



**“Control leads to compliance; autonomy leads to engagement.”**

— Daniel H. Pink

Autonomy - the desire to direct our own lives

**Objective:** Understand and embrace that you are responsible for your wrestling destiny.

Thought exercises: What's the difference - Chinese Water Torture and Taking a Shower

The Essentials (how do these apply to your autonomy as part of NYU wrestling:

Task:

Time:

(Think about lawyers)

Technique:

Team:

Autonomy does not mean you're a cowboy that doesn't rely on anyone else. Autonomy means acting with choice. It means you can be autonomous and happily interdependent.