

Growth Mindset



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This tool is designed to help you introduce the concept of a growth mindset to your players. The first discussion is mainly intended to:

- Define what a growth mindset is in simple terms;
- Help players understand why it is important to focus on learning and improvement;
- Encourage players to reflect on how challenges, mistakes, and effort can help them grow;
- Prepare players for the strategies and mini-challenges that will be used throughout the season to reinforce a growth mindset.

What is a Growth Mindset?

A growth mindset is the belief that you can always improve and learn through effort, practice, and experience.

It means focusing on progress rather than believing that your abilities are fixed or that only winning matters.

Key Words

- Learn
- Try
- Improve
- Persevere
- Grow



"For me, obstacles are the first step toward growth. If everything is easy, it's hard to grow."

Martin St-Louis, Montreal Canadiens

Questions to Start the Discussion

- Can you get better at something with practice?
- If something is difficult, does that mean you'll never be able to do it? Why or why not?
- What can we learn from our mistakes?



Why Adopt a Growth Mindset?

A growth mindset helps people see **challenges, mistakes, and feedback as opportunities to learn**. It encourages them to **persevere** when situations are difficult and to focus on their own **progress** rather than comparing themselves to others. This way of thinking builds **confidence, a love of learning, and the development of skills**.



Questions to Help Players Reflect on its Importance

- How do you feel when you succeed at something after practicing a lot?
- What happens when we give up as soon as something becomes difficult?
- Why is it helpful to believe that you can improve?

How can you Develop a Growth Mindset?

See mistakes as opportunities to learn

- Think about what you can learn from a mistake
- Think about what you could try differently next time

Persevere through challenges

- Keep trying, even when it's difficult
- See obstacles as opportunities to improve

Focus on progress

- Celebrate your efforts and what you have learned
- Use feedback to improve
- Be inspired by others' success instead of comparing yourself to them

Questions to Help Players Reflect on how to Adopt a Growth Mindset

- What can you do when a drill or skill is difficult for you?
- What can you do after making a mistake to keep improving?
- How can you respond when a teammate succeeds at something you haven't mastered yet?



Seeking Feedback to Improve

"In hockey, we all make mistakes. Often, you come out of a mistake stronger than before. The key to growing from the experience is learning from it, such as finding out what you could have done better."

Rafaël Harvey-Pinard,
Montreal Canadiens



After the initial discussion, the **goal is to continue building a growth mindset** within the team's daily interactions and practices by reminding players of key messages, reinforcing behaviours that demonstrate a growth mindset, and creating regular opportunities to put it into practice.

Check out the other life skills resources to help you!

- ☐ List of growth mindset behaviours to teach and reinforce
- ☐ Mini-challenges to help players practice a growth mindset
- ☐ Examples of how to model a growth mindset and lead by example

And more!

