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## 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.