

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.)