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You Can't Get Pinned When You're on Top

Wrestling with Greatness Podcast

Action Plan Episode #30

Tanner Gers

Tanner Gers (pronounced Gears) is a published author, professional speaker, US Paralympian, host of The Athlete Summit- a platform for achieving greatness in sport and life. Holding a degree in Business, he also consults and speaks for corporate, educational, nutrition, fitness, and sports clients. He has worked with disabled youth and adults through various organizations such as Easter Seals, the Foundation for Blind Children, and Wounded Warriors. A competitive athlete himself, Tanner is passionate about improving coaches, athletes, and his own performance by pulling back the curtain on what elite coaches are successfully using today with their own Olympic, professional, collegiate, and high school athletes. Tanner has interviewed coaches and thought leaders such as Dr. Fred Hatfield, Dr. Kelly Starrett, Dr. Jim Afremow, Joel Jamieson, and athletes including NFL Hall of Famer Steve Young and Paralympic gold medalist Brad Snyder. Tanner's larger life mission is to help millions of people across the world achieve their true greatness with his gift for cultivating confidence, determination, and the will needed to achieve greatness in life, regardless of circumstance.

On Setting Goals:

Write down your goals. While we've always heard this, most actually never will. In August, he wrote down the goal of getting paid \$1,000 in a day and \$10,000 in a month for speaking. The deadlines were October 1 and October 31, respectively. He achieved both goals in September!

WRITE DOWN CONCRETE GOALS!

One action to take today:

While he practices gratefulness everyday by stating the simple things for which he's grateful, Tanner recommends forgiveness. Toward the end of the show, he shares

about how his anger at the paramedics after his accident held him back from success. They basically wrote him off instead of rushing him to the hospital which may have exacerbated the effects of the trauma. Once he finally let go and forgave them, he began to find success.

Recommended book:

Think and Grow Rich *by Napoleon Hill*

Quotables:

"The way I lived my life before the accident was a tragedy."

"Everything I've achieved in my life has been built on the principles learned through sport."

Website:

<http://www.theathletesummit.com/>

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