



## Growth Mindset

When you are set a hard task or challenge, your inner voice may pipe up with the classic “I don’t think I can do that “or “oh no, not another one“ or “can I really do this, what will people think if I don’t make it? I’ve shared my goals with these people and now I’m going to look stupid because I can’t do this “. It’s easier not to try, or not to take the chance, because then I can say “well I just did not feel up to it “. It’s very common among athletes to think they are good, but who never really put it to the test, or never put it all on the line and go all out for fear of maybe finding out they are not as good as they think. The problem with this fixed mindset is they will never reach their full potential, because they are afraid of finding their true potential. Be honest with yourself, do not be afraid of finding your mental and physical limits, because once you find those limits you will know what goals to set and to go past that line, and that is the measure of success. BE FEARLESS, GET TO KNOW YOURSELF. You will not be disappointed, it’s only by knowing ourselves that we know and can understand others

When your coach, parents, friends give you constructive feedback with good intentions, it’s very easy in your mind to mix up that feedback with personal criticism. “I’m a bad person because I could not maintain that goal time “my coach has just told me to work harder, I thought he/she liked me, I’ve just been put down a lane, that must make me a really bad person. I must be stinking up the pool“. In fact, it’s better to recognize that the other lane is better suited to you currently for that particular set of repeats. If you have a fixed mindset the person helping you with insights may be perceived by you as “well they are really having a go at me “, when in fact they are helping you. HONESTY IS TOUGH: No one wants to hear their coach say it’s not good enough, but you have to separate what you think as personal criticism from positive feedback designed to help CHANGE THE WAY YOU HEAR THINGS.

Some of you will have heard me say “you learn more from your setbacks /failures than you do the successes “, but only if you are self- aware, willing to accept the coach/parent feedback for what it is, it is NOT PERSONAL, your coach /parents are there to help and support you, whatever you may think at the time. Your coach and parents want you to achieve your goals, be supportive and for you to be the best you can be. A QUESTION: would your coach deliberately set out to make the whole squad go slower would he/she design sets to make you fail?

You could interpret feedback in a fixed mindset as an indicator that you can’t change anything, you will never change, or I will never be any good, well one thing is for sure if you think you won’t be any good you definitely won’t be with a fixed mindset ,you may

think “ok if I don’t try I can always delude myself in to thinking I could have, but you will never truly know and will never have pure closure, instead of a growth mindset of if I don’t try I will automatically fail where is the dignity in that “,I think the phrase “could have “is the saddest in the English language ,why not view feedback as a spur to do something different? I think it was Einstein who said “if you keep repeating the same process and expect to get a different outcome, that’s where madness lies “

When you think:

FIXED MIND SET: Are you sure you can do it, I don’t have the guts?

GROWTH MIND SET: I’m not sure I can do it now, but I think I can learn to with time and effort

FIXED MIND SET: What if I fail - I will be a failure?

GROWTH MIND SET: Most successful people have a string of failures behind them

FIXED MIND SET: If I don’t try, I can protect my self and keep my dignity

GROWTH MIND SET: If I don’t try, I automatically fail, where’s the dignity in that

FIXED MIND SET: This would be easy if I had any talent or potential

GROWTH MIND SET: Swimming was not easy for Adam Peaty or Katy Ledecky, they had a goal and worked their way to success, even when others said they would not do it

FIXED MIND SET: It’s not my fault, it was something or someone else’s fault

GROWTH MIND SET: If I don’t take responsibility for my actions, things will never change, I won’t take the criticism personally, it may hurt, but I will learn from the setback

You can’t control what others think, do or say, but you can choose how to react to what others do, find the positive and stay in control.

Pete Withey December 2016

# Growth mindset vs fixed mindset



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SUCCESS ← → FRUSTRATION

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

GRIT

← → Learned helplessness

From Reid Wilson  
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