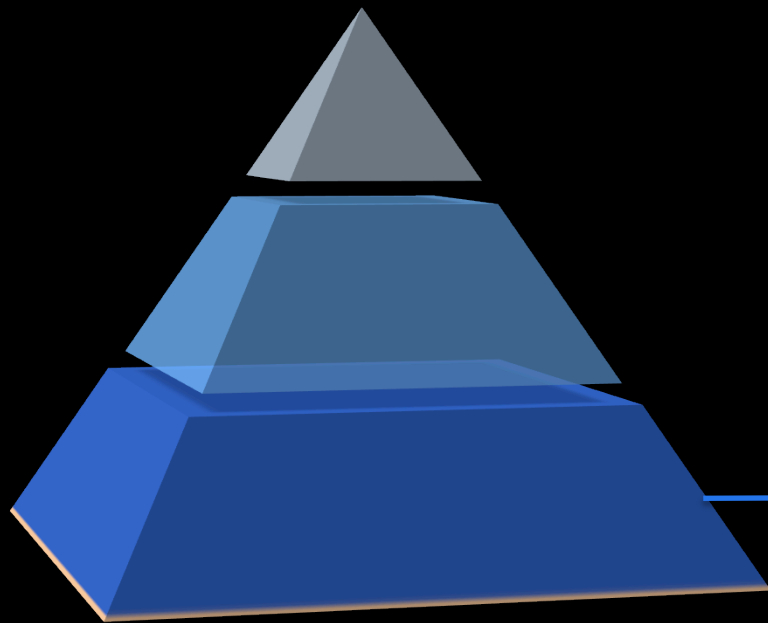


What Mental Skills do Performers Need?



mental skills



Basic Skills

Attitude, Motivation, Goals, Commitment

attitude



attitude



- what to pay attention to

attitude



- what to pay attention to
- how to interpret

attitude



- what to pay attention to
- how to interpret
- how to feel

attitude



- what to pay attention to
- how to interpret
- how to feel
- how to cope

attitude



- what to pay attention to
- how to interpret
- how to feel
- how to cope
- what to consider motivating

attitude



- what to pay attention to
- how to interpret
- how to feel
- how to cope
- what to consider motivating
- what kinds of goals to pursue

attitude



Dr. Carol S. Dweck
Mindset

FIXED



FIXED

GROWTH



FIXED

Leads to desire
to look talented
Tendency to...

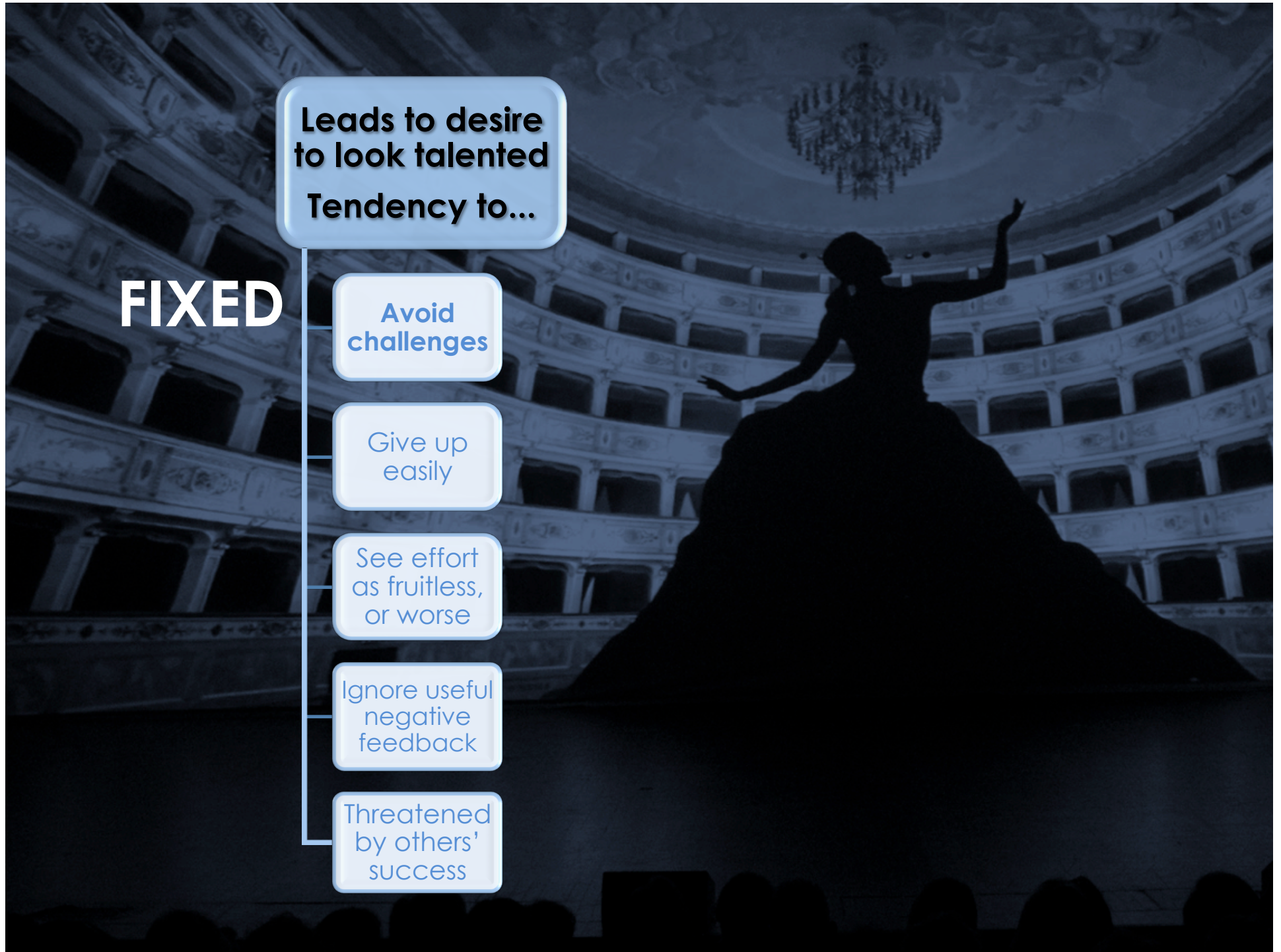
Avoid
challenges

Give up
easily

See effort
as fruitless,
or worse

Ignore useful
negative
feedback

Threatened
by others'
success



FIXED

Leads to desire
to look talented
Tendency to...

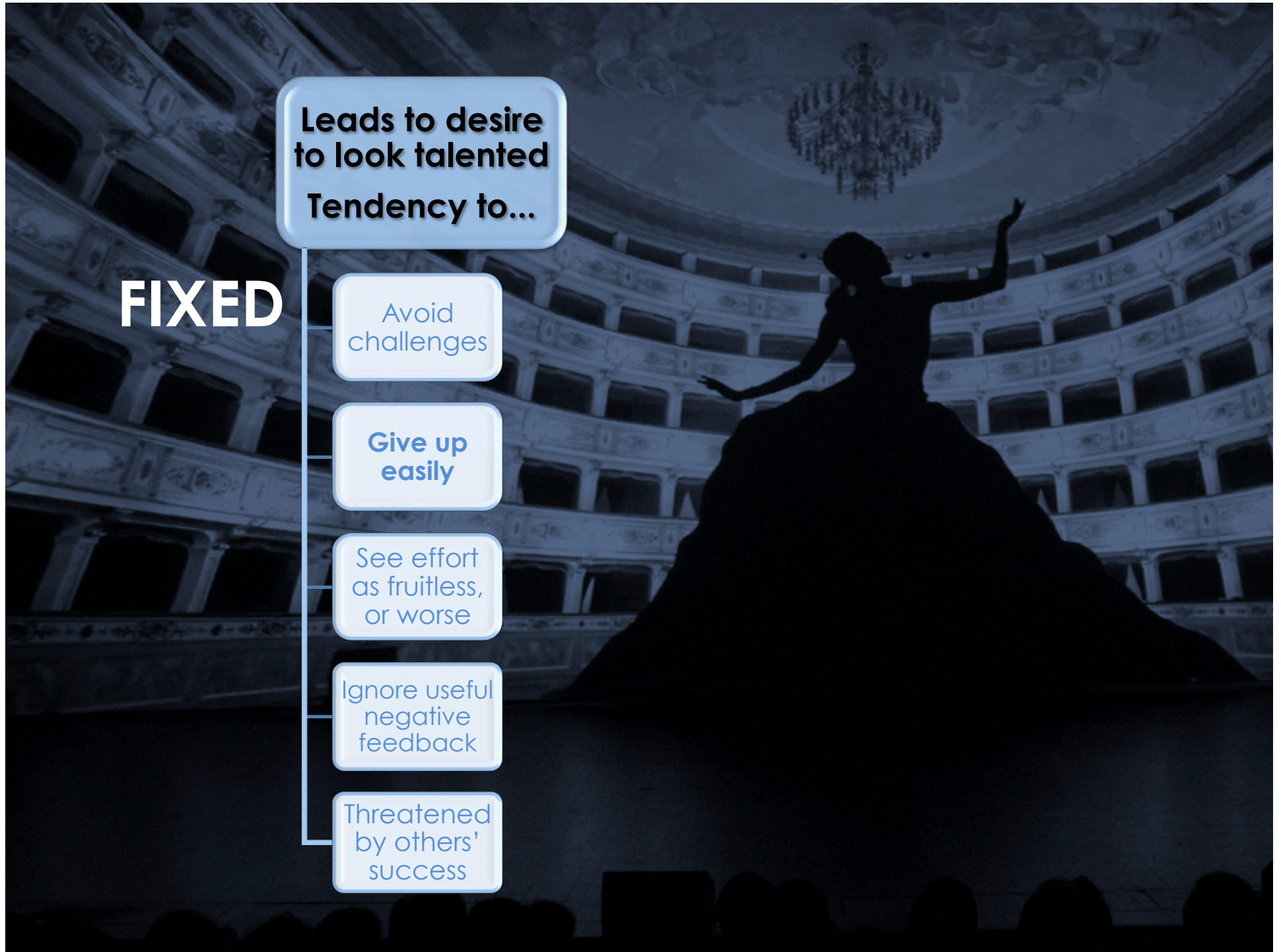
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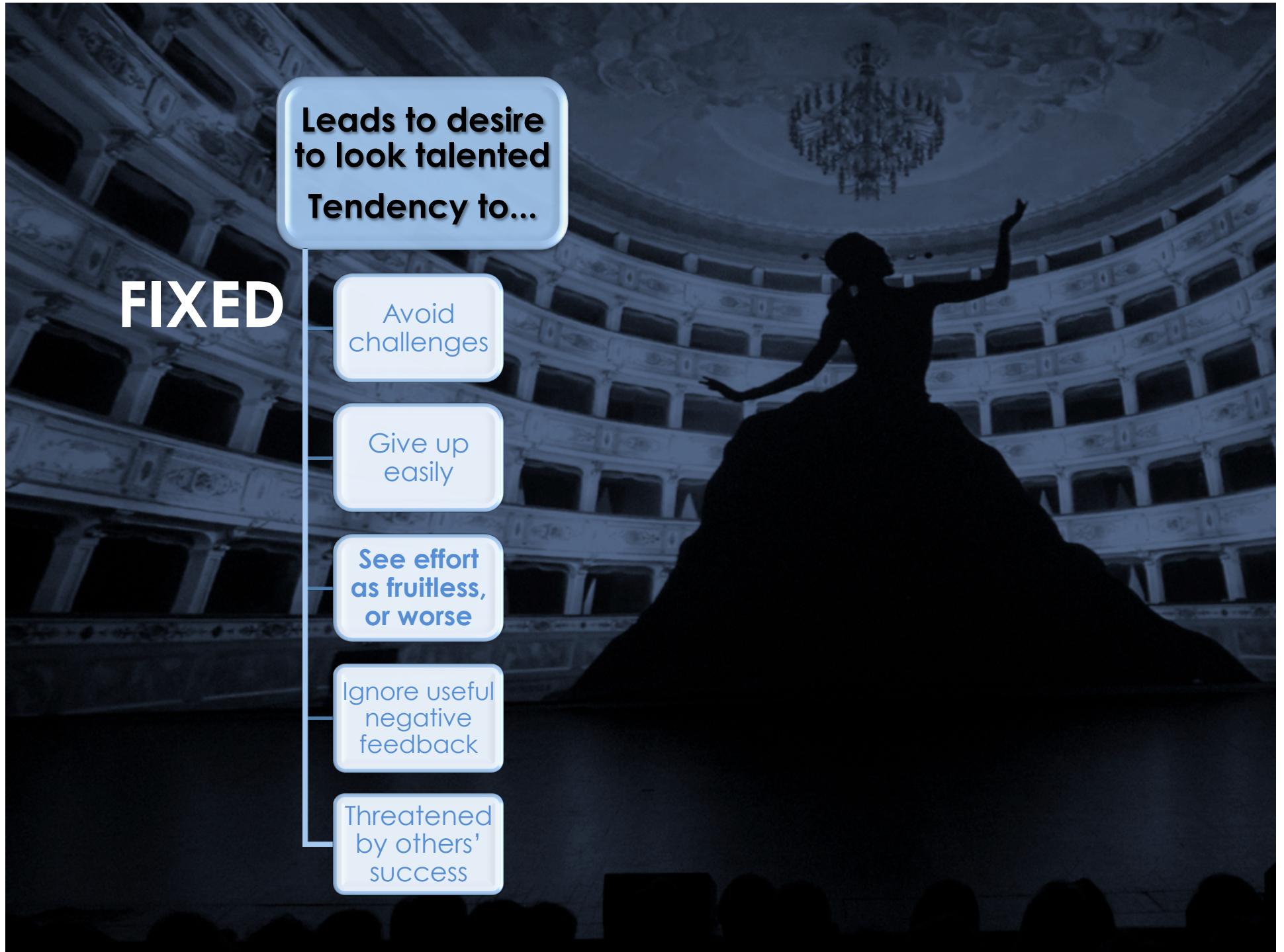
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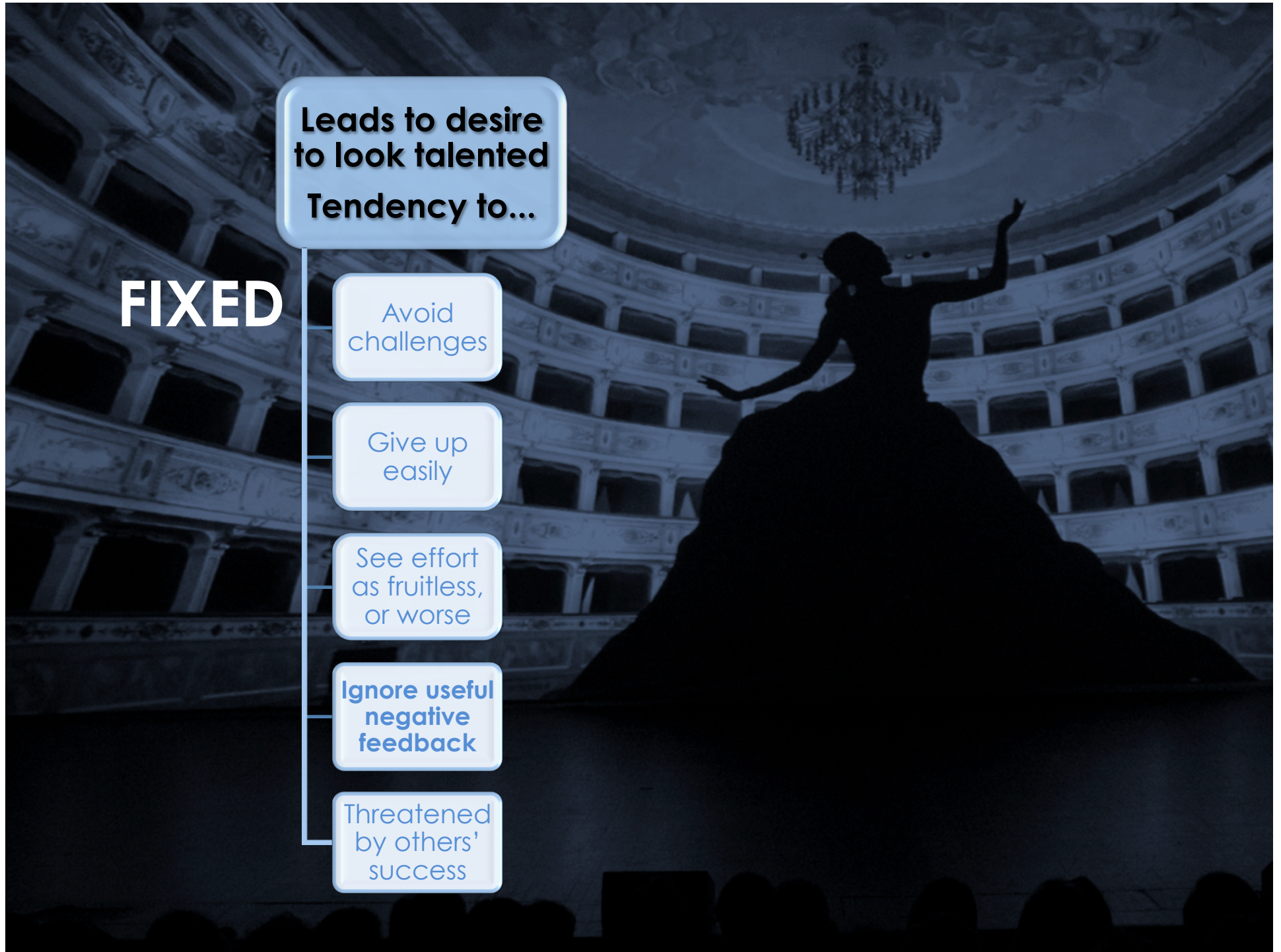
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**← LIKELY
TO
DECLINE**



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← LIKELY TO DECLINE

Leads to desire to learn
Tendency to...

Embrace challenges.

Persist in face of setbacks

See effort as path to mastery

Learn from criticism

Inspired by others' success

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LIKELY TO EXCEL →



motivation

WHY?

FIXED

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GROWTH

LIKELY TO EXCEL →

FIXED



PROVE

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Tendency to...

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GROWTH

**LIKELY
TO
EXCEL**

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Tendency to...

Leads to desire to learn
Tendency to...

FIXED



PROVE

GROWTH



IMPROVE

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LIKELY TO DECLINE

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goal setting



long-term goal

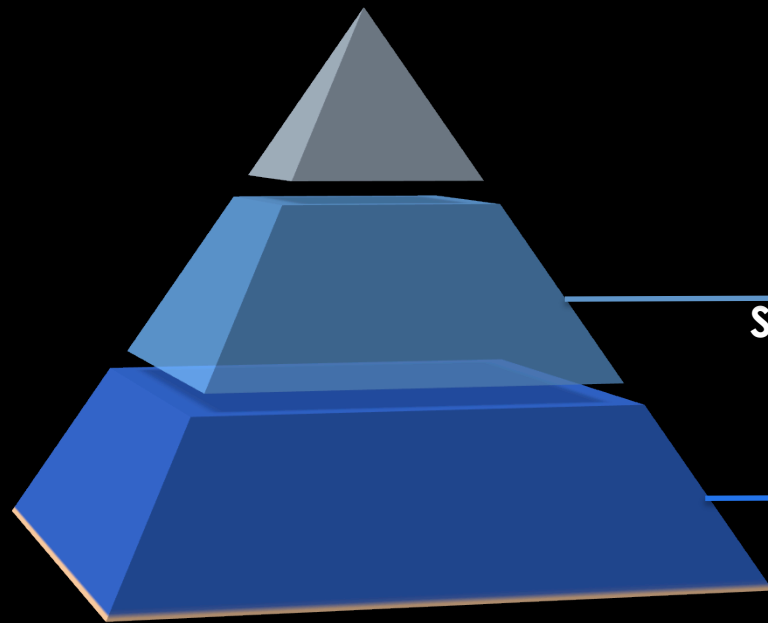


commitment



- growth mindset
- great goals

mental skills



Preparatory Skills

Self-Talk, Imagery, Focus, Emotional Control

Basic Skills

Attitude, Motivation, Goals, Commitment

self-talk



self-talk



self-talk



imagery



- prepare & enhance learning
- replay
- anticipate & cope