

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