

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

N Noddings



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