Sleep Routine: (i.e. Prayers, Deep Breathing, etc.):

Objective: to use visualization and imagery to help you sleep easier

Use visualization, imagery, pictures, or/and symbols to your advantage. As you lay in bed, picture yourself as a bear getting ready to hibernate (or use any symbol or idea you can relate to). Imagine yourself stepping into a very comfortable environment (happy place, world's most comfortable room, etc. etc. use your imagination) and see yourself at ease and slowly but surely drifting away into a completely blissful sleep. Incorporate this into your pre-sleep routine every night. The more times you pair this image to a peaceful sleep, the better it will serve you the night before a competition.

Exercise 1: You will select a peaceful image/picture/symbol that will help you relax

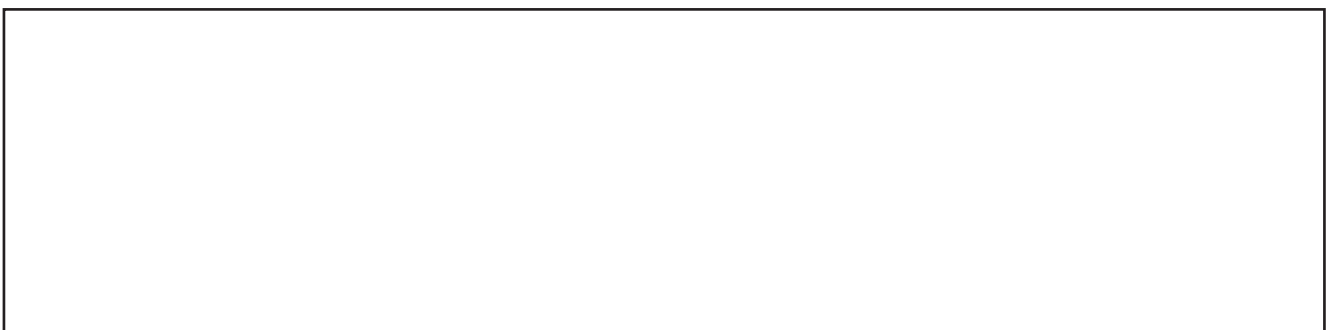
Your peaceful image:



Now, you will take this image to the next level by incorporating a tangible version of your image/symbol/ picture. People have done this unknowingly since the beginning of time: sleep-ing with a stuffed animal, religious pictures/symbols in the room, peaceful pictures in the room, feng shui set-up in the bedroom, plants in the room, peaceful music, television/ radio on while sleeping, etc.

Exercise 2: You will use a tangible version of exercise 1.

Your tangible version of your image:



Objective: to learn how to let go/accept/surrender before going to bed

Accept that your mind may wander and you may feel some nervousness the night before you compete. This is natural. It is nothing to get into a panic over. We all get nervous, the trick is to stop worrying there. Do not worry about getting worried. We all do this from time to time. Remind yourself that your mind will often play tricks on you the night before to get you to overthink things. Have a sense of humor with it. Be able to laugh at yourself and your mind's games. Accept that this is natural and you will gain control over your mind. When you do not accept yourself and your mind, you allow your body and mind to engage in a civil war against one another. Resistance causes tension and discord, acceptance causes peace and tranquility. Remember, it takes no effort to relax. Relaxation is the state of being your body and mind naturally want to be in. You have all the best drugs and tranquilizers already inside your body.

Exercise: You will write out a statement of resignation of trying & controlling your rest and sleep once your head hits the pillow.

Statement of resignation:

Bible Quote: Mk 4:36-41

Objective: to learn Rest & Recovery strategies to promote relaxation

It is very important to pay attention to your mental, emotional, spiritually, and physical health. You must take care of yourself like you would an expensive sports car. The better care you take of yourself, the easier it will be to sleep. Overall, sleep is improved greatly from a peace of mind developed by daily health habits that promote self-care and well-being.

Circle which tips you can incorporate:

Spiritual/Mental/Emotional

- Create a daily Prayer Plan
- Do 2 minutes of deep breathing every day (improves energy levels & promotes relaxation)
- Whenever you complain, immediately name 3 positives about the object of your complaint
- When in a lower than average mood- do no problem solving, excessive talking, or planning for the future. Direct most of your attention to improving your mood.
- Name 5 things you are thankful for before you go to sleep every night
- At night, name 3 ways you have improved that day (positive reinforcement for yourself)

Physically

- Drink at least 2 quarts of water daily (don't cut water sooner than 3 days before competition)
- Daily Multi-Vitamin
- Self-massage throughout the day (concentrate on sore muscles)
- Hydrotherapy: Begin shower with warm water, end with cold water for at least a minute. Concentrate cold water on sore muscles. (reduces soreness and improves spread of White Blood Cells)
- Dry Skin Brushing after shower (promotes health by improving lymph circulation)
- Chew food until liquid- about 32 chews before swallowing (improves digestion)
- Apply Castol Oil [hexane free, organic, glass bottle] on stomach before sleep (improves immune system & anti-inflammatory)
- Dress warm in the winter: heavy jacket, gloves, hat covering your ears, etc.

Objective: to develop an action plan to improve in other areas

Even when you are hurt. You cannot give yourself an excuse to “take off.” There is almost always something you can do to improve your in some way. It is up to you to be creative and find new ways to keep your momentum going. Objects in motion tend to stay in motion, and objects at rest stay at rest, so keep moving forward. To do this, you need to focus on possibilities. Shift your “Why me?” questions to “How can I?” questions. People tend to focus on the 1% of their body that is hurt, instead of the 99% that is healthy.

Exercise 1: You will determine different ways you can train in the many areas of the sport. Be as specific & detailed as possible.

TECHNIQUE/ VIDEO	
MINDSET	
NUTRITION	
STRENGTH (HEALTHY MUSCLES)	
FOOTWORK/ STANCE/MOTION	
FLEXIBILITY	
EXPLOSIVE POWER	

Objective: to view this injury as a positive experience

Whatever happens to you, you must believe that it is the best thing that could have happened. This is not easy to do, but it is crucial to do. It will be hard to proceed confidently if you do not truly see this as something that is good for you. This requires you to “stay in your own head” and not listen to the many of the people around you about “missing time” or “falling behind.” You need to sincerely feel like this is a blessing. This requires shifting your “Why me?” questions to “How can I?” questions.

Exercise 1: You will write a personal statement describing why this is the best thing that could have happened to you

Your personal statement:

--

Exercise 2: You will list at least 5 ways this injury will be good for you. You may need to get creative, but you can do this.

1.	
2.	
3.	
4.	
5.	
Other reasons:	

Bible Quote: Lk 22:40-44

Objective: to build H.O.P.E for yourself bouncing back using success stories

You are not the only athlete who has suffered an injury in their career. Many, if not, most athletes have had to come back from an injury in their career. The great ones view the injury as a speed bump, not a stop sign, or worse, a dead end. There are many “would have been” great athletes who viewed their injury as a dead-end street that could not be recovered from. The choice speed bump vs. dead end is yours to make. When you focus on athletes who have come back strong, or stronger after their injury, you build hope for yourself.

Exercise: You will make a list of athletes who have successfully recovered and come back from an injury to achieve success. (You may need to do some research, but the more examples you find, the more confidence you will build for your own comeback.)

Athletes who succeeded after an injury:

Objective: to normalize being “banged up” once you compete again

Many athletes mistakenly believe that they are the only ones wrestling through pain or nursing some injury. This of course is false. Almost no one competes 100% free of physical or mental strain or pain. This is important to realize so you do not feel like you are the only one or like you are at a disadvantage. It is far more productive and accurate to view everyone as less than 100% and in some kind of pain.

Exercise: You will make a list of athletes who have successfully succeeded despite some pain. Remember pain can be physical, mental, or emotional, and they all hurt. You need to know that others have overcome pain during competition and succeeded, and so can you.

Athletes who have succeeded despite pain:

Objective: to compete fearlessly despite an injury or pain

After an injury, many athletes are afraid that the same injury will repeat itself during another competition. This is especially so, when faced with the same situation or technique that occurred the last time they got hurt. It is important that when the athlete comes back, they compete fearlessly. Hesitation decreases performance and increases the likelihood of future injury. You need to know you are “good to go” so you can be fearless in the same situation and other situations, without reservation or thought of re-injury.

Exercise 1: You must be confident you are fully recovered. Go through this checklist and feel good, that you have done all you can to recover and you are ready to go all out.

Doctor approval to compete	
Coach approval to compete	
Consistently completed Rehab exercises	
Personal decision to compete	

Now that you have been deemed fit for competition. You need to have a soldier mentality- that you will go all out, commit full throttle. When you make the decision to compete, you have to in some sense be ready to die. This is obviously extreme, but it is meant to illustrate the point that you have to accept the possibility of re-injury, without letting it cripple your efforts.

Exercise 2: Create a personal statement that you are willing to put it on the line when you come back.

Personal Statement:

--

Objective: To build balanced leaders

If leaders cannot effectively manage themselves, there is very little chance they can manage others. Leaders need to be level-headed and balanced for effective decision making. They need to know how to properly moderate themselves internally (emotions) and externally (dress and behavior). A leader cannot lose his cool or be overly “showy.” Temperance is the virtue which moderates the pleasures of touch- self-control. Studies were done with young children where researchers concluded that the children who had the ability to control themselves and delay gratification on small tasks were associated with successful outcomes later in life. Three target areas of developing balance as a leader are Integrity, Studiosity, and Sportsmanship.

Integrity

First and foremost, a leader must strive to do the right thing in all situations. To do this, a leader must first have a very firm sense of right and wrong and seeing the “big picture.” Sports are just one of the many vehicles to build virtue. If we succeed in sports but compromise morals and values, you have lost sight of your priorities. You never put passion before principles.

Exercise 1: Name 3 areas of life you are regularly compromising principles, why you think you are doing this, and what can you do to change.

Some of the key reasons why we compromise morals include:

- To get something you want
- Getting attention from others
- Escaping reality/distracting ourselves from another problem
- Self-stimulation; amusing ourselves

Area of moral compromise	Why are you compromising morals?	Small step to change

Objective: To build balanced leaders

Studiosity

Leaders are the best students of the sport. They are constantly looking to learn and improve. Leaders gather great information from the past, as well as stay current with latest research. There are many different ways of learning, and one need not utilize each mode.

Books, Podcasts, Youtube, Scientific Journals, Instructional DVDs, meeting and conversing with knowledgeable people etc. can be excellent sources of information.

Exercise 2: Write your favorite sources of information and how you can better utilize them and other sources.

Favorite source(s) of information	How I can make better use of this source

How can I make use of any of the other sources of information?

Sportsmanship

Leaders do not let their emotions get the better of them after outcomes in competition or practice. Win or lose, good or bad calls by the referee/umpire, teammate or coach drama, etc. leaders keep their cool. It helps to have role models who demonstrate good sportsmanship as a reference point for your future actions.

Exercise 3: List 3 good role models of sportsmanship who you can model yourself after.

1	
2	
3	

Objective: To build leaders who will be fair with others

Justice is the virtue by which we render another his due. Fair is a word that comes up in almost every negotiation between two or more parties. Humans are wired to react negatively when they or others are cheated. Three target areas of developing fairness as a leader are Obedience, Assertiveness, and Likeability.

Obedience

Everyone has an authority figure above themselves. If we are not obedient to the authority above us, how can we expect those below our authority to obey us? Unless the authority above us tells us to do something contrary to faith/morals we are obliged to listen and carry out their commands. Ideally, we would obey with a spirit of willingness and joy, even if it is something undesirable. When those we manage see our docility to authority, they will respect us much more and be much less likely to usurp our authority.

Exercise 1: Name 3 ways you usurp authority above you and how you will change.

Situation in which you usurp authority	How you will improve

Objective: To build leaders who will be fair with others

Assertiveness

The whole point of communication is to convey information. When someone's intent is to deceive the other person by lying, the very nature of communication is being violated. As a rule, people are entitled to the truth. Nobody likes to be lied to. We often lie because we have not developed assertiveness.

Exercise 2: Evaluate how skilled you are on a scale of 1-10 on each of the assertiveness qualities and one practical way you can improve in each.

Assertiveness Area	Current Level (1-10)	Step you can take to improve
Asking for what you want		
Refusing what you don't want		
Expressing your feelings/opinions		
Standing up for your rights		
Giving yourself time to think (rather than answering right away)		
Over-justifying yourself		
Over-apologizing		

Objective: To build leaders who will be fair with others

Likeability

Leaders must be driven by principles. That being said, without compromising these principles, a leader should strive to be likeable. People work harder for those they like. This may not seem like it has to do with fairness at face value, but you owe it to others to give them your best and be likeable. To increase your likeability, you will want to improve your friendliness, relevance, empathy, and realness.

Exercise 3: Look at the qualities of likeability and circle the areas you need to work most on. Then write one concrete step for personal improvement in each area.

Qualities	Circle areas you need to work on most	Concrete step to improve
Friendly	<ul style="list-style-type: none"> *Likes people *Welcoming *Smiles *Open door policy 	
Relatable	<ul style="list-style-type: none"> *Strives to find common ground with others 	
Empathetic	<ul style="list-style-type: none"> *Can identify with other's viewpoints (not necessarily agreeing) *Sensitive 	
Real	<ul style="list-style-type: none"> *Comfortable being yourself *Sincere *Honest 	

Objective: To build courageous leaders

The virtue of fortitude is the willingness to engage in the arduous. Leaders do not shy away from work or doing the right thing just because it is hard. Leaders are tough and are not afraid to approach difficulty. Magnanimity is striving for excellence in all things, and especially in great things. A magnanimous person lives a life of constant improvement. This is not done in a way that is unsettling or ungrateful, but it is rather a lifestyle.

The opposite of magnanimity is pusillanimity. Someone who is pusillanimous is not willing to put aside pleasure and engage in the arduous. Put simply, difficulty, and the idea of difficulty, paralyzes them. Pusillanimous people are attached to pleasures that keep them from doing hard things.

There are roughly four areas of attachment: bodily, emotions, intellect, and will.

- People who are attached bodily, over indulge themselves with one or more of the following: Sleep, Sex, Substances, Food, etc.
- People attached emotionally get too caught up in their own good feelings. These people are ruled by experiencing good emotions and/or not upsetting others. These people never want to “ruin a good time” at the expense of doing what is right.
- People attached intellectually need to be right. They tend to reject critique and other points of view without giving new information a fair review. They have an impulse to disagree with what people say, just in principle.
- People attached volitionally (their will) need to have their way. They are insubordinate and often feel an impulse to do the opposite of what they are told to do, just in principle.

Objective: To build courageous leaders

Exercise: Name the biggest way you struggle with each of the four attachment areas and one small way you will strive to improve.

Attachment	Biggest struggle in this area	Concrete step to improve
Body		
Emotions		
Intellect		
Will		

Objective: To build intelligent leaders

Smart leaders make better leaders. We want to be intelligently socially, emotionally, and intellectually. We use past experiences and history to understand the past, act in the present, and plan for the future. Three target areas of developing intelligence as a leader are Vision, Organization, and Opportunism.

Exercise: Look at the qualities of intelligence and circle the areas you need to work most on. Then write one concrete step for personal improvement in each area.

Qualities	Circle areas you need to work on most	Concrete step to improve
Vision	<ul style="list-style-type: none"> *Goal Oriented for self and team *Optimistic <ul style="list-style-type: none"> -We can do it -We will find a way -We will get the next best thing 	
Organization	<ul style="list-style-type: none"> *Time Management <ul style="list-style-type: none"> -Knows difference between important and urgent -Wakes up and goes to sleep at consistent time -Utilizes To-Do lists, Calendars, Planners *Neatness <ul style="list-style-type: none"> -clean room -clean locker -organized notebooks 	
Opportunism	<ul style="list-style-type: none"> *Adaptable and flexible with their plan *Finds creative solutions *Resourceful (know what they need to succeed and constantly scanning the environment for who and what can help them) 	

Objective: To grow as a leader by genuinely caring for others (sports and life)

A leader is a great ambassador. They are wonderful at connecting with people and humble. A leader genuinely cares about other people. They are bridge builders. As a result, they evoke large investments of the people under their management. They get the most out of people. But, their concern for others is genuine and disinterested (in reciprocity). They give of themselves without expecting something in return. There are several qualities of a great bridge builder with people:

- Be interested in others
- Be positive; don't complain
- Get the topic off yourself and onto the other person
- Pay attention and give your full attention
- Don't "top" the other's story
- Search for ways others can speak about themselves
- Don't use sarcasm
- Don't harbor resentments and grudges
- Accept what others say on face value instead of always checking your smartphone to contradict the inaccuracy
- Don't always have to be right
- Let someone tell you something you already know
- You don't have to speak on all topics
- Be generous
- Take humiliations when they don't damage justice. It's good for you.
- Don't be defensive. It exposes your insecurity
- If familiar, always with respect
- Don't fish for compliments
- Love the freedom of the others. Don't try to control it.
- Don't use silence to punish others
- Take the last place
- Admit when you're wrong
- Say, Thank you!
- Smile
- Let your conversation style be receptive rather always counter punching
- Bring attention to the successes or positive attributes of others
- Make your goal to bring people out and put them at ease

Exercise 1: Circle the 5 you need the most work on above.

Objective: To grow as a leader by genuinely caring for others (sports and life)

Exercise 2: Write out 3 good resolutions to become a better ambassador of people.

1	
2	
3	

Objective: To unify behind a common mission and purpose

All successful teams need to work together as one unit. Selfishness is the enemy of teamwork. History teaches us that a house divided within itself will fall. WE is greater than ME. A team needs to have people in specific roles and often differing talents working together on the same goal. A shared mission, principles, and ground rules help a diverse group people unify. Studies have shown that diversity of values is harmful to any team, group, company, or organization. A team must have the same values to function as one. Remember that your goals should dictate your behavior.

Exercise 1: List your teams long-term and short-term goals as a team in sports and school.

	Sports	School
This year		
This season		
Halfway through the season		
This week		

Objective: To unify behind a common mission and purpose

Exercise 2: Review the 4 Mindset Principles and why each is important for the team.
(These should be said aloud as a team before and after every practice)

1. I am thankful for the opportunity to compete
2. I am aggressive and relentless
3. I have no fear of losing or making mistakes
4. I never ever give up

Then as a team, determine 3 additional principles that your team believes in (be sure that at least one of the three principles you chose is directly related to unselfish teamwork).

	Three Additional <u>Principles</u> Your Team Chose
1	
2	
3	

Objective: To unify behind a common mission and purpose

Exercise 3: Any unit must have a few teamwork ground rules to avoid negative conflict. Here are a few suggestions. Take time to develop 3 more ground rules.

- No name calling
- No critiquing unless, with it, you offer some positive solution
- No talking about wins/losses, rankings, seedings, records, etc.

	Three Additional <u>Ground Rules</u> Your Team Chose
1	
2	
3	

Objective: To understand and agree to the authority structure of the team

Authority is often very misunderstood. Authority, used properly, is not about oppression or self-gratification. Authority is always about providing and protecting those that are under the authority. A team cannot operate as a unit if there is not a clear chain of command- just look at the military. Everyone needs to be very clear with the roles and responsibilities of team leaders. There is a proper time and a place to discuss disagreements with authority, but this cannot be done haphazardly. We want a smooth, well-oiled machine. Think of a highly productive assembly line. If each person does their duty, goals can be reached efficiently and economically.

Exercise 1: Determine clear roles and responsibilities within the team

Role	Responsibility
Head Coach	
Assistant Coaches	
Head Captain	
Other Captains	

Exercise 2: You will now sign an agreement to adhere to the authority structure of the team as a selfless act of placing the success of the team before any selfish motives.

Signature

Date

Objective: To understand and agree to the authority structure of the team

Exercise 3: Using the table below, write 3 reasons why allegiance to an authority structure will be best for both you personally and the team as a whole.

1	
2	
3	

Objective: To establish regular communication to proactively address team needs and conflict

Top teams are honest with one another and proactive problem solvers. Not everyone on the team needs be best friends, but everyone must respect one another. Teammates must also be honest with one another about concerns. Giving and receiving “fraternal correction” is one of the keys to success and happiness in life. Teams are made up of individuals with different personalities, past experiences, and thoughts. Conflict and differing opinions are inevitable. Direct, honest, and compassionate communication is a must for unity. Everyone can agree that negativity, gossip, cliques, bullying, and egos will ruin any team.

Exercise 1: You will schedule a weekly 15-minute team meeting (at least among the starters)

DAY/TIME

Exercise 2: At the beginning of every meeting, each individual will fill out the below form and answer the questions below for themselves, and then share any concerns with the team openly in a direct and respectful way.

	Scale of 1-10 (10 being good)	Notes
Gossip		
Negativity		
Bullying		
Egos		
Cliques		

Objective: To establish regular communication to proactively address team needs and conflict

Exercise 3: Use the remainder of the meeting to discuss any concerns regarding questions below or issues from the form on the previous page.

Are there any unresolved conflicts from the past week?

Are there any concrete steps for the team to take to be a better team?

What steps can I take to be a better teammate in the future?

Is there anything going on that I would like my teammates/coaches to know?

Do I need help in any way?

Objective: To use past experiences to improve teamwork

We use history to understand the past, make decisions in the present, and to plan for a better future. We do not want to continue making the same mistakes, nor do we want to easily forget what has been successful. Think of concrete actions that this team, or another team you have been on in the past, has taken that has led to successful team outcomes and group dynamics. Think of concrete actions that this that this team, or another team you have been on in the past, has taken that have hurt the team's success and group dynamics. The simple formula for success is to keep doing what works and to discontinue what does not work.

Exercise 1: Name 3 past actions/attitudes that have led to success and positive group dynamics.

1	
2	
3	

Exercise 2: Name 3 past actions/attitudes that have hindered success and contributed to negative group dynamics.

1	
2	
3	

Objective: To use past experiences to improve teamwork

Exercise 3: Discuss the answers from the previous exercise as a team and name three actions/attitudes your team will implement for better teamwork.

1	
2	
3	

Objective: To root out personal defects, grow in humility, and be a team player

People are often selfish by nature. It does no good to sweep this fact of life under a rug. The first step to overcome any problem, is by admitting you have a problem. A rigorous examination of yourself will give you light on ways that you tend to be prideful, which are hurting your ability to develop humility and be a good teammate.

Exercise 1: Read through this self-examination and circle all attitudes that apply to you.

- I am consumed with myself
- I am lazy
- I procrastinate
- I am vain
- I worry constantly what others will think
- I pigeon hole people in categories, and don't let them out
- I complain
- I am resentful
- I cheat when no one is watching
- I build myself up by negative conversations
- I get defensive or aggressive (even shy) because of that lack of self-confidence
- I am self-righteous
- I condemn/I slander/I judge
- I criticize/I mock, ridicule and grumble
- I lament/ I seek self-pity and praise
- I want from others what I will not give to others
- I want to be loved unconditionally without loving the others unconditionally
- I am rash with others
- I am controlling and manipulative
- I take and do not give
- I harbor resentments and grudges
- I persecute others
- I do not let go
- I am selfish
- I want my way because I think it is the best and only way
- I react instead of listening
- I react instead of thinking and contemplating
- I want the last word
- I put down others to appear superior
- I never publicly admit to being wrong
- I yearn for recognition
- I am disloyal
- I want center stage - and control

Objective: To root out personal defects, grow in humility, and be a team player

Exercise 2: Write out your three greatest areas of improvement based on what you circled on the list from the previous page.

1	
2	
3	

Exercise 3: Write out three positive resolutions you will make to grow in humility and become a better team player.

1	
2	
3	

TARGET HABIT

Objective: To determine a target habit and establish accountability for it

A Target Habit (TH) is one behavioral change you can make on a consistent basis that will have the biggest impact on reaching your goal. The key for choosing a great TH is specificity (numerically), reasonability (within your reach), and appropriateness. For best results, your TH should be approved by an expert in the field. Your TH will be a constant reference point for you. If you picked a good TH, as your consistency improves with fulfilling your TH, you will move closer and closer to your goal. Over time, if you are not moving closer to your goal, do not panic. You will revisit your TH to see if it is specific, reasonable, and appropriate (again, ideally with an expert).

Exercise 1: Circle one of the TH examples listed below (or write your own) that you will implement.

- Get to practice 30 minutes earlier/leave practice 30 minutes later
- Get 1 more workout in each week
- Get 30 more reps of 10-minutes a day of a specific technical skill or drill
- “Eat the frog” (start the day doing the least desirable task first)
- Write a to-do list at night for the next day
- Keep a planner/calendar/phone reminders
- Get regular 1-1 mindset coaching

Exercise 2: Choose an Accountability Buddy, share your TH, and plan a weekly check-in.

Accountability buddy _____

Day of the week _____