

GROWTH MINDSET VS FIXED MINDSET

YOUR MINDSET DECIDES YOUR GAME.
CHOOSE GROWTH. CHOOSE SUCCESS.



EMBRACES CHALLENGES

I step up.
I take risks.
I love a challenge.



LEARNS FROM FEEDBACK AND CRITICISM

Feedback helps me improve.



INTELLIGENCE AND TALENT CAN BE DEVELOPED

I can improve with practice and effort.



MORE EFFORT

The harder I work, the better I get.



NEVER GIVES UP

I keep going, even when it's tough.



KEEPS TRYING AFTER SETBACKS

Setbacks are lessons, not stop signs.



INSPIRED BY OTHERS' SUCCESS

I celebrate others and learn from them.



LEARN FROM FAILURE

Mistakes help me improve and grow.



ACCEPT THAT THINGS TAKE TIME AND HARD WORK

Great things take time. I'm willing to work for it.



KEEP LEARNING

I never stop getting better.



AVOIDS CHALLENGES

I stay in my comfort zone. I don't like to risk.



IGNORES CRITICISM

I don't like feedback. I know best.



INTELLIGENCE AND TALENT IS FIXED

I'm either good at it or I'm not.



LESS EFFORT

Why work hard? It won't make a difference.



GIVES UP EASILY

It's too hard. I quit.



I AM A FAILURE

I failed once, so I always will.



THREATENED BY THE SUCCESS OF OTHERS

If they win, it means I'm not good enough.



I WILL NEVER IMPROVE

I'm not good at this and I never will be.



WHY SHOULD I BOTHER?

What's the point? I won't get anywhere.

FOCUS ON WHAT YOU CAN CONTROL:

- ✓ YOUR ATTITUDE
- ✓ YOUR EFFORT
- ✓ YOUR LEARNING
- ✓ YOUR REACTIONS
- ✓ YOUR TEAMMATES



ONE TEAM.
ONE CLUB.
LOOK OUT FOR EACH OTHER.

TEXT TEAMMATE

TO 85258

here for you 24/7*

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TOGETHER IN
GAELIC FOOTBALL.



TOGETHER FOR
MENTAL HEALTH.



TOGETHER WE
ARE STRONGER.

