

# 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

**RC Schank**



**Guide To Perfect Balance:**

## Unveiling the Magic of Words: A Overview of "**Guide To Perfect Balance**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Guide To Perfect Balance**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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