



Place a check in the column that identifies the extent to which you agree or disagree with the statement.

	Strongly Agree	Agree	Disagree	Strongly Disagree
1. Your intelligence is something very basic about you that you can't change very much				
2. No matter how much intelligence you have, you can always change it quite a bit.				
3. You can always substantially change how intelligent you are.				
4. You are a certain kind of person, and there is not much that can be done to really change that				
5. You can always change basic things about the kind of person you are.				
6. Music talent can be learned by anyone				
7. Only a few people will be truly good at sports – you have to be “born with it”				
8. Math is much easier to learn if you are male or maybe come from a culture who values math.				
9. The harder you work at something, the better you will be at it.				
10. No matter what kind of person you are, you can always change substantially.				
11. Trying new things is stressful for me and I avoid it.				
12. Some people are good and kind, some are not – it's not often that people change.				
13. I appreciate when parents, coaches, teachers give me feedback about my performance.				
14. I often get angry when I get feedback about my performance.				
15. All human beings without a brain injury or birth defect are capable of the same amount of learning.				
16. You can learn new things, but you can't really change how intelligent you are.				
17. You can do things differently, but the important part of who you are can't really be changed.				
18. Human beings are basically good, but sometimes make terrible decisions.				
19. An important reason why I educate myself is that I like to learn new things.				
20. Truly smart people do not need to try hard.				



Circle the number in the box that matches each answer.

	Strongly Agree	Agree	Disagree	Strongly Agree
1. ability mindset – fixed	0	1	2	3
2. ability mindset – growth	3	2	1	0
3. ability mindset – growth	3	2	1	0
4. personality/character mindset – fixed	0	1	2	3
5. personality/character mindset – growth	3	2	1	0
6. ability mindset – growth	3	2	1	0
7. ability mindset – fixed	0	1	2	3
8. ability mindset – fixed	0	1	2	3
9. ability mindset – growth	3	2	1	0
10. personality/character mindset – growth	3	2	1	0
11. ability mindset – fixed	0	1	2	3
12. personality/character mindset – fixed	0	1	2	3
13. ability mindset – growth	3	2	1	0
14. ability mindset – fixed	0	1	2	3
15. ability mindset – growth	3	2	1	0
16. ability mindset – fixed	0	1	2	3
17. personality/character mindset – fixed	0	1	2	3
18. personality/character mindset – growth	3	2	1	0
19. ability mindset – growth	3	2	1	0
20. ability mindset – fixed	0	1	2	3
Total				
Grand Total				

45-60 points = Strong Growth Mindset
 34-44 points = Growth Mindset with some Fixed ideas
 21-33 points = Fixed Mindset with some Growth ideas
 0-20 points = Strong Fixed Mindset



GROWTH + ELITE MINDSET AND FIXED MINDSET

The foundation of mental performance training rests on an understanding that mindset is dynamic; it changes, and it can grow. Athletes who self-sabotage, crack under pressure, or struggle to stay consistent aren't "stuck" that way.

They aren't genetically cursed to be average. With the right mental training, they CAN change their behavior, overcome the obstacles tripping them up, and take their performance to the next level.

Carol Dweck, a Social Psychologist at Stanford and her decades of research on achievement and success have proven a simple idea that makes a huge difference. She found that people have either a "growth" or a "fixed" mindset when interpreting why and how people succeed or fail.

In a "fixed mindset", people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend time documenting intelligence or talent instead of developing them. They also believe that talent alone creates success, without effort. They work very hard to look skilled, competent, and talented.

In a "growth mindset", people believe that their most basic abilities can be developed through dedication and hard work. Brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had the quality of a growth mindset.

Teaching a growth mindset (or what we'll refer to as an "elite mindset") creates motivation and productivity in the worlds of business, education, and sports. People with an elite mindset view intelligence, ability, and achievement different than those with a fixed/average mindset.

People who have an average mindset see mindset as fixed or ingrained. In other words, they believe they are born with a certain level of ability, and they can't change that.

People with the elite mindset believe that they can develop their abilities through hard work and effort. This is a critical distinction because these two different beliefs lead to different behaviors, and it's our behaviors that will dictate our results.

WHY IS AN ELITE MINDSET IMPORTANT?

One of our biggest challenges in sports is overcoming aspects of performance and goal achievement that are seemingly out of our control. Without the right mindset, athletes will struggle to get results and be more likely to give up and stop working in



pursuit of their goals. Athletes will doubt themselves, doubt their coaching, and their performance will begin to fall apart.

They'll blame genetics or lack of talent, saying "I guess this is just how I am", or they'll blame someone and go play for another team or hire another trainer. It doesn't really matter where the blame falls because either way, they lose, and the team loses. But that all changes if they can learn how to develop the right mindset and develop the mental side of their performance.

By developing an elite mindset allows them to be responsible for bringing consistent energy to their workouts/practices/games and staying positive when things get hard. By learning they can grow and train mindset just like their bodies, they will finally be able to reach their full potential. They will achieve their goals and finally realize their full potential.

An elite mindset is also critical because people with these two mindsets think differently and react to information being presented in a different way. They respond differently to information about performance. People who have an average or a fixed mindset are most active and receptive when they are being given information about how well they have done, for example, testing results or a competition performance.

People with an elite mindset are most receptive when they are being told what they could do to improve. It's a very different approach, from: "How did I do?" (results driven) to "What can I do better next time?" (process driven).

One is about how they are perceived (FIXED), and one is about how they can learn (GROWTH). You can see which one is likely to lead to better results in the future.

Those with an elite mindset also deal with setbacks differently. People with a fixed mindset are very discouraged by setbacks, because a setback dents their belief in their ability and their image. They tend to become uninterested and give up.

People with a growth mindset view a setback as an opportunity to learn. They see a setback as a set up for a comeback. Adversity becomes a bend in the road, not the end of the road. In turn, instead of giving up, they'll tend to try harder to overcome the problem.

This has HUGE implications.

Credit: Brian Cain, Peak Performance. Mental Performance Mastery