

# Advice from a

# Champion

C.D. MOCK  
University of  
North Carolina

1982 N.C.A.A.  
Division I National  
Champion

Whenever I have the opportunity to share with people my thoughts on success, I basically emphasize four main principles. I observed these principles and they worked for me. I believe they are four of the essential ingredients to victorious living. The first principle is *concentration*. Concentration involves knowing what you desire and how you can achieve it. I set my goals, write them down, read them as many times a day as I can. Initially, goals are just "wants". By concentrating on your goals and visualizing them achieved constantly, you create a burning desire within yourself that many times is the difference between the champion and runner-up. This reminds me of the illustration that water boils at 212 degrees. Boiling water creates steam that moves trains across our country. At 211 degrees, one degree less, water is stagnant, helpless. That burning desire, being one degree more, makes all the difference.

Wrestling is a very emotional sport. The second principle I call *removing the "e"*. In a sport where such total dedication and individuality is emphasized, we have too much time to contemplate the "pains". When these emotions come, remove the "e" in emotion and get in "motion". For me, this meant staying positive and not allowing negative thoughts to dominate my mind. This may mean going out and running after a loss. Whatever it takes for you to do to keep positive and moving forward at your lowest times, do it!

The third principle is essential and certainly no secret. You have to *believe in yourself*. I think the word "believe" has been greatly misinterpreted recently. Belief is not seeing, or feeling a

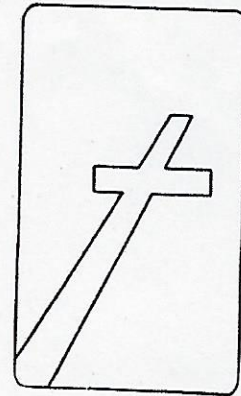
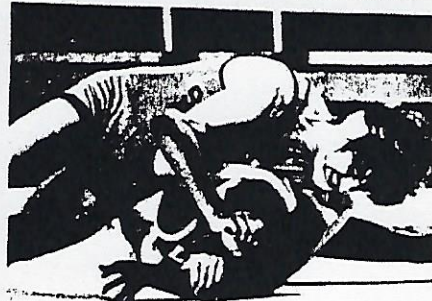
certain way. Belief, or faith, is first a decision. You decide to believe a certain way and then act on that belief. Too many of us wait to see something happen or feel a certain way before we will believe. Faith makes things happen.

Which leads to the final principle, *put the power of God in your life*. If you want to be able to really believe in yourself, spend some time in the Word of God. The Bible is the manual of victorious living. I am usually a very nervous person before a big match. The finals of nationals was the most relaxed match I have ever had. Anything and everything I have ever learned about concentration, handling my emotions, keeping a positive attitude and believing in myself came from the very simple and basic principles in the Bible.

I have spent much time reading about the lives of great individuals. I



assure you, these principles have been used by many great men and women. They were not created by me by any means. But they work for anyone who will apply them. I hope they help you.



"Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it." 1 Cor. 9:24