

“Be watchful, stand firm in the faith, **act like men**, be strong”

1 Corinthians 16:13

Great players are not great because they are *perfect*.
They are great because they have
near perfect reactions to mistakes.



Fixed Mindset or Growth Mindset?

- All athletes need a **Growth Mindset**!

What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

<https://youtu.be/MV23eoqBX-g>



What can you do with MISTAKES?

“ . lush it”

and

“ . ix it”



Would you let this guy in your house?



If doubt gets in your head

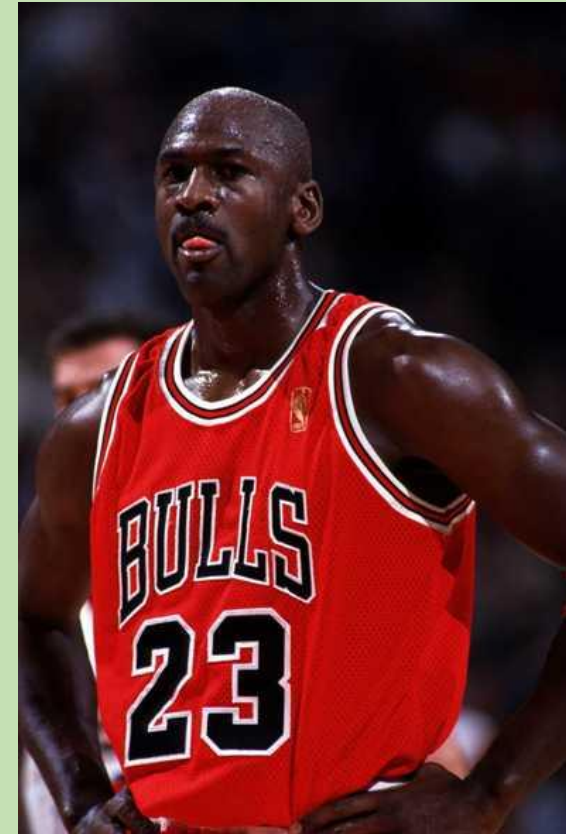
FLUSH IT

and

FIX IT

How to flush it?

“Head up, eyes up, chin up”

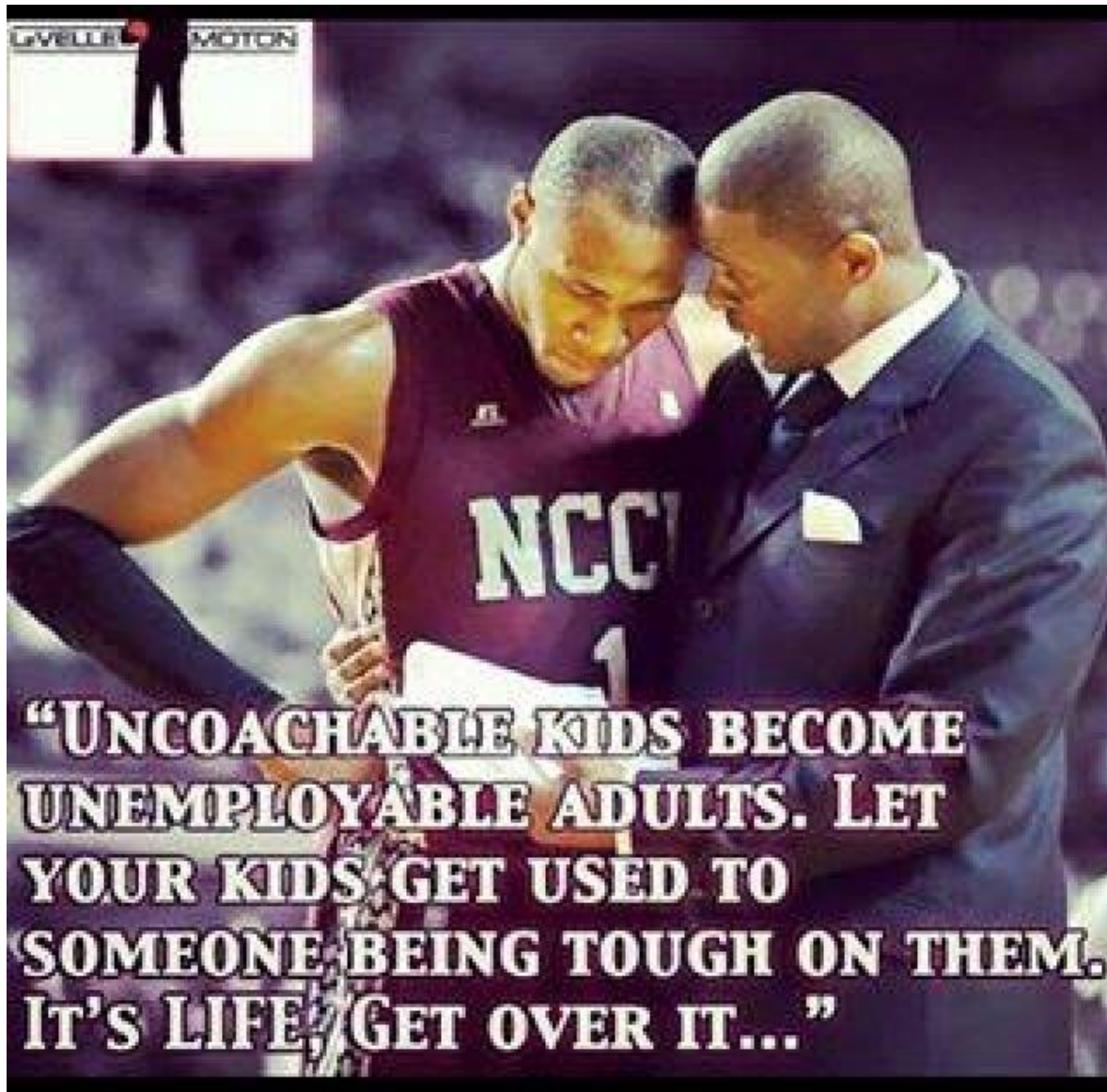


How to fix it?

Use “go to” sentence:

1. I am mentally tough
2. I love this challenge
3. I’m at my best in big games
- 4.
- 5.
- 6.

Have your “go to” sentence by tomorrow.



**“UNCOACHABLE KIDS BECOME
UNEMPLOYABLE ADULTS. LET
YOUR KIDS GET USED TO
SOMEONE BEING TOUGH ON THEM.
IT’S LIFE, GET OVER IT...”**