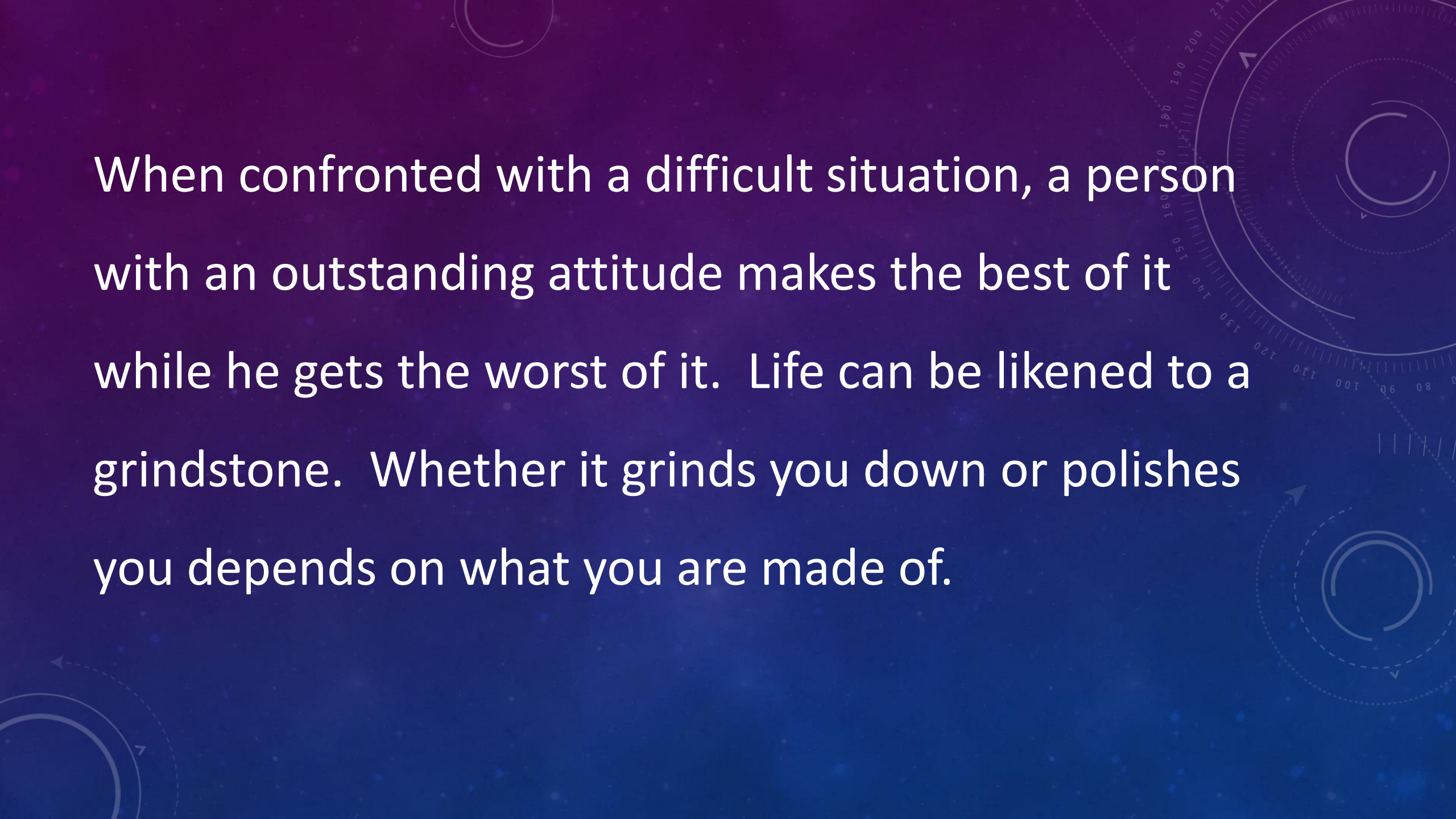


The background is a dark blue gradient with a subtle pattern of white dots. On the left side, there are several overlapping circular elements. A prominent one is a large circular scale with tick marks and numbers ranging from 140 to 260. Other circles are partially visible, some with dashed lines and arrows, suggesting a sense of motion or a complex diagram. The overall aesthetic is technical and futuristic.

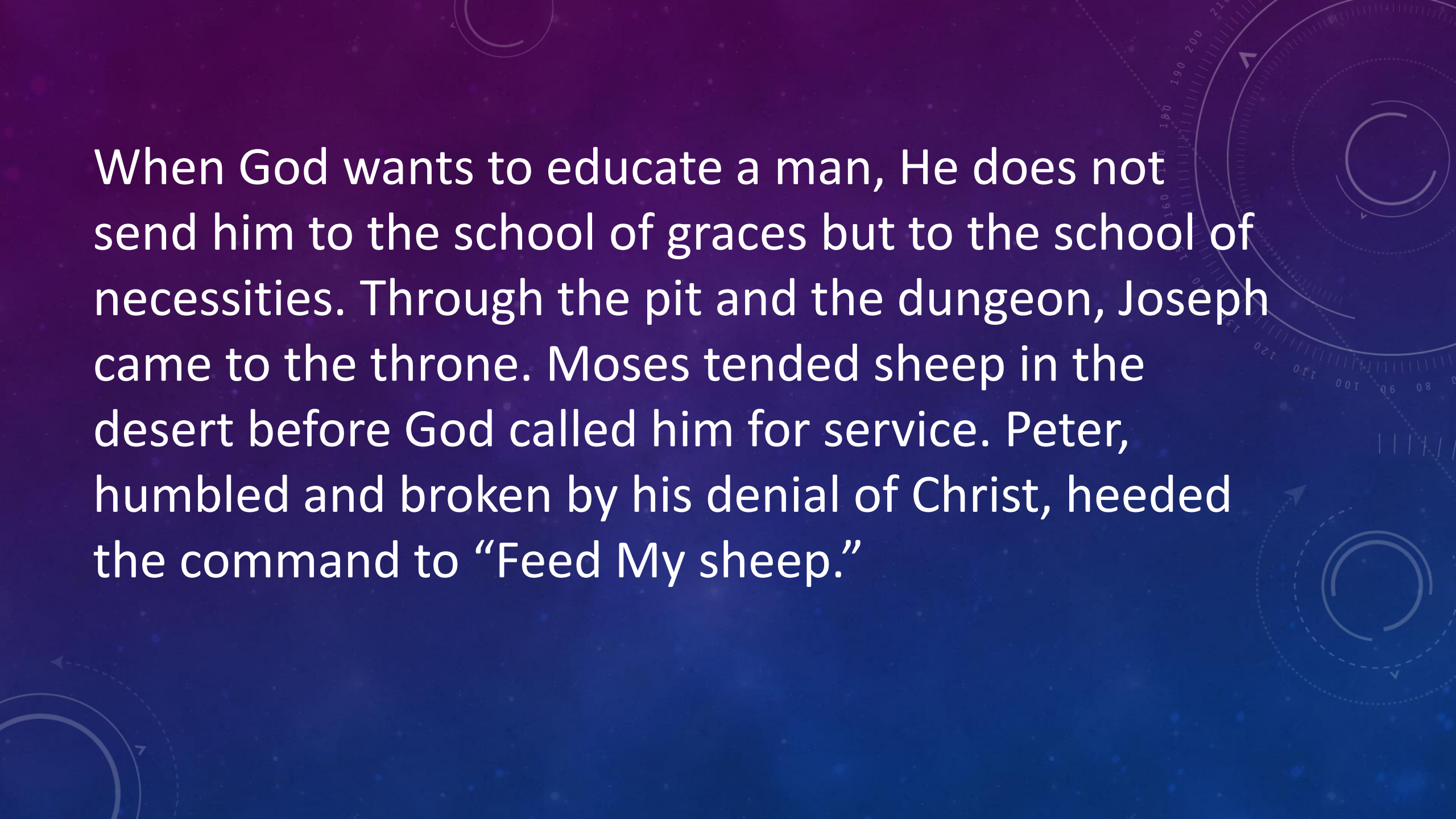
# FEAR OF FAILURE

WHAT IS THERE TO FEAR?

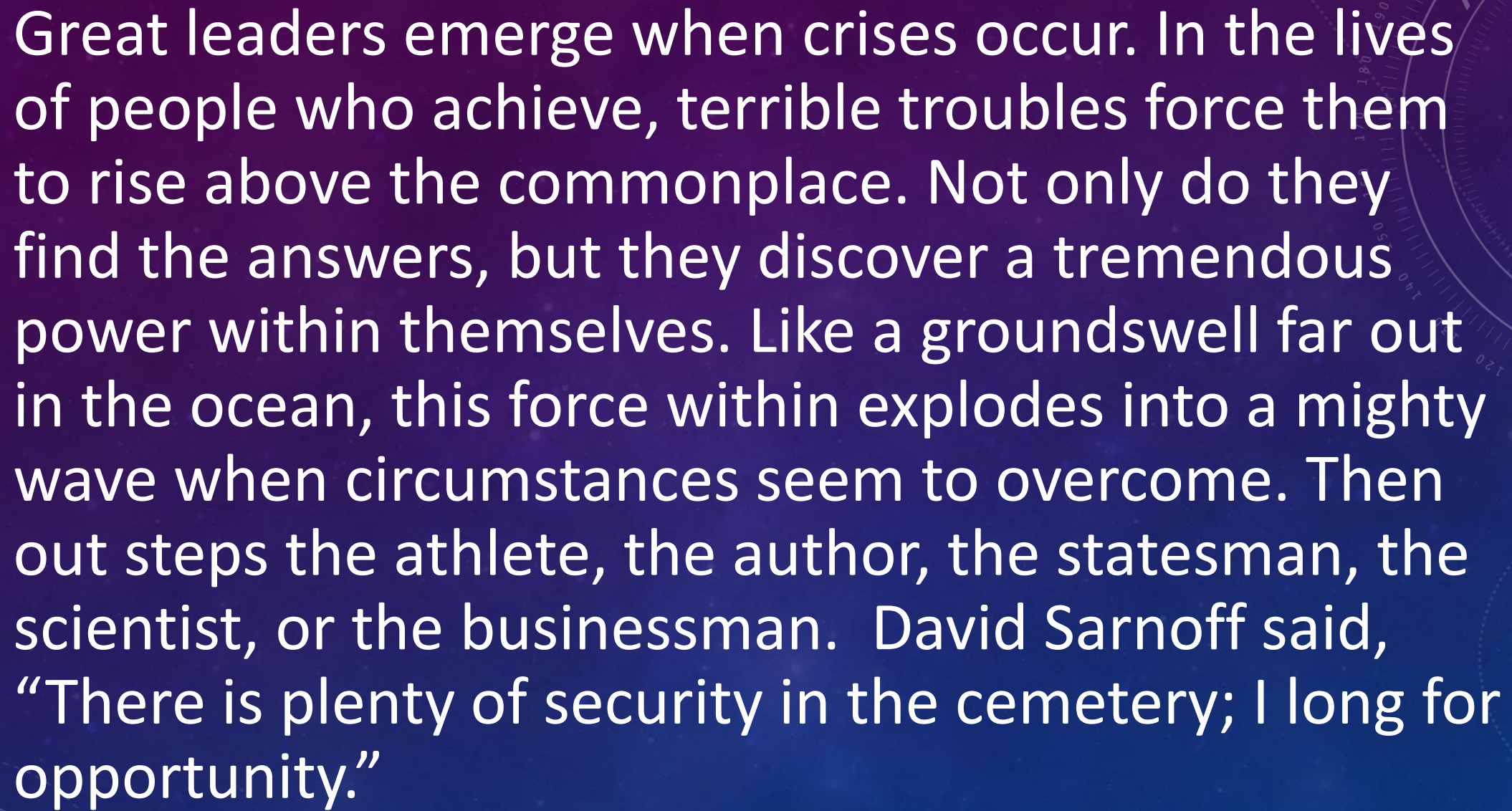
The background is a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams. On the right side, there is a large circular gauge with concentric circles and numerical markings from 0 to 200. Below it, there are dashed lines and arrows forming circular paths. On the left side, there are also dashed lines and arrows forming circular paths. The overall aesthetic is that of a technical or scientific presentation.

When confronted with a difficult situation, a person with an outstanding attitude makes the best of it while he gets the worst of it. Life can be likened to a grindstone. Whether it grinds you down or polishes you depends on what you are made of.

Few people knew Abraham Lincoln until the great weight of the Civil War showed his character. Robinson Crusoe was written in prison. John Bunyan wrote *Pilgrim's Progress* in the Bedford jail. Sir Walter Raleigh wrote *The History of the World* during a thirteen year imprisonment. Luther translated the Bible while confined in the castle of Wartburg. Beethoven was almost totally deaf and burdened with sorrow when he produced his greatest works.



When God wants to educate a man, He does not send him to the school of graces but to the school of necessities. Through the pit and the dungeon, Joseph came to the throne. Moses tended sheep in the desert before God called him for service. Peter, humbled and broken by his denial of Christ, heeded the command to “Feed My sheep.”

The background is a dark blue gradient with several technical-style graphics. On the right side, there are concentric circles and dashed lines, resembling a gauge or a circular scale with numerical markings. On the left side, there are curved lines and arrows, suggesting motion or a process flow. The overall aesthetic is clean and modern, with a focus on geometric shapes and lines.

Great leaders emerge when crises occur. In the lives of people who achieve, terrible troubles force them to rise above the commonplace. Not only do they find the answers, but they discover a tremendous power within themselves. Like a groundswell far out in the ocean, this force within explodes into a mighty wave when circumstances seem to overcome. Then out steps the athlete, the author, the statesman, the scientist, or the businessman. David Sarnoff said, “There is plenty of security in the cemetery; I long for opportunity.”

**“ONLY THING WE HAVE TO FEAR IS FEAR ITSELF”**  
**-FDR**



## FEAR OF FAILURE IN SPORTS

*“Show me a guy who is afraid to look bad, and I’ll show you a guy that you can beat every day.”*

-Lou Brock

# WHAT IS FAILURE?

- It's part of being human / taking risk
- Its all in how you look at it (perspective)
- It can be a great teaching/ learning tool
- **It only becomes a true failure if we continue to repeated the same failing actions over and over**



# FAILING IS PART OF TAKING RISK

- What are some things in history done that were considered impossible to do?
  - Fly
  - Land on moon
  - Transplant organs
  - The list is infinite
- In sports?
  - 4 min mile
  - 4 NCAA titles
  - Rulon, Dake...

# PERSPECTIVE

- Two people could have the same exact experiences, but yet have very different perceptions of the outcomes
- The first important step in weathering failure is learning how not to personalize it- making sure you know that your failure does not make you a failure.
- “We are all faced with great opportunities- brilliantly disguised as impossible situations”
  - Arnold Schwarzenegger (thoughts on when someone told him it couldn't be done)

# IT CAN BE A GREAT TEACHING/ LEARNING TOOL

- To achieve your dreams, you must embrace adversity and make failure a regular part of your life. If you're not failing you're probably not moving forward.
- In wrestling you will never know if you can
  - Get out of legs until you sit and try
  - Finish a takedown until you attack legs
  - Beat anyone tough until you run a pace on them

# IT IS NOT A LEARNING TOOL IF YOU CONTINUE TO PERFORM THE SAME UNSUCCESSFUL ACTIONS OVER AND OVER AGAIN

- Tom Caron- National Wrestling Hall of Fame Inductee, Outstanding American
  - High school and college wrestler, Businessman
  - *“I enjoy seeing people that worked hard and were basically honest, good people and giving them the opportunity to fail. They have to earn the right to succeed...”*
  - *“Wrestling is an excellent teacher. It’s an excellent tutor for going into business. One thing it teaches you is that you don’t keep trying to do the same thing if it doesn't work...”*
  - Recently started fighting cancer with a 7.5% chance of survival over 2 years
    - *“I approach it like you would a wrestling match or business. You can cry, ‘oh me, oh my,’ or you can go forward”*

IT ONLY BECOMES A TRUE FAILURE IF WE CONTINUE TO REPEATED THE SAME FAILING ACTIONS OVER AND OVER

- Examples in wrestling

- Technical

- Mental

- Preparation

- Who is the only person that knows if you are totally committed to the process?

# TAKING RISK

- IF YOU WANT TO INCREASE YOUR ODDS OF SUCCESS, YOU HAVE TO TAKE CHANCES.

## Don't dare try

1. They rehearse impossibilities
2. They replace goals with pleasure
3. They replay the problems

Motto: I would rather try nothing great and succeed than try something great and risk failure

## Don't dare miss

1. They feed off impossibilities
2. They find pleasure in the goal
3. They fish for solutions

Motto: I would rather try something great and fail than try nothing great and succeed

## FINAL THOUGHTS

- No matter what you've experienced, remember this: There are people who've had it better than you and done worse. And there are people who've had it worse than you and done better.
- For some reason, many people think everything in life should be easy, and when they find out that achievement takes effort, they give up. But success takes hard work.

## WHAT IT MEANS IN OUR SPORT

- We have to take risk to have success
- The greater the challenge the greater the opportunity
- Do not take failures personally
- You have to have the ability to flush negative thoughts during matches, or bad matches
- Like life wrestling is difficult, fight on anyway with your goals in mind



# REFERENCES

- Circle of success: Lessons for a lifetime of spork, Bill Leach and Ted Newland
- Failing Forward: John Maxwell
- Themat.com interview