

Midweek Motivation:

Master the Mundane



By Jon Gums – Dakota Grappler

The high school wrestling season is over. The final whistles have blown, the brackets are set in stone, and champions have been crowned. Now what?

This is where the real work begins.

The difference between good and great, between the ones who peak and the ones who keep climbing, is simple: the most successful wrestlers learn to **master the mundane**.

The Secret to Success: Doing What Others Won't

Most people get excited about the big moments—the packed gyms, the state tournaments, the thrill of a hard-fought victory. But the ones who truly succeed? They embrace the **day-in, day-out grind** when no one is watching.

They find meaning in the lonely early morning workouts. They push through the repetitive drills that most people get bored with. They show up even when motivation fades.

It's easy to work hard when things are exciting. The hard part? **Executing when things feel slow, routine, or exhausting.**

That's why most people quit—because they never learn to **fall in love with consistency.**

The Importance of Setting New Goals

Wrestling season may be over, but that doesn't mean you should sit back and wait for next year. This is your opportunity to take your weaknesses and turn them into strengths.

- Did you struggle with takedowns? Spend the offseason drilling them until they become second nature.
- Was your conditioning an issue? Make running, lifting, and drilling part of your weekly routine.
- Did you lose matches because of mental mistakes? Start training your mind as much as your body.

Setting goals keeps you **engaged and focused**. Without them, time will slip by, and before you know it, next season will be here, and you won't be any better than you were before.

Why You Need a Routine

You don't rise to the level of your motivation—you fall to the level of your **habits**.

Success isn't about one big moment of inspiration. It's about the small, daily choices you make.

Making a routine builds **discipline**—and discipline beats motivation every time. Motivation fades, but habits last.

If you commit to a routine, you take the guesswork out of improvement. You don't have to decide every day if you *feel* like getting better—you just do it because it's part of who you are.

Execute Every Day

Mastering the mundane means showing up, doing the work, and trusting the process—even when it's hard, even when it's boring, and even when no one else is watching.

This is how champions are made. Not in the spotlight, but in the quiet moments of relentless **execution**.

So ask yourself today:

- **What's one thing I can start doing daily to improve?**
- **Am I willing to put in the work when it's not exciting?**
- **Will I master the mundane and set myself up for success next season?**

The choice is yours. **Execute today, win tomorrow.**