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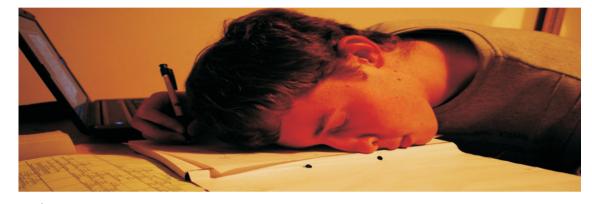
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## MINDSETS: IS IT MAKING THE DIFFERENCE BETWEEN SUCCESS ANDFAILURE?



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#### **ABSTRACT**

"Most folks are about as happy as they make up their minds tobe." — Abraham Lincoln We as coaches have different types of players as students, some who are talented and others who are not.

However, looking back over the years we see that these players whowere very talented and who seemed to have everything in them toachieve success, never really achieved success in their careers.

Perhaps, when we look closely it seems that these players after alldidn't have "everything" in them to become successful – They didn'thave the "right mindset".

KEYWORDS: mind sets, success and failure, right mind set, everything.

#### INTRODUCTION

So what is a "Mindset"?

"A mindset is a frame of mind, a way at looking at things that reflectone's own self-belief."

Mindset influence how we see things. There are normally two types ofmindsets – positive and negative.

A depressed person (having depressed or negative mindset) would seethings in a negative perspective, while a person with positive mindsetwould have an attitude or thought of a person who

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would do good forothers (helpful mindset).

According to Dr.CarolDweck of Stanford University, "there are twotypes of Mindsets that people have about their talent and abilities. These two types of Mindset are Fixed and Growth." 3

People with fixed mindset believe that their talents and abilities are simply fixed. Athletes who have fixed mindsets become so concerned being and looking talented, that they never fulfill their potential. While on the other hand athletes with a growth mindset think about their talents and their abilities as things which they can develop through effort, practice and instruction.

Many great athletes such as John McEnroe, Sachin tendulkar, AndreAgassi, Tiger Woods etc. never only depended on their talent, butconstantly took efforts, analyzed and evaluated their performance, discussed their weaknesses and rectified their mistakes.

According to the research by Dr.Dweck who is an StanfordPsychologist, a growth mindset initiates a healthier attitude towardspractice and learning, desire for feedback and greater ability to dealwith setbacks or failures and significantly better performance overtime.

#### **ACCORDING TO MICKI HOLLIDAY –**

#### author of Coaching, Mentoring and Managing - A Coach Guide Book:

"Coaches should teach theirplayers how to change their attitudes and change their minds. This can be one of the most powerful influences you have on your players performances. With a positive mindset, they can take over their ownresponsibility to grow their skills and take their actions to higher levels." 4

#### **CONCLUSION:**

So which mindset is the correct one??

According to Dr.CarolDweck who has also authored the book"Mindset: The New Psychology of Success", the ability is a productof nature and nurture, a lot of support is emerging towards the growthmindset.

Today lot of work (Anders Ericsson) is showing that literally in everyfield be it Science, Sports or Arts – one thing seems to differentiate people whom we later call as geniuses from their other talented peersis "Practice".

Dr.Dweck further illustrates that people with all levels of ability canhold with their mindset., but over time those with growth mindsetappear to gain advantage and begin to outperform their peer who havefixed mindsets.

Commonly we see that people with fixed mindsets have fixed or static intelligence, these people tend to avoid challenges and obstacles, depend too much on talent and ignore effort and practice, do notaccept criticism and ignore useful feedback and feel threatened byothers.

While on the other hand people with growth mindset have a flexible intelligence, which help in accepting challenges and develop a fighting back attitude towards obstacles, learn from criticism and mistakes and feel that more effort will lead them to path of success.

Here we shall leave it to the individual to decide as to which would bethe correct Mindset to be adopted, however the intention is not toneglect the aspect of "Effort and Practice" which would the guidingforce in progressing to the path of success.

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