

Fixed and Growth Mindset

There are two mindsets people can have about their talents and abilities:

Fixed – believe their talents and abilities are simply fixed; they have a certain amount and that's it. Hockey players with this mindset can become so focused on being and looking talented that they never reach their potential. Players with a fixed mindset:

- Avoid challenges
- Get defensive or give up easily with encounter an obstacle or criticism
- See effort as fruitless (or worse)
- Ignore useful feedback Feel threatened by the success of others
- As a result may plateau early and achieve less than their potential.

Growth – believe talents and abilities are things they can develop through effort, practice, and instruction. Don't believe everyone has same potential but understand that nobody reaches their potential without years of deliberate practice. Players with a growth mindset:

- See hockey intelligence and skill as something that can be developed. Have a desire to learn and put ego aside for that purpose.
- Embrace challenges
- Persist in the face of setbacks
- See effort as a path to mastery
- Learn from criticism without getting defensive
- Find lessons and inspiration in the success of others (including teammates)
- As a result they reach ever higher levels of achievement

A growth mindset fosters a healthier attitude toward practice and learning, a hunger for feedback, a greater ability to deal with setbacks, and better performance over time.

IT IS A DAILY CHOICE TO EMBRACE ONE OR THE OTHER. HOW GOOD DO YOU WANT TO BE? THE BEST ATHLETES IN ALL SPORTS DISPLAY GROWTH MINDSETS!

