



CHAMPION
MINDSET GROUP
WWW.CHAMPMINDSET.COM

Growth vs. Fixed Mindset: How Parents Shape Athlete Development

A Parent's Quick Guide to Building Resilient, Coachable Athletes

An athlete's mindset shapes how they respond to challenges, mistakes, and pressure. Parents play a powerful role in reinforcing either a fixed mindset—where ability feels limited—or a growth mindset—where effort and learning drive improvement.

1. Fixed Mindset (What to Watch For)

A fixed mindset shows up as fear of failure, avoiding challenges, and tying self-worth to outcomes. Common phrases: "I'm just not good at this." "I can't mess up."

2. Growth Mindset (What We Want)

A growth mindset views challenges as opportunities and mistakes as information. Core belief: Skills are developed through effort, coaching, and repetition.

3. Praise Effort, Strategy, and Response

Avoid praising talent alone. Instead, highlight controllables like preparation, persistence, and adjustment after mistakes.

4. Normalize Struggle and Discomfort

Growth requires challenge. Help your athlete see struggle as part of getting better—not a sign of failure.

5. Model the Mindset You Want

Athletes listen more to what parents do than what they say. Speak about challenges with curiosity instead of frustration.

6. Focus on Learning Over Winning

Winning feels good—but learning lasts longer. Ask questions like: "What did you learn today?" instead of "Did you win?"

Remember: A growth mindset doesn't mean lowering standards. It means holding high standards while believing improvement is always possible.