

MAJOR LEAGUE MINDSET

WHAT ABOUT YOURS?

1

CIRCLE THE STATEMENTS THAT APPLY TO YOU CURRENTLY.

AVERAGE MINDSET

FIXED

Believe they're either good at something or not

See adversity as something to be avoided

Needs success for confidence

Give up in the face of obstacles

Focus on past failures or worry about the future

Focus on ME

Held back by fears

See failure as final

Focus on what they can't control

Say "WHY ME" and feel sorry for themselves (Victim)

Let their FEELINGS determine how they act

Believe they can learn to get better at anything

See adversity as an advantage

Have routines that create confidence

Persist in the face of obstacles

Focus on the present-moment

Focus on WE

Use fear as fuel

Know that failure is feedback

Focus on what they can control

Say "GOOD" and ask "What's Important Now" (Warrior)

Have their ACTIONS determine how they feel

MAJOR LEAGUE MINDSET

GROWTH

2

PICK 1-3 STATEMENTS THAT YOU WANT TO TURN TOWARD AND **WRITE** THEM DOWN BELOW

