



WHY DO YOU WRESTLE?

Athletes need to find their "why" and then regularly visit that in their mind in order to condition the mind to connect their actions today to the emotional benefits of achieving their goal tomorrow. One problem with this is when the wrestler gives a vague, no-benefit answer like: "I want to reach my goal" or some other meaningless response.

Write down "WHY" you wrestle (specifically) And post it in your house where you can see it everyday.