

The Mindset of a Champion

Jenn Shelswell June 10, 2021

Carson Byblow

TEDxYouth @AASSofra

Growth mindset	Michael Jordan + the Rock both persevered when they were told they couldn't do something. = Growth mindset
Fixed mindset	Growth mindset + Belief that you can learn and grow and you see challenges as a positive thing. FAILING = GROWING
Share personal story to humanize.	Fixed mindset → feeling that no matter what you do, you will never change so you give up.
Learn to Grow.	Coaches want people who are lifelong learners.
Book: mindset by Carol S. Dweck.	Carson's personal story about reading. He went from a fixed to a growth mindset.
<u>YET</u>	We can have a growth and a fixed mindset, but we can change our fixed mindsets. Book: mindset by Carol S. Dweck + Carson + his dad read it.
perseverance	YET → put the word yet at the end of your sentence. "I can't do it... yet!" Keep working at it.

Sometimes it can be difficult to work toward change when we feel we are not good at something. We might have a fixed mindset. It is important to remember that with perseverance, anything is possible: Growth mindset. Put the word 'yet' at the end of your sentence when you feel in doubt + change your fixed mindset into a growth one.