



“Effort gives meaning to life. It would be an impoverished existence if you were not willing to value things and commit yourself to working toward them.” – Carol Dwek

Objective: Write down what you’ve done and what you must do to become a **#MasterWrestler**

Mastery is a Mindset

Two ways of seeing yourself - entity or incremental

While intelligence may vary from person to person, it’s ultimately something that, with effort, we can increase.

Do: Describe a match where you thought the other guy was better than you in some attribute (stronger, better conditioning, more technical). After training on this attribute, you wrestled him and proved yourself wrong.

(show work on back of sheet)

Mastery is a Pain

Best predictor of success is **GRIT = perseverance and passion for long term goals.**

AKA “The mundanity of excellence” - Daniel Chambliss

The importance of working longer without switching objectives vs. the importance of working hard.

Do: Write down 5 specific times you put in **extra** work outside a regular practice. Write down 5 ways that extra work helped you achieve a **specific** objective.

(show work on back of sheet)

Mastery is an Asymptote

This can be a source of frustration. Why reach for something that you can’t fully attain? But it’s also a source of allure. Why NOT reach for it? The joy is in the pursuit.

Do: Describe, in detail, 3 examples of you working hard **because** you were having fun!

(show work on back of sheet)