

## CHAPTER 1

# MINDSET

*“Life is not about how fast you run or how high you climb but how well you bounce.”*

—Vivian Komori

American businesswoman;  
CEO and founder of The Broad Perspective

In this chapter, we are going to look at how gymnastics builds a special kind of mindset and set of skills for mental toughness. We will also look at what you can do to continue to develop this psychological edge. There is no success in this sport without some level of mental toughness, and I love that gymnastics helps to build it.

One of the best aspects of gymnastics is the mindset it forces you to have. If you’ve been doing gymnastics for at least a few years, then you know what I’m talking about. Gymnasts are *tough*. There is no doubt about that. And it doesn’t happen by chance. To start, gymnastics teaches you to do the following:

- Reset after a setback
- Cope with failure
- Put in the work to increase success

## RESET AFTER A SETBACK

I love the chapter opening quote by Vivian Komori; it is so fitting when it comes to gymnastics. When I think of every time I failed in gymnastics—every time I fell during a meet, split the beam during practice, or missed a release move on

# Guide To Perfect Balance

**VM Jensen**



**Guide To Perfect Balance:**

## The Enigmatic Realm of **Guide To Perfect Balance**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Guide To Perfect Balance** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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