



Top 10 Biggest Mental Mistakes A Wrestler Could Make

1. **Getting involved in the hype.** Reading the papers and/or forum. *Leave this to the spectators, after the season you can read your articles.*
2. **Associating with negative people and small-time thinkers.** *These people will only slow you down. Keep your distance from them, especially during the season.*
3. **Making any particular match or tournament “special.”** *Every match and practice is important, but nothing is ever special. Special adds pressure. Treat everything the same. Consistency!*
4. **Believing ANY opponent you face is unbeatable.** *David and Goliath, Giants and Patriots, The Movie “Miracle”, etc. etc.*
5. **Focusing on the past or future instead of the present moment.** *Only focus on the present and how you can do your best at this moment.*
6. **Under any circumstances using the word CAN’T.** *Don’t ever say that word!*
7. **Dwelling on a setback or loss.** *Learn the lesson, then move on, period. Just let it go and do it better next time.*
8. **Focusing exclusively on winning or titles.** *Compete with yourself.*
9. **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.*
10. **Using extreme self-talk,** that puts extra pressure on you: MUST, SHOULD, or NEED TO. *Use “I want” and “I choose to” instead.*
- 11! **Not taking advantage of a Mindset Coach and being totally mentally prepared to achieve your goals.**