

Choose To Be Unstoppable

Wrestling is a lot like life

You wrestle with your opponents on a daily basis. These challengers can come in many different forms including illness, financial issues, a relationship, or even a career issue.

We're all wrestlers, and no matter what opponent we're going up against, we can be unstoppable when you do three things:

First—You need the right mindset.

Second—You have to look beyond the obstacles.

Third—You need to focus your efforts on things you CAN control.

The Right Mindset

My mom always taught me growing up that God made me this way for a reason, and when I was young I didn't really understand what that meant. But when I started to get older and she kept saying it, I believed it. It became my mindset. My mom would show pictures of me as a baby, from the waist up, to people who didn't know about my condition. They would ask her if I was walking yet, and whenever they asked, she'd always answer the same, "Not

yet, but he will one day." Now think about that for a second! My mom would tell people that her baby, who was missing a hip and a leg, would walk someday. She believed so strongly in my abilities and what I was capable of doing long before I did. Who believes in you and what you're capable of doing? Perhaps even more importantly, who do you believe in that needs someone like my mom to support them?

Look Beyond The Obstacles

When I started wrestling, "I sucked." I went out for the wrestling team my freshman year in high school, but there were a few obstacles. The lightest weight class in high school was one hundred and three pounds, also known as the "Twigs" weight class. They used to say I was so thin you could have "faxed" me. I weighed 90 pounds. Even the twigs thought I was tiny. Oh yeah, I had also never wrestled before. The first year was terrible. People felt sorry for me and they'd say, "Awwww, look at that boy out there trying, and he's only got one leg." Fast forward to my senior year, after going 96-0 and people were saying,

"Hey, no fair, that kid's only got one leg!"

Focus on things you CAN control

After my freshman year of wrestling, I was wrestling with whether I should continue or quit. Then I watched Chris Freijie. He was one of the top wrestlers in the state, and eventual Arizona state champion. I was in awe of how great he was on the mat and I set my goal right there, that day, to be a state champion like Chris. I started by going to the same training center as Chris. I tried to train with him, but it wasn't even wrestling. He just beat me up all practice long, every practice. I didn't score a single point against him all summer, and I'm pretty sure that I started to get on his nerves, because he kept beating me up worse and worse the more I came to train with him. Chris taught me a lot of things about wrestling and he left me with some important life lessons too. I remember one day in practice we were doing sprints. Our coach told us to run two sprints and I noticed Chris would run four. Coach said do twenty push-ups and Chris would do forty. This was beginning to get on my nerves so

I asked him, "Chris, how come when coach was telling us to do stuff you kept doing more?" He said, "You have to. If you want to be average, like everyone else, you do just what's expected of you, but if you want to be the best, you gotta do extra. You gotta bust your butt when nobody else is, so that you can jump ahead of them. Everyone can show up and do what's asked, but not the extra."

"I am Unstoppable"

"Every soul who comes to earth with a leg or two at birth must wrestle his opponents knowing its not what is, but what can be that measures worth. Make it hard, just make it possible and through pain, I wont complain. My spirit is unconquerable. Fearless I will face each foe for I know I am capable. I don't care what's probable, through blood sweat and tears I am unstoppable."

-Anthony Robles

