

Believe in Your Best

By William X. Barron

Draw a mental picture of a situation in which you have experienced a setback or where you were faced with a seemingly insurmountable obstacle. Perhaps you are down by a point with 10 seconds left in the match. Or you are on your back fighting off an inside cradle. Or you are in the lead, but your team needs a pin, not just a win by decision. What limitations in skill

or experience may prevent you from succeeding? Write these on an imaginary blackboard, then erase them from view. Now envision yourself overcoming this challenge or setback. What personal strengths and assets make this success happen? Through mental and physical training, how do you recreate this winning scenario again and again?

Hold a mirror to yourself on the

wrestling mat and you will see a reflection of the person you are. How you wrestle is directly related to how you live your life. How often have you aspired to live the un-lived life, to carry out an unfulfilled journey, or to complete the half-finished takedown or escape? Life seesaws between unresolved doubt and unrealized potential. Which side of the board carries your weight in life, and on the mat, is deter-