

Wrestling Mindset Checklist

Take 20 minutes and be brutally honest with yourself and you will have a good idea the area of your mindset you need to improve on. Take your time and think each question through.

Goal Setting

1. Do I have a clear goal written down?
2. Do I have a clear & specific action plan to improve in each area (Technique, Mindset, Nutrition, & Strength/Conditioning) that is written down?
3. Do I take personal responsibility for my mistakes & weaknesses (or do I blame others)?

Mental Toughness

4. Do I believe I am the most mentally tough person I have ever met?
5. Do I ever worry about getting tired in matches?
6. Do I clearly know my core beliefs about myself and the world ie. Faith, values, morals, personal standards, and boundaries for my behavior (outside of wrestling including religion/spirituality and views towards drinking, smoking, dipping, partying, dating, etc)?

Motivation

7. Can I name the things that motivate/inspire me?
8. Do I know the thoughts before a match that bring out my best performances?
9. Am I good at reminding myself why I love wrestling (other than winning) during difficult times in the season?

Present Moment

10. Do I avoid reading/looking at papers, forums, rankings, box scores, facebook/Instagram and twitter related to my sport during the season?

11. Do I easily block out distractions (i.e. bad calls, parents, crowd, opponent, getting scored on)?
12. Do I forgive myself and accept my mistakes?

Relaxing under Pressure

13. Do I feel great, energized, & awake before I step on the mat (as opposed to nervous, stressed, or tired)?
14. Do I fall asleep without trouble the night before competitions?
15. Do I sometimes get tired early in the match or after the first scramble?

Confidence

16. If I had to put my savings on it, do I believe I will accomplish my goal?
17. Do I believe I can hit my best moves on anyone I wrestle?
18. Do I always go after moves in matches (or do I sometimes hesitate and wrestle a little too cautiously and conservative)?

Clarity

19. Do I know my #1 moves: #1 takedown, #1 turn on top, #1 breakdown, #1 move bottom?
20. Do I know my "Go-To" moves in all common situations (front headlock situation, mat return situation, clearing all opponent's tie-ups on neutral, leg defense, funk situation, finishing takedowns, destroying the quad pod, etc.)?
21. When I compete, do I focus only on scoring points and improving whatever position I am in (or do I think about the score, the time, outcome, etc.)?

GOAL SETTING

	Yes	No	Notes
1			
2			
3			
Total			

MENTAL TOUGHNESS

	Yes	No	Notes
4			
5			
6			
Total			

MOTIVATION

	Yes	No	Notes
7			
8			
9			
Total			

PRESENT MOMENT

	Yes	No	Notes
10			
11			
12			
Total			

RELAXING UNDER PRESSURE

	Yes	No	Notes
13			
14			
15			
Total			

CONFIDENCE

	Yes	No	Notes
16			
17			
18			
Total			

CLARITY

	Yes	No	Notes
19			
20			
21			
Total			

Priority Order

(What you need to work on most, based on least Yes')

1.	4.	7.
2.	5.	
3.	6.	