

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?

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:

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