



## February's thought - Your daughter's mindset

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*Successful athletes have a growth mindset and continuously strive to improve.*

*They understand that talent isn't something that's set in stone - it's a dynamic quality that can be developed by hard work and attitude.*

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## Fixed vs Growth mindset



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*Children with a fixed mindset believe they are naturally either good or bad at something.*

*This negatively affects their attitude towards challenges, set backs, feedback from others, the power of hard work and the potential to improve.*

*If a child believes she's not talented, she may feel there's no point in practising.*

*If a child believes she's talented, she may feel there is no need to practise.*

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Words of wisdom...



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*Here are some quotes which demonstrate a growth mindset...*

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J.K Rowling...

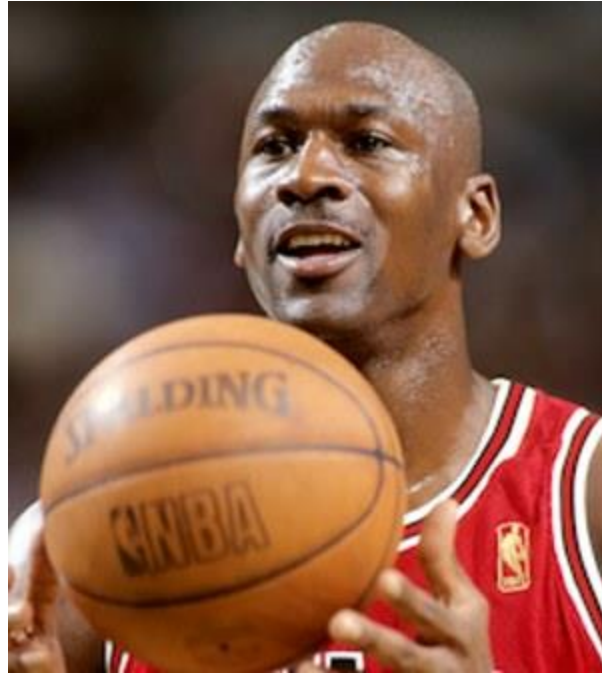


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*"Failure is so important. We speak about success all the time. But it is the ability to resist or use failure that often leads to greater success."*

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Michael Jordan...



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*"I can accept failure, everyone fails at something. But I can't accept not trying."*

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Audrey Hepburn...

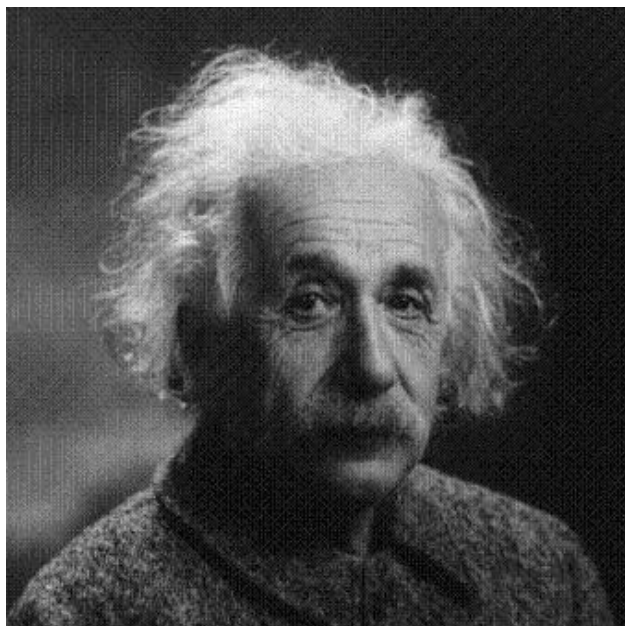


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"Nothing is **impossible**. The word itself says I'm **possible**."

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Albert Einstein...



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*"It is not that I'm so smart. It's just that I stay with problems longer."*

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Pele...



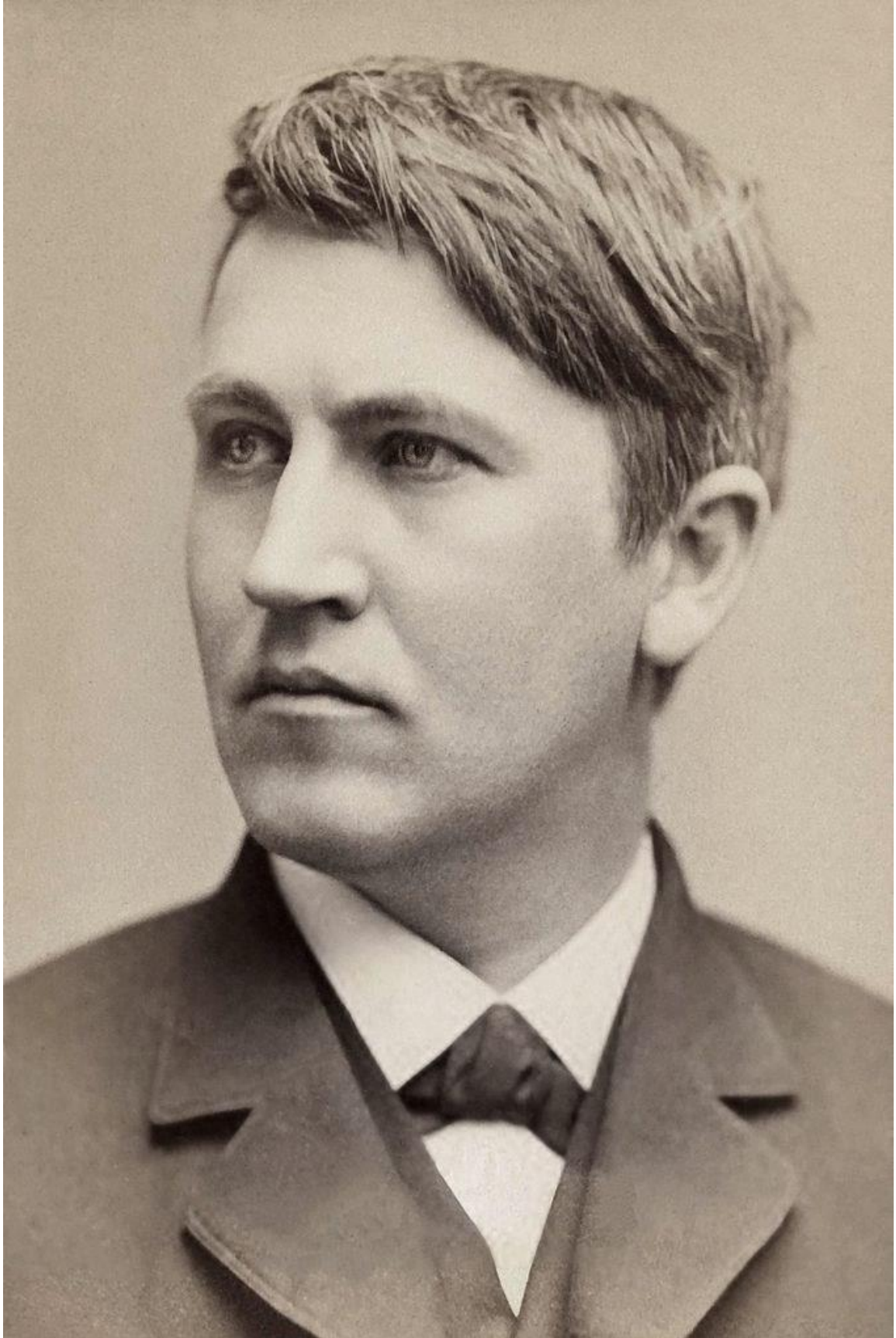


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*"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and, most of all, love of what you are doing or learning to do."*

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Thomas Edison...



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*"Our greatest weakness lies in giving up. The most certain way to succeed is to try just one more time."*

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Martin Luther King Jr.....



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*"If you can't fly, then **run**.*

*If you can't run, then **walk**.*

*If you can't walk, then **crawl**,*

*but by all means, **keep moving**."*

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Babe Ruth...



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*"It is hard to beat a person that never gives up."*

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Carol Dweck...



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*"We like to think of our champions and idols as superheroes who were born different from us. We don't like to think of them as relatively ordinary people who made themselves extraordinary."*

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How you can help your daughter develop a growth mindset...



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*Listen to her...*

*Find out what her mindset is*



***Teach her...***

*Talent isn't something that's set in stone*

*Challenges should be embraced*

*Set backs are a part of learning*

*Constructive feedback is really useful*

*Never give up*

***Praise her...***

*Always praise the effort and not the outcome*

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Things to say...



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*"Great work out there today" not "Great win",*

*"I loved the way you never gave up" not "You're a brilliant player"*

*"It was great the way you tracked back to help the defence" not " You're the best player on the team".*

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