

EVERY **STEP** STRONGER

My Growth Mindset Plan

Situations where a fixed mindset persona may be triggered for me are:

For example, in setting pre-race goals, when I look back on past performance, when I am stressed

How does this fixed mindset persona make me think, feel, act?

For example, limiting my expectations, as if i'm a failure, that things will never change.

What is my fixed mindset persona's name?

For example, Debby Downer, Scared Sam

What growth mindset responses can I start to use to resolve this?

For example, reset my failures as learning opportunities, self-compassion, refocus on my personal goals.

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan