

## Fixed or Growth Mindset

Hello, and welcome back to the mindset of a champion series. Once again, my name is Callum woods and I'm super excited to take you along this journey. I hope that you took time to go through the last video and you got clarity around your goal, the reality of where you are right now with that goal in relation to your judo and the options that you have to move you forward. Today, we are going to work at a little bit more around being the mindset of a learner. There are two kinds of mindsets. You've probably heard this at School. The fixed mindset and the growth mindset. And we're just going to take a second to explain what both are.

A fixed mindset is when you do not think that you have the ability to learn new skills and grow as an individual.

A Growth mindset is when you know that if you put your mind to it and take action, work hard and reflect on your practise that you can go on to achieve anything that you want.

Why is having a growth mindset so important? Think about it this way. In Judo we learn new techniques. If we see that as a problem, something too difficult, then we're sitting in a fixed mindset. If we see learning a Judo technique as something of an opportunity to learn and get better, then we're seeing that as a growth mindset.

We can be in the middle of a judo contest, and we don't win. We could get upset. And we, we could think that we're not very good or not as good as the other person. This is holding a fixed mindset. If we see the fact that we lost a judo contest and we go away and reflect on the contest and see where we can improve, that is having a growth mindset.

Sometimes we can look at people on the Judo mat and think 'wow' they are so much better than me. I'll never be as good as them. That is a fixed mindset. If we think 'wow' there are good, but if I work hard, be dedicated practise, listen and learn that I can be just as good or as better as them. This is a growth mindset. I want you to think about the fixed mindsets you have. Write those thoughts down turn it around into something more positive. For example,

The person is better than me at judo. We may want to turn that around to say with hard work, I can be just as good or better than them. If it's very, very difficult. When you can't think ways to turn a fixed mindset into a growth mindset, I'm going to give you a very simple tool. I am not good at this technique and add the word 'yet' at the end. Anything you're in Judo and you're thinking I'm not good at this, or I'm not good as good as them or I can't progress. Just add the word 'yet' at the end.

Once again. Thank you for reading. If you have any questions around the growth mindset and fixed mindset, then please do not hesitate to reach out.