



Test your Mindset with the Mindset Checklist

What is your strongest Mental attribute?

Better yet which areas do you need the Most Improvement?

Our [Mindset checklist](#) (which we review in our free trial session) is no joke. Answer honestly and you will expose several areas for improvement.

Wrestling Mindset evaluates 7 Crucial Mental aspects of each wrestler:

1. Goal Setting
2. Motivation
3. Mental Toughness
4. Competing in the Present Moment
5. Relaxing Under Pressure
6. Confidence
7. Clarity/Focus

Find out your biggest strengths and areas for improvement. Go through the [Mindset Checklist Now](#) with our team!

Buy the WRESTLING [MINDSET TOURNAMENT T-SHIRT](#) & Get the Mental Edge on Tournament Day!

Schedule your [Free Mindset Trial Session](#) NOW and start thinking, training and competing like a Champion!

Listen to what [Wrestling Mindset Clients](#) (District, State and National Champions) are saying about the Wrestling Mindset Program.



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