

Biggest Mental Mistakes a Wrestler Could Make... and Corrections

By Jeff and Gene Zannetti

- Associating with negative people and small-time thinkers. These people will only slow you down. Keep your distance from them, especially during the season.
- Believing ANY opponent you face is unbeatable. David and Goliath, Giants and Patriots, The Movie "Miracle", etc. etc.
- Focusing on the past or future instead of the present moment. Only worry about the present and how you can do your best at this moment.
- Under any circumstances using the word CAN'T. Don't ever say that word!
- Dwelling on a setback or loss. Learn the lesson, then move on, period. Just let it go and do it better next time.
- Focusing exclusively on winning or titles. Compete with yourself.
- Competing not to lose. A coward dies 1,000 deaths before he dies. Always play to win. If you're already winning: play to dominate.
- Not being totally mentally prepared to achieve your goals.

For additional information, check out wrestlingmindset.com.