

Wrestling Mindset Training

30 Days · 30 Lessons · 1 Championship Mindset

The Wrestler's Mind.

30-Day Wrestling Mindset Course
For Athletes, Coaches & Teams

SEE IT → FACE IT → CHOOSE IT → MOVE ON

A Team Culture & Championship Mindset Program

ROYCE EYER

NCAA DIVISION III NATIONAL CHAMPION • WRESTLING COACH

SEE IT → FACE IT → CHOOSE IT → MOVE ON



The Wrestler's Mind.

30-Day Wrestling Mindset Course

A Team Culture & Championship
Mindset Program

Coaches. Athletes. Culture. Competition.

By Royce Eyer

NCAA Division III National Champion • Wrestling Coach
• Student of the Sport

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The Wrestler's Mind: 30-Day Wrestling Mindset Course

Classroom Edition

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Disclaimer

The concepts presented in this book are based on the author's personal experiences as a wrestler, coach, and student of the sport, along with publicly available principles from wrestling, sports psychology, leadership, performance coaching, and personal development.

This book is intended as an educational resource for wrestlers, coaches, and teams. The lessons, stories, exercises, and framework presented herein reflect the author's interpretation and application of these ideas and are not intended to represent or reproduce any proprietary training system, curriculum, or methodology.

Some examples, concepts, and themes may be similar to those discussed by other coaches, athletes, authors, educators, and wrestling organizations. Wrestling mindset principles such as discipline, confidence, visualization, focus, resilience, gratitude, and personal responsibility are widely recognized concepts within athletics and personal development.

Artificial intelligence tools were utilized during the development of this work to assist with brainstorming, research organization, lesson development, drafting, editing, and content refinement. All content was reviewed, modified, curated, and approved by the author. Final responsibility for the concepts, structure, interpretation, and presentation of the material rests solely with the author.

This book is a collection of lessons drawn from decades of wrestling experience, coaching insights, sports psychology principles, leadership concepts, and the stories of great wrestlers, organized and presented to help athletes develop both on and off the mat.

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Continue Your Championship Mindset Journey

This book is designed to stand alone, but for coaches and teams who want a complete implementation system, additional resources are available through The Wrestler's Mind Coach Portal.

Additional resources include:

- ✓ Full 30-Day Classroom PowerPoint Presentation
- ✓ Coach Implementation Workbook
- ✓ Athlete Handouts & Reflection Worksheets
- ✓ Video Library with Lesson Video Links
- ✓ Team Discussion Guides
- ✓ Coach Challenges & Team Activities
- ✓ Printable Resources
- ✓ Bonus Mindset Training Content

"Everything you need to teach a championship mindset—already built and ready to use."

Built by a coach. Designed for coaches. Proven through the sport of wrestling.

For additional resources and program information,
visit: www.thewrestlersmind.com



Why I Wrote This Book

I have been involved in the sport of wrestling for more than 40 years—as an athlete, coach, and lifelong student of the sport. I am not a sports psychologist. I am a coach and competitor who has spent decades learning through experience, both on the mat and in the corner. Over the years, I have watched wrestlers succeed, struggle, overcome adversity, and discover what they are truly capable of.

I was fortunate to achieve success in wrestling, including winning an NCAA Division III National Championship during my senior year at Lycoming College. But that success did not come without failure. Like every wrestler, I experienced losses, setbacks, disappointments, and goals that fell short. Wrestling has a way of humbling you. No matter how good you become, there is usually someone better, and on any given day, anyone can be beaten.

That is one of the reasons wrestling is such a powerful sport. It teaches lessons that extend far beyond the mat. The longer I have been involved in wrestling, the more I have realized that the sport is not really about trophies, medals, rankings, or records. Those things are temporary. The real value of wrestling is what it teaches you about yourself.

Wrestling teaches you how to face adversity. It teaches you discipline when you don't feel like working. It teaches you perseverance when things are not going your way. It teaches you accountability, resilience, and the confidence that comes from doing hard things. Most importantly, it teaches you to believe in yourself even when the outcome is uncertain.

The ideas in this book are not new or groundbreaking. In fact, many of them are lessons you have probably heard before if you have spent any amount of time in wrestling. The purpose of this book is not to introduce revolutionary concepts. It is to organize timeless lessons into a practical system that coaches can teach and athletes can apply.

Over the years, I have had the privilege of coaching wrestlers at the elementary, high school boys, high school girls, and collegiate levels. Regardless of age, gender, or ability level, I have found that athletes often struggle with the same fears, doubts, and mental barriers. Fear of failure. Fear of letting others down. Lack of confidence. Negative self-talk. Pressure. Anxiety. Hesitation.

The mental side of wrestling plays an enormous role in performance, and yet it is often the least intentionally trained part of the sport. This book is my attempt to help fill that gap. My hope is to provide athletes with practical tools to strengthen their mindset and to provide coaches with a simple, effective framework that can be used in the classroom, in the wrestling room, or wherever meaningful conversations take place.

I've come to believe that most wrestlers don't need more techniques, more motivational speeches, or more information. They need a simple system they can remember under pressure. That's why this course is built around four principles:

SEE IT → FACE IT → CHOOSE IT → MOVE ON

Ultimately, this book is not about becoming a champion wrestler. It is about thinking like a champion. Because one day your wrestling career will end. The medals will be put away. The trophies will collect dust. The records will eventually be broken. But the discipline, toughness, resilience, work ethic, and confidence you develop through wrestling will stay with you for the rest of your life.

If this book helps even one athlete become a better wrestler, a better teammate, a better leader, or a better person, then it has served its purpose.

Thank you for reading, and I hope these lessons make a positive impact on you, your team, and your wrestling journey.

Royce Eyer
NCAA Division III National Champion
Coach • Competitor • Student of the Sport

A 30-day championship mindset system built around four principles.

SEE IT → FACE IT → CHOOSE IT → MOVE ON

"How does this lesson help me SEE IT, FACE IT, CHOOSE IT, and MOVE ON?"

"What do you need to SEE?" "Stop avoiding it. FACE IT." "Don't react. CHOOSE IT."

"Forget that exchange. MOVE ON."

Every wrestler only needs four mindset skills: SEE IT → FACE IT → CHOOSE IT → MOVE ON. This 30-day course teaches athletes how to do all four."

The Promise

At the End of 30 Days You Will:

Think differently
Practice differently
Compete differently
Handle adversity differently

You may not become a champion in 30 days. But you'll start thinking like one.

The Mindset Loop

Thoughts → Actions → Habits → Results

Most athletes think
Results → Confidence

Champions understand your thoughts lead to actions, your actions lead to habits. Your habits determine your results.



Welcome

Wrestling is physical, but matches are decided long before the whistle. This workbook is built to help coaches and athletes train the thoughts, habits, responses, and standards that shape performance. The Wrestler's Mind is not meant to be read once and shelved. It is meant to be used day by day, discussed out loud, written in, highlighted, challenged, and carried into practice and competition.

The goal of this course is simple: build stronger wrestlers by building stronger minds. Over 30 lessons, this workbook moves from foundation to attack-minded preparation to championship response under pressure. Each lesson is short enough to introduce quickly and impactful enough to shape both individual athletes and a team's culture over time.

About This Workbook

This book combines the tone and structure of the classroom PowerPoint, the teaching utility of the coach workbook, and the reflection-focused value of the athlete handouts. It is designed to be both a readable curriculum and a practical tool. The front half functions as the main teaching text. The second half contains the athlete worksheets, coach guides, and implementation tools.

If you would like access to the classroom PowerPoint presentation, coach workbook, athlete handouts, video library, and additional resources, please visit **www.thewrestlersmind.com**

How To Use This Book

- **For coaches:** Use one lesson per day as a team meeting, classroom block, or a pre-practice session.
- **For athletes:** Read actively, answer honestly, and carry one idea from each lesson onto the mat.
- **For teams:** Use the lessons in sequence to create shared language and consistent standards.
- **For individuals:** Work through the book privately as a personal mindset-training system.
- **For implementation:** Use the reflection questions, coach discussion prompts, and mat transfer activities to reinforce each lesson.

Recommended Teaching Rhythm

The workbook works best when taught in a consistent 10-15 minute rhythm. Each lesson follows the same basic flow:

- **Hook:** open with a direct question or challenge
- **Key Idea:** teach the concept and connect it to real wrestling behavior
- **Story / Example:** make the lesson memorable and concrete
- **Reflection / Activity:** force honesty, participation, or quick writing
- **Takeaway:** leave the room with one sentence worth remembering
- **Video Tie-In:** reinforce the lesson visually when useful
- **Mat Transfer:** Apply the lesson in the practice room

The best coaching reminder for this front section is the same one that runs through the course: don't lecture; ask. Let the question do some of the work. Let the silence do some of the work. Then make the lesson practical.

30-Day Course Overview

This workbook is organized as a 30-day progression rather than 30 disconnected topics. The lessons build on one another. Early lessons establish awareness, honesty, purpose, gratitude, discipline, and habits. The middle section sharpens competitive identity, aggression, confidence, focus, visualization, and composure. The closing section prepares the wrestler to handle pressure, setbacks, leadership, discomfort, and the bigger question of what their role is on the team and who they are becoming as they develop through the sport.

The Goal Is Not Motivation

Motivation comes and goes. Every athlete feels motivated after a big win, an inspiring speech, or the start of a new season. The challenge is that motivation is temporary. It rises and falls based on emotions, circumstances, and results. Champions do not rely on motivation alone. They rely on habits. They show up when they feel like it and when they don't. They train when they are excited and when they are tired. They continue to do the right things long after the initial motivation has faded.

The purpose of this course is not to provide thirty days of motivation. It is to help athletes develop the habits, mindset, and daily disciplines that remain when motivation disappears. True confidence is not built through positive thinking alone. It is built through consistent action repeated over time. Champions rely on consistent habits and remain present regardless of the circumstances surrounding them. Dedicated habits of daily disciplines guide them through their training. **Motivation may start the journey. But discipline is what finishes it.**

30 Days. One Course.

Three Phases.

PHASE 01 · DAYS 1-10

Build the Foundation

Why you wrestle · controlling the controllables · sacrifice · work ethic · daily habits of winners.

PHASE 02 · DAYS 11-20

Sharpen the Weapon

Aggression · predator mindset · self-talk · confidence · visualization · the zone · pre-match routine.

PHASE 03 · DAYS 21-30

Compete Like a Champion

Reset button · clutch · respond, don't react · pressure · never give up · leadership · positive thinking · comfort zone · identity.

15 minutes a day · Works as one master deck or 30 standalone sessions

Run It Your Way.

A Consistent Format For Every Lesson

These lessons are set up as guidelines to help you address your student-athletes. Feel free to run the lessons your way.

Hook

Open with the day's title + one question. Pause. Let athletes answer out loud or in their heads.

Key Idea

Deliver the lesson + a quick activity or discussion prompt. Keep it tight — 5 to 7 minutes.

Story

Read the short story to drive home the point of the lesson. These are relatable wrestling stories about real people.

Takeaway

Each lesson concludes with a key takeaway that summarizes the most important principle athletes should remember.

Videos

Each lesson includes a recommended video that can be shown in a team meeting setting, or assigned as homework. These videos reinforce the lesson's key concepts

Mat Transfer

The Mat Transfer section helps athletes apply the lesson directly to wrestling. It bridges the gap between learning the concept and using it in competition and practice.

COACH TIP — Don't lecture. Ask. Let silence do the heavy lifting. They learn more from one good question than ten answers.

Four Principles. One Mindset.

These four principles show up on every slide for the next 30 days.

Each lesson is built around one of these principles.

SEE IT → FACE IT → CHOOSE IT → MOVE ON

01 Awareness Before Action

See what's real — the moment, the opponent, yourself — before you move. Recognize the problems. Then attack them head on.

*** SEE IT ***

02 Attack, Don't Avoid

Move toward the hard things. Hesitation loses matches before they're scored. Avoiding issues or your weaknesses will never solve them.

*** FACE IT ***

03 Respond with Discipline

Reactions are loud and emotional. Responses are trained and chosen. Learn to respond rather than to react. You have the choice. Choose the response.

*** CHOOSE IT ***

04 Control The Next Moment

Last point doesn't matter. The next exchange does. Control the controllables. Your effort, your attitude, your preparation are all under your control. Everything else is noise.

*** MOVE ON ***

COACH TIP — Emphasize the mindset principles in each lesson each day.

Awareness Before Action.

See it before you do it. Your body follows what your mind notices.

PRINCIPLE 01 OF 04: The First Rule: SEE IT

What it looks like →

Reading your opponent's hips · noticing your breath · catching a thought before it controls you · feeling the score change without flinching.

Awareness Before Action

Awareness Before Action means learning to see reality before responding to it. Most wrestlers lose matches not because they lack talent, but because they react without awareness. They get emotional after a bad call, force a shot that isn't there, ignore signs that their opponent is breaking, or allow negative thoughts to take control. Awareness is the ability to notice what is happening around you and inside of you before you decide what to do next.

Great wrestlers are aware of their opponent's position, body language, tendencies, and weaknesses. They are also aware of their own thoughts, emotions, energy level, and habits. They recognize fear before it creates hesitation. They recognize frustration before it becomes a bad decision. They recognize opportunity before it disappears.

When you see things clearly, you give yourself more options. When you become aware, you gain the ability to choose your response instead of simply reacting. Every great decision in wrestling begins with seeing clearly first. The better you see, the better you wrestle. You can't fix what you don't see.

See it. Understand it. Then attack it.

Attack Don't Avoid.

Hesitation is the most common cause of a loss. The score is just the receipt. Face it.

PRINCIPLE 02 OF 04: The Hunter's Law: FACE IT

What it looks like →

Shooting first · finishing the second effort · choosing the harder rep on purpose · moving toward fear instead of away from it.

Attack Don't Avoid

Attack, Don't Avoid means moving toward challenges instead of away from them. Most wrestlers don't lose because they aren't capable. They lose because they hesitate. They avoid taking the shot. They avoid the tough practice partner. They avoid the difficult conversation with a coach. They avoid the possibility of failure. Fear, doubt, and discomfort naturally make us want to play defense, but champions understand that growth lives on the other side of discomfort.

An attacking mindset doesn't mean being reckless. It means being courageous. It means trusting your preparation enough to take action. It means wrestling to score instead of wrestling not to get scored on. It means embracing difficult situations because you know they are opportunities to improve. Every breakthrough in wrestling happens when an athlete chooses action over avoidance.

The best wrestlers are not fearless. They simply refuse to let fear make their decisions. When they see a challenge, they move toward it. When they see an opportunity, they take it. When adversity appears, they attack it.

Champions don't wait for confidence before they act. They act, and confidence follows. **Fear says wait. Champions say go. Face your problems.**

Respond With Discipline

A reaction is loud and emotional. A response is trained and chosen. Choose it.

PRINCIPLE 03 OF 04: The Pro's Edge: CHOOSE IT

What it looks like →

Bad call → next whistle · scored on → reset and attack · trash talk → silent work · tough loss → tape review, not blame.

Respond With Discipline

Respond With Discipline means choosing your actions instead of letting your emotions choose them for you. Wrestling is full of moments that test your emotional control. You get taken down. A referee makes a bad call. Your opponent talks trash. You're tired, frustrated, nervous, or behind on the scoreboard. In those moments, your first reaction is usually emotional. That's normal. The problem is that emotional reactions often lead to poor decisions. Champions understand that while they cannot always control what happens to them, they can always control how they respond.

Discipline creates a gap between the event and the response. In that gap, great wrestlers pause, think, and choose the action that gives them the best chance to succeed. They don't waste energy arguing with referees, blaming others, or feeling sorry for themselves. They refocus on what matters next. Every match contains adversity. Every wrestler feels frustration. The difference is that disciplined athletes stay in control when everyone else is losing theirs.

Responding with discipline doesn't mean you don't feel emotions. It means your emotions don't get to make decisions for you. You acknowledge them, control them, and move forward with purpose. **Anyone can react. Champions choose their response.**

Control The Next Moment.

The last point doesn't exist anymore. The next exchange is the only one you can win. Move on.

PRINCIPLE 04 OF 04: The Champion's Lens: MOVE ON

What it looks like →

Breathe and reset · forget the takedown you gave up · stay in the match · win the next exchange · keep working · never give up

Control The Next Moment

Control the Next Moment means focusing your energy on what you can do right now instead of dwelling on what already happened or worrying about what might happen next. In wrestling, you cannot change a bad call, a mistake, a takedown you gave up, or a match you lost last week. You also cannot control the final score before the match is over. The only thing you truly control is your next action. Champions understand that success is built one moment at a time. When something goes wrong, they don't get stuck in the past. When pressure builds, they don't jump ahead to the future. They bring their attention back to the present and focus on the next position, the next exchange, the next period, or the next opportunity to score.

This principle is powerful because it keeps wrestlers from becoming overwhelmed. Instead of thinking about winning the entire match, they focus on winning the next position. Instead of worrying about becoming a state champion, they focus on today's practice. Great wrestlers don't try to control everything. They simply control the next moment better than everyone else. Over time, those small moments compound into big results.

When life, practice, or competition becomes difficult, ask yourself one simple question: **"What's the best thing I can do right now?"** Then do that. Move on!

Phase 01 - Days 1-10

Build The Foundation.

Phase 1: Building the Foundation (Days 1-10)

Before a wrestler can develop confidence, resilience, leadership, or championship habits, they must first build a strong foundation. Phase 1 is designed to establish the core mindset principles that every successful wrestler needs. During these first ten lessons, athletes learn how to become more aware of their thoughts, emotions, habits, and decisions. They learn to attack challenges instead of avoiding them, respond to adversity with discipline, and focus on controlling the next moment rather than dwelling on the past or worrying about the future.

This phase is about creating the mental habits that support long-term success. Just as a house is only as strong as its foundation, a wrestler's performance is only as strong as the mindset beneath it. The lessons in Phase 1 help athletes develop self-awareness, accountability, courage, focus, and personal responsibility. These are the building blocks that make every other lesson in the course possible. Before you can become a champion on the mat, you must first learn to master your thoughts, your actions, and your responses.

The goal of Phase 1 is simple: **Build the foundation today that will support your success tomorrow.** "Champions are not built on confidence alone. They are built on a foundation of awareness, discipline, courage, and personal responsibility."

Day 01 of 30

Red Flags

| The Hook

Red Flags: Which of these silent killers shows up in YOUR wrestling?

- Wrestles cautious / hesitant
- Afraid to lose or make mistakes
- Practice-room champ — chokes upstairs
- Inconsistent · high anxiety · poor body language
- Gives good opponents too much respect
- Makes excuses after a loss — illness, injury, fatigue

What would change in your wrestling if you fixed this red flag?

| Key Idea

The first move is admitting the leak.

You can't fix what you won't name. Today is a no-judgment inventory of the mental habits costing you matches.

Try This Now

Coach's Challenge

Write down the ONE red flag you see most in yourself. Share it with one teammate. No fixing yet - just naming it. Be honest with yourself.

Principle: 1 Awareness Before Action: See It.

| Wrestling Story

Anthony Robles is one of the most inspiring stories in wrestling history. He was born without his right leg and was told by many people what he wouldn't be able to do. Instead of accepting limitations, he chose to focus on what he could control. In 2011, he completed an undefeated season for Arizona State University and won the NCAA Division I National Championship at 125 pounds, defeating a defending national champion. Anthony Robles did not become a champion by pretending he had no obstacles. Born with one leg, he had to identify the challenges and his weaknesses and then build a style around his strengths. Every wrestler in the country could see what Anthony Robles lacked. Anthony focused on what he had. While others saw a limitation, he built an unstoppable weapon.

The Lesson: Red flags are not excuses. They are information. Your greatest limitation is rarely your circumstances. It's the belief that your circumstance determines what you're capable of achieving. **The first step to improvement isn't fixing the problem. It's being honest enough to identify it.**

| The Takeaway

"Awareness is the first weapon. Name it today, attack it tomorrow."

| Video

► Play in Class or at Home - Youtube

Look up: The Mindset Of A Wrestling Champion 2:44

| Mat Transfer:

During practice today, identify one moment when your red flag shows up