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## MINDSETS : IS IT MAKING THE DIFFERENCE BETWEEN SUCCESS AND FAILURE?



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### ABSTRACT

“Most folks are about as happy as they make up their minds to be.” — 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 who were very talented and who seemed to have everything in them to achieve success, never really achieved success in their careers.

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

**KEYWORDS** : mindsets, success and failure, right mindset, everything .

### INTRODUCTION

So what is a “Mindset”?

“A mindset is a frame of mind, a way of looking at things that reflects one's own self-belief.”

Mindset influences how we see things. There are normally two types of mindsets – positive and negative.

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

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would do good for others (helpful mindset).

According to Dr. Carol Dweck of Stanford University, “ there are two types of Mindsets that people have about their talent and abilities. These two types of Mindset are Fixed and Growth.”<sup>3</sup>

People with fixed mindset believe that their talents and abilities are simply fixed. Athletes who have fixed mindsets become so concerned of 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, Andre Agassi, Tiger Woods etc. never only depended on their talent, but constantly took efforts, analyzed and evaluated their performance, discussed their weaknesses and rectified their mistakes.

According to the research by Dr. Dweck who is an Stanford Psychologist, a growth mindset initiates a healthier attitude towards practice and learning, desire for feedback and greater ability to deal with setbacks or failures and significantly better performance over time.

### ACCORDING TO MICKI HOLLIDAY –

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

“ Coaches should teach their players 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 own responsibility to grow their skills and take their actions to higher levels.”<sup>4</sup>

### CONCLUSION:

So which mindset is the correct one??

According to Dr. Carol Dweck who has also authored the book “Mindset: The New Psychology of Success”, the ability is a product of nature and nurture, a lot of support is emerging towards the growth mindset.

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

Dr. Dweck further illustrates that people with all levels of ability can hold with their mindset., but over time those with growth mindset appear to gain advantage and begin to outperform their peer who have fixed 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 not accept criticism and ignore useful feedback and feel threatened by others.

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 be the correct Mindset to be adopted, however the intention is not to neglect the aspect of “Effort and Practice” which would be the guiding force in progressing to the path of success.

**MINDSETS : IS IT MAKING THE DIFFERENCE BETWEEN SUCCESS AND FAILURE?**

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