

**From:** Wrestling Mindset mindset@wrestlingmindset.com  
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## 7 Lessons Learned from Cael Sanderson

This insightful article was written by former Penn State wrestler and Wrestling Mindset Coach Pat Higgins.

[Read here: 7 Lessons learned from Cael Sanderson](#)

The 7 Core Lessons I will teach will be as follows:

- 1. Have a Growth Mindset**
- 2. Effort and Attitude > Results**
- 3. Practice Gratitude**

...

These lessons among others were some of the most crucial I learned in my time at Penn State. Lessons that are repeatedly mentioned and reinforced across many books that I have read from some world renown authors and successful people such as Mark Cuban, Stephen Covey, Seth Godin, John C. Maxwell and many others.

These lessons are important to wrestling but arguably more important to life. You may not wrestle your entire life, but you will be successful in whatever you

pursue if you apply these principles. I'm not saying that because of a bias, I am saying that because I've experienced it firsthand, either in my own life or in the lives of my teammates. Perhaps the most important lesson I learned from Coach Cael, was to have a growth mindset.

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