



**Getting the Reps with:  
USA Olympian Apolo Ohno**

Getting Uncomfortable

Key Takeaways

- The most important skills are around the ways that you tackle challenges and create resiliency through the hard times in your sport.
- It's important to prepare yourself for environments that are unfamiliar to you so that you can still perform in those situations.
- Force your brain to deal with unforeseen circumstances.
- Outside of sports you can't exercise physical dominance so these life skills are going to transfer beyond your athletic career - grit, resilience, consistency of effort, adaption to new environments, how to deal with uncertainty, etc.

Things to Think About

- What's something you're uncomfortable doing?
- How do you react when you're uncomfortable?
- How can learning to adapt or perform in uncomfortable environments help you in sports? What about in life?

Ways to Practice

- Pick something within your sport that you're not as good at. Decide how you're going to practice that this week.
- Pick something outside of your sport that you're uncomfortable doing and commit to doing it this week.

