



Grow Toward your Potential with Growth Mindset



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
a Mental Performance Consultant & founding director of Beyond Horizons Performance (BHP). Through BHP, I'm committed to embedding psychological skills training and mental wellness across athletic and artistic spaces.

Let's build confidence, mental toughness, and resilience together!



Growth mindset is all about pressing forward with courage despite fear and uncertainty - all while learning valuable lessons along the way. It's the ultimate deal breaker in unlocking your potential as an athlete and performer!



What is Growth Mindset?

Growth mindset is the belief that:

- Challenges and obstacles are learning and growth opportunities
- All skills can be learned through focus and effort

Growth mindset influences our thoughts, behaviors, and decisions.

What is Fixed Mindset?

Fixed mindset is the belief that:

- All skills or abilities must be natural or "innate"
- The qualities that you're born with cannot be improved or changed.

Growth Mindset

"If I practice this skill every day, I will see improvement."



Fixed Mindset

"Everyone else can do this skill already; there's no way I can learn it."

How Can I Develop Growth Mindset?

It can be easy for our brains to assume that we aren't capable of a skill or goal. However, we have the ability to change that internal narrative using growth mindset statements.

Change the statements below from fixed mindset to growth mindset

1. "These practices are getting too difficult for me."



2. "I can't do this skills/drills as well as everyone else. Why should I try?"



3. "I've always been the slowest on the team - I was just born that way."



4. "I feel like such a failure after losing that game. I put in all that hard work for nothing."

5. "I'm already good enough at this skill. I don't need to try harder or push myself."



Beware of "Toxic Positivity"

Toxic positivity is the concept that encouraging statements decrease or minimize difficult emotions or circumstances.

This is NOT growth mindset!

Whether it's trying a new skill, being in a new team/environment, or pushing yourself in practice, it's normal to feel hesitant or uncomfortable in challenging situations.

What holds you back from putting in your best effort?

Hint: emotions/feelings, perfectionism, etc.

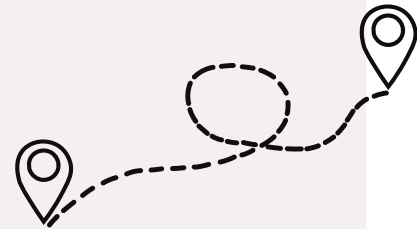


You have the choice to either listen to those negative voices/fears or move forward despite them. So, be prepared to embrace the challenges ahead!

Curious to see if you have a growth mindset?

Take this quiz to find out!

<https://take.quiz-maker.com/Q5UD7PIQX>



Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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