

## The Role of Mindset in Producing Success in Sports

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## Today's Discussion

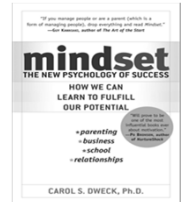
- ✓ Growth versus Fixed Mindset

*"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 ordinary people who made themselves extraordinary."*

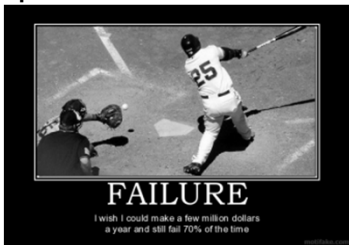
-Carol S. Dweck, PhD, page 90

- ✓ What is 'Character'?
- ✓ Learning from examples that include:

Billy Beane  
Michael Jordan  
John McEnroe  
Jackie Joyner-Kersey  
John Wooden



## The Importance of Mindset in Baseball



*"Baseball is a game of failure taught by negative people in a misinformation environment."*

-Dr. Tom House, PhD  
Co-Founder, Nat Pitching Assoc

## Growth vs Fixed Mindset

- ✓ Process vs. Results

Growth Mindset:

*"For me, the joy of athletics has never resided in winning. I derive as much happiness from the process as results. I don't mind losing as long as I see improvement or I feel I've done as well as I possibly could. If I lose, I just go back to the track and work some more."*

-Jackie Joyner-Kersey, Track and Field

-6 Olympic medals (3G, 2S, 1B)

-Voted "Greatest Female Athlete of the 20<sup>th</sup> century"  
by Sports Illustrated



## The Growth Mindset of Silicon Valley

The New York Times

BUSINESS DAY

### A Fearless Culture Fuels U.S. Tech Giants

JUNE 18, 2015

Often overlooked in the success of American start-ups is the even greater number of failures. "Fail fast, fail often" is a Silicon Valley mantra, and the freedom to innovate is inextricably linked to the freedom to fail. In Europe, failure carries a much greater stigma than it does in the United States. Bankruptcy codes are far more punitive, in contrast to the United States, where bankruptcy is simply a rite of passage for many successful entrepreneurs.



## Growth vs Fixed Mindset

- ✓ Process vs. Results

Fixed Mindset:

*"In 1979, John McEnroe played mixed doubles at Wimbledon. He didn't play mixed doubles again for 20 years."*

Why? He and his partner lost in three straight sets. Plus, McEnroe lost his serve twice, while no one else lost theirs even once.

*"That's it. I'm never playing again.  
I can't handle this."*



## Growth vs Fixed Mindset

Fixed Mindset, Take 2:

"The minute things went wrong, Beane searched for something to break. 'It wasn't merely that he didn't like to fail: it was as if he didn't know how to fail.'"

As Billy Beane moved up in baseball from the minor leagues to the majors, things got worse and worse. Each at-bat became a nightmare, another opportunity for humiliation, and with every botched at-bat, he went to pieces.

As one scout said, 'Billy was of the opinion that he should never make an out.'

Sound familiar?"



## Fear of Failure in Baseball Pitchers

### QUESTION

How many times do we see a young pitcher get a batter to 0 balls and 2 strikes....

And wind up walking them?!?!?!?

### ANSWER

Because of a fear of failure...

A Fixed Mindset!

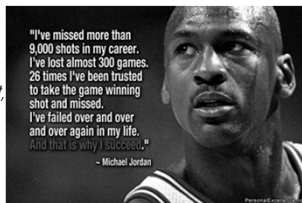


## Character

*"I believe ability can get you to the top, but it takes character to stay there. When you read about an athlete or team that wins over and over, remind yourself, 'More than ability, they have character.'"*

-John Wooden, Men's College Basketball  
10-Time National Champion

*"...in a fixed mindset, you don't take control of your ability and your motivation. You look for your talent to carry you through, and when it doesn't, well then, what else could you have done? You are not a work in progress, you are a finished product." -p. 103*



## Thank you!

- ✓ Please email me at [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com) if you have questions
- ✓ 2 final thoughts:

*"The difference between history's most staggering failures and its greatest accomplishments is often, simply, the diligent will to persevere."*

-Abraham Lincoln

*"Instead of the principle of maximize human happiness, I prefer the principle of minimizing the suffering in the world."*

-Linus Pauling

2-time Nobel Prize winner

Best of luck to you