

BUILDING A GROWTH MINDSET ENVIRONMENT

This guide provides simple ways parents can build an environment where a growth mindset can thrive.



Supportive Action 1: **Encourage Risk-Taking**

Growth comes from stepping out of your comfort zone and doing challenging things, even when there is a risk of failure. Encourage your athlete not to play it safe. Help them see that effort and persistence lead to progress, and even if they fall short, there's always something to learn and build on.



What challenge is your athlete currently avoiding, and how can you encourage them to take the risk - even if failure is an option?



Supportive Action 2: **Be an Open Book**

Share your own setbacks, challenges, and how you handled them openly. Whether you bounced back or not, being honest about the process shows your athlete that growth takes time and effort.



What challenge are you currently working through, and how can you share what you're learning with your athlete to support their growth mindset?

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Supportive Action 3:

Model and Encourage Positive Language

Show your athlete how to speak to themselves with kindness and encouragement, especially after a mistake, and encourage them to do the same. How you talk about yourself teaches them how to talk about themselves.

Use the **Catch, Check, Change** framework to help both of you reframe negative thoughts into constructive, growth-focused statements.



Write down one negative thought you've had about yourself in the last week and reframe it into something more helpful.

Example: *"I'm terrible at staying organized" could become "I've struggled with this before, but I'm working on building better habits."*



Supportive Action 4:

Get Involved (On Their Terms)

Show up in ways that matter to your athlete. Ask how they'd like you to be involved, and respect their space when they need it. For example, your athlete might want you at games but prefers to decompress on the ride home instead of talking right away.

Being present and supportive, on their terms, goes a long way.



In what ways are you currently involved in your athlete's journey, and how can you adjust that involvement to better support their preference?

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Supportive Action 5:

Encourage Effort Over Outcomes

Outcomes aren't always in your athlete's control, but effort is. Effort is a behavior your athlete can identify - it should be specific and action-oriented. Focus your praise on what they did to improve: their hard work, persistence, or willingness to try something new. Use the **Well-Better-How** framework to help them reflect on what went well, what could be better, and how they'll keep growing.



What's one recent moment where your athlete showed great effort? How did you respond, and how can you reinforce that message going forward?



Building a growth mindset environment doesn't happen overnight, but every small action you take helps shape how your athlete sees challenges, failure, and success.

Remember, the best way to encourage a growth mindset in your athlete is to model one yourself.