

Nick Saban and The Process

January 30, 2018

If you missed this year's college football national championship, you missed one of the best games in years which also finished up [a remarkable decade of winning at Alabama](#):

Title win puts exclamation point on Bama's decade of dominance



Ivan Maisel
ESPN Senior Writer

Jan 9, 2018

[A subsequent in article in the NYT about Saban](#) delved into how Saban orchestrated the greatest decade of any college football team:

Why Nick Saban Is the Ultimate Masochist

Marc Tracy

ON COLLEGE FOOTBALL JAN. 9, 2018

What has been the cornerstone of Saban's ability to win? Not focusing on winning but instead on HOW to become a winner:

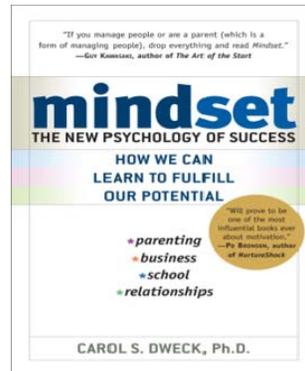
"If the reason Saban stays is adherence to his famous Process, which emphasizes doing things the right way over results, then winning games and championships cannot serve as a salve. As Saban said a few years ago, 'We don't try to focus as much on the outcomes as we do on being all that you can be.'"

If you focus on the process,
the results will take care of themselves.

This type of thinking is worryingly absent among our young athletes, especially our baseball players, where failure is so prevalent and needs to be accepted as the way to success.

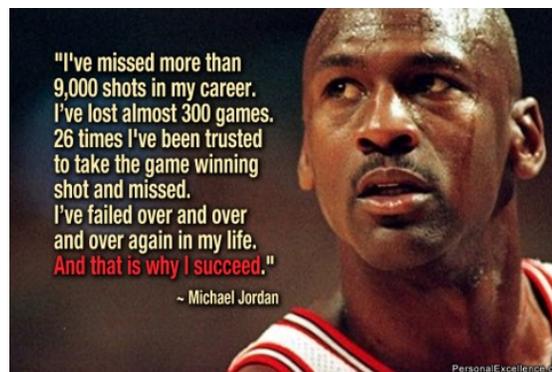
This is where teaching them to adopt a better mindset needs to be encouraged.

There is a great book about learning how to adopt a Growth Mindset, where the focus is on the process, over a Fixed Mindset, where the focus is on the results:



I have put together a PowerPoint presentation in my Video Library where we discuss the process of adopting the Growth Mindset and abandoning the Fixed Mindset. You can subscribe here.

One of my favorite quotes from the presentation:



And [from Will Smith](#) (to show you that a growth mindset leads to success not just in sports):

*"Fail early. Fail often. Fail forward.
You actually have to seek failure because failure is where all of the lessons are."*

Questions About This Newsletter?

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