

# 3E Team Huddle Sheet

## Growth Mindset

### Get The Team Thinking

*"I've always been a firm believer in mind over matter. If you don't believe you can achieve, your body will start to believe this and you'll be stuck." – Sheryl Swoopes, WNBA Great –*

*\*Write this or one of your own on a board*

### Get The Team Talking

1. Explain the difference between a **Fixed Mindset** vs a **Growth Mindset**
  - o **Fixed Mindset:** You believe you are born with your ability and it does not change
  - o **Growth Mindset:** You believe you can push yourself to improve and get better
2. If a **Fixed Mindset** person sees a potential failure or an inability to live up to expectations, he/she avoids it. A **Growth Mindset** person views the situation as a setback, learns from it, and works hard to get better.
3. A **Growth Mindset** helps you to stay positive and overcome mistakes and failure
4. Ask the team which they think they are? Let them know you can be both but can also change.
5. Ask them what skills and traits are important to having a growth mindset? (Confidence, resilience, grit, positivity, supportive, humility, etc.)

### Make It Relevant

1. Share a story of a time where a growth mindset was a difference maker. It could be something personal or something that happened with the team. If you don't have anything use the example on the following page
2. Try to highlight some of the characteristics of growth minded athletes and teams

### Get Better Every Day

1. After you share your growth mindset story stop and ask the team (or individuals) if they believe they have a growth mindset? Another option is to ask who on the team has a growth mindset and why?
2. Ask the team for ideas on how to build a growth mindset as individuals and/or as a team. Some things to look for from your team...
  - o Being positive - believe in your ability and boost your confidence. Success will come if you work hard
  - o Treat mistakes and failures as learning opportunities - learn from mistakes and move on
  - o Be open to feedback - Sometimes it can be hard to hear criticism but athletes need to be willing to listen and learn if it will make them better
3. Great teams have athletes with growth mindsets. These athletes are also growth minded as it relates to the team. They are positive and support every person on the team to get better every day.

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## Huddle Meeting - Story Sample

*There are many stories of famous athletes and business people that have gone down in history as being greater than the talent they were born with. Many times these individuals faced a setback which fueled them to overcome that setback and achieve greatness. Here are a few examples and also a story about Fixed Mindset athletes that we have seen.*

### **Growth Mindset Example 1**

Tom Brady, quarterback for the New England Patriots is the winningest quarterback in Super Bowl history. He was one of the last people selected in the NFL draft coming out of college. His growth mindset fueled his work ethic and he will be remembered as one of the greatest quarterbacks in NFL history.

### **Growth Mindset Example 2**

Michael Jordan, generally thought of as one of the greatest basketball players of all time, was cut from his high school basketball team. His growth mindset drove him to work hard to reach his full potential. Michael Jordan retired with an NCAA Championship, 6 NBA Titles and 2 Olympic gold medals.

### **Growth Mindset Example 3**

Think of an example of someone you played with or coached. Maybe this athlete was just OK in his/her freshman and sophomore years of high school. However this kid kept working and matured a bit. His/her junior or senior year, this athlete tore it up. The positive attitude, vision for what they wanted to achieve in the future and desire to be better kept that kid playing and he/she eventually blossomed into an outstanding athlete.

### **Fixed Mindset Example**

No need to mention names here unless you want to. Talk about the common example of kids that start playing competitively at a young age and do really well. Everyone tells them how great they are. It is planted in their head that they are just good at it and don't need to work hard. Expectations are set high that they will be great. They get to high school and many kids that were not as good at a younger age start to pass them up. Instead of accepting their role and working hard to improve and be the best they can be, they quit. Quitting or acting like they didn't really try is easier to handle than not living up to the expectations they think everyone has for them.