

Growth Mindset Activation – From “Am I Good Enough?” to “I’m Getting Better Every Day”

If you're a student-athlete who feels like you're falling behind, constantly comparing yourself to others, or afraid to make mistakes... or if you're a parent who wants to help your athlete embrace effort and enjoy progress, this mindset shift is essential.

What Is This Tool?

A *growth mindset*, as defined by psychologist Carol Dweck (and adapted beautifully by Bill Beswick in *One Goal*), is the belief that your abilities can grow with effort, learning, and persistence—not something you're either born with or not.

Contrast that with a *fixed mindset*, which sounds like:

“I’m just not good at this.”

“They’re naturally better than me.”

“If I mess up, people will see I’m not good enough.”

Athletes with a fixed mindset avoid risk, fear failure, and tie their confidence to results.

Athletes with a growth mindset?

They get better. They learn fast. They *bounce back*.

Why It Matters for Athletes

A fixed mindset will sabotage your confidence.

A growth mindset builds it.

Every time you:

- Learn from a mistake
- Embrace a challenge
- Try something new even if you're unsure
- ... you're feeding the mindset that makes champions.

As Bill Beswick said:

“Winning begins internally, by creating a determined and focused mindset, and then operates externally by driving talent potential.”

3 Simple Steps for Teen Athletes

1) Start Saying “Yet”

Turn your doubts into growth:

- “I’m not fast enough... yet.”
- “I don’t feel confident in games... yet.”

2) Track the Work, Not Just the Results

Each week, write down:

- One thing you learned
- One thing you're proud you worked on
- One mistake you learned from

3) Wear the Struggle as a Badge

Struggle doesn't mean you're behind—it means you're growing. When things feel hard, say: "This is what growth feels like."

Athlete Reminder

Don't aim to be the best.

Aim to get better.

That's how you become the best.

"Work with passion and dedication. Effort is the key." — Carol Dweck

Parent-Specific Action Steps

1) Praise the Process, Not the Outcome

Say things like:

- "I saw how hard you worked to improve that move."
- "You showed so much effort today."

Instead of just, "Nice goal!" or "You played great."

2) Model a Growth Mindset Yourself

Share how you learn from mistakes or keep working at something hard. Your athlete is watching your example more than you think.

3) Talk About Role Models Who Grew

Bring up stories of athletes who struggled early, worked hard, and evolved. Example:

"Did you know Michael Jordan didn't make his varsity team at first?"

For Families & Coaches

Try this phrase:

🧠 "We don't do perfect. We do progress."

Wrap-Up

Activating a growth mindset changes everything:

Confidence becomes a result of action, not a feeling you hope shows up.

For athletes, it's the mindset that keeps you moving forward—even when it's hard.

For parents, it's a powerful way to raise not just better performers—but resilient, fulfilled humans.

UNLOCK YOUR CHILD'S FULL POTENTIAL WITH PROFESSIONAL MINDSET COACHING FOR PEAK PERFORMANCE!

We guarantee confidence!

If you're looking for a proven, step-by-step, guaranteed system to help your child build lasting confidence and unlock their best, then our **Guaranteed Confidence Program** might be perfect for you. In this 6-month program, we'll work together to equip your child with the mindset, strategies, and tools they need to feel confident both on and off the field.



Through a personalized approach that combines expert coaching and parent support, this program guarantees that your child will see measurable improvement in their confidence, mental resilience, and overall performance.

WE BACK OUR WORK WITH A 100% MONEY-BACK GUARANTEE

If you would like to work together to give your child the highest level of confidence they can get then we are here for you.

Click **HERE** to learn more the program and schedule an introductory session.

Testimonials



"Luke helped me overcome fear of mistakes, get rid of performance anxiety, get organized, and become confident again. I have come so far as a person and player. I am so glad I did this before starting college."

KATELYN GREINER

[See her full testimonial here](#)



"My wife and I came to Luke because my daughter was facing a lack of self-belief and confidence. The progress she has made has been night and day. She has confidence in herself now."

STUART BARNES (PARENT)

[See his full testimonial here](#)



"Working with Jen & Luke helped our daughter Miranda to clarify and prioritize her goals, on and off the field, and structure them into achievable and measurable actions to gauge her progress and maintain focus. It enhanced her confidence and reduced performance anxiety when playing at a top level and with/against older players (she was one of only two freshman on the Varsity team)."

LAURA AND LOUIS (PARENTS)



"Some of the benefits Audrey experienced working with Jen and Luke were the life skills you don't usually get as a 13 year old girl, like how to deal with anxiety and how to use her time better rather than procrastinating. Overall it's given her a sense of confidence and awareness of herself."

MICHAEL SCHLADOR (PARENT)



"Hunter's growth since her completion of the program at Evolving Athlete Academy has been impressive. She is more confident on the field and trusts in her technical skills and own abilities to see the field and make the right next decision. She can now block out the negative voices of her teammates that criticize instead support and instruct"

ZENNA LANTZMAN (PARENT)



"Through working with Luke, Lily built her mental/emotional resilience, enhanced her self-trust, and gained more confidence in soccer and also outside of soccer. I recommend working with Luke, and I have already recommended him to friends of mine".

HEATHER N (PARENT)

