

# GET OUT OF VICTIM MODE

Nothing zaps enthusiasm faster than seeing yourself as a victim. Look at the following two scenarios:

You're constantly thinking: "I can never beat that guy. He's too good!"

You're saying the following to yourself: "I'll never be able to raise the funds to wrestle at Fargo like some other people can."

If your thinking is in line with the two scenarios above—that is, if you're thinking like a victim—, how can you possibly generate enthusiasm?

Create a 45-minute workout designed for wrestling. Send it to us at [myrmidonwrestling@gmail.com](mailto:myrmidonwrestling@gmail.com) and also post it to social media with the "#myrmidontrained"