

Monday Motivation: Take Pride in Your Preparation

By Jon Gums – Dakota Grappler

Two weeks out from the start of the 2024-25 North Dakota wrestling season. Woo Hoo!

Today's message is simple but powerful: take a deep breath and remember that you're right where you need to be. Whether you're just stepping into pre-season workouts or already grinding through the early-season demands, take a moment to be proud of yourself. Starting is often the hardest part, and you've already done it. That's worth celebrating.

Pre-season isn't glamorous; it's a time for hard work, discipline, and putting in the hours when no one is watching. You're not here for the applause; you're here because you know that the journey ahead is worth it. As Tony Robbins says, *"It's not what we do once in a while that shapes our lives, but what we do consistently."* Today, let that consistency fuel your pride. Every time you show up, every time you push through, you're laying the groundwork for something incredible.

Embrace the Challenge

Getting ready for wrestling season means preparing for one of the biggest challenges of your year—maybe even your life. This sport demands everything you have: mental toughness, physical strength, and resilience. Not everyone can handle it, but you're here because you know you can. Even on days when it feels tough, remind yourself why you started. You chose this journey, and every step forward is a testament to your commitment.

Tony Robbins once said, *"The path to success is to take massive, determined action."* It's not enough to dream of success; it takes action. And here you are, showing up every day and choosing to face the challenge head-on. The work you're putting in now may be tough, but it's setting you up for the confidence and strength you'll need to conquer any opponent and overcome any obstacle.

Find Pride in the Process

Today, be proud—not just of the results you're working toward, but of the daily steps you're taking to get there. Robbins puts it this way: *"Where focus goes, energy flows."* When you focus on your purpose, your actions reflect it. You're not just getting through the workout; you're training your body, sharpening your mind, and preparing to handle whatever comes your way.

When pre-season gets demanding, remember that every tough day is one step closer to the person you're striving to be. And while results are important, the true pride comes from knowing you're giving it your all, no matter what. You're showing up, day after day, choosing discipline over ease and growth over comfort. That's something to be proud of.

Keep Moving Forward

The journey to greatness isn't always easy, and there will be times you'll need to dig deep. But take heart in knowing that every step forward is a victory, no matter how small. Robbins reminds us, "*The only limit to your impact is your imagination and commitment.*" Think of the impact you can make by staying committed to your training and keeping your eye on the bigger picture. By preparing now, you're setting the stage for a season where you'll know, without a doubt, that you gave it everything.

Today, be proud. Be proud of the decision to step on the mat, to start the journey, and to embrace the grind. You're not just getting ready for another season; you're preparing yourself to take on life's challenges with the heart of a wrestler: resilient, focused, and unbreakable.

So, take a breath, feel that pride, and get ready to push yourself to new heights. Because with every practice, every sacrifice, and every ounce of determination, you're building something that will last a lifetime.