

Mindset Survey - Athlete

How you think about sport is very important. This survey is designed to find out more about how you think to help understand how best to develop your potential. As such there are no right or wrong answers, only **your** answers. Please answer the questions honestly and try not to think too much about any answer. Just choose the answer that seems to fit you best most of the time.

Name	Date
------	------

Please answer **all** questions.

1. Think of a world class sports person you admire. What percentage of their success do you think is down to being naturally talented _____% and how much is down to dedicated practice _____% (must add up to 100% in total)

2. You receive some feedback from your coach that you think was harsh and overly critical. Which of the following options below best describes what you would learn from this type of feedback (circle one);

- A. Not very much. I find it difficult to learn when people are overly critical
- B. I learn a lot when people are overly critical
- C. I learn nothing when people are overly critical
- D. I can always learn something when people are overly critical

3. You are taking on a new sporting challenge where you may need to develop some new skills. Please circle the one statement below that best describes how you would approach this situation;

- A. I'm happy to let my coach take responsibility of the process
- B. I'm happy to let my coach take responsibility of the process with limited input from me
- C. I feel I need to learn something about the process so I can take some responsibility for how things work out
- D. I feel I need to learn as much as possible about the process so I can take responsibility for how things work out

4. Please circle below your response to the following statement – ‘*even if I think I might fail when I try something new I’m always really up for the challenge of trying*’

- A. agree B. mostly agree C. mostly disagree D. disagree

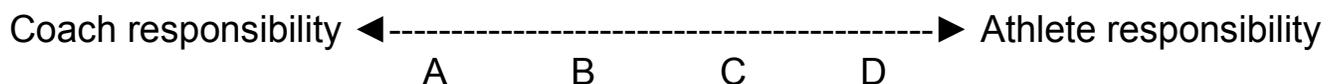
5. Your coach has introduced a new technique in training which you are finding difficult to master but other athletes seem to pick it up quickly. Which of the following statements best describes how you would respond in this situation? (Circle one);

- A. You would go back to the old technique
- B. You usually persevere and would try to master it
- C. You might stick with it for a little while but if progress is slow you would go back to the old technique
- D. You have good perseverance and would keep going until you master it

6. Please circle the one statement below you most agree with;

- A. Natural talent is something about you that can’t be changed very much.
- B. You can learn new skills and develop but you can’t really change how naturally talented you are
- C. No matter how much natural talent you have you can always change it quite a bit.
- D. You can always substantially change how naturally talented you are

7. Please use the scale below to indicate who you feel has the main responsibility for making your training sessions the best they can be? Please mark an X on the continuum below to indicate if you feel this is more the responsibility of the coach or the athlete.



8. You are performing well and your coach wants you to start training with a team/group at a higher level than you. How would you respond if given this choice (Circle one);

- A. As you are going well you are happy to stay where you are
- B. Feel you would thrive in this more challenging environment
- C. You would think about it but would probably stay where you are
- D. Happy to give it a go and see what you can learn

9. Please circle below your response to the following statement – *“if you have a season where you train hard but don’t seem to improve very much and perform poorly in an important competition you would feel like giving up’*

- A. agree B. mostly agree C. mostly disagree D. disagree

10. If you get a bit of criticism about your performance from another athlete or a parent, which of the following statements best describe how you would respond (please circle one);

- A. I feel I learn very little from this type feedback
- B. I am always happy to get feedback to see what I can learn
- C. I don’t feel I learn anything from this type of feedback
- D. I can usually find something helpful to learn from any feedback

Understanding your responses

Effort or talent focused

Question 1 - A high percentage of their success down to being naturally talented suggest a more fixed mindset. A high percentage of their success being down to dedicated practice suggests a more growth mindset.

Question 6 – A and B suggest a more fixed mindset and C and D suggest a more growth mindset.

Response to challenges

Question 4 – C and D suggest a more fixed mindset and A and B suggests a more growth mindset.

Question 8 – A and C suggest a more fixed mindset and B and D suggest a more fixed mindset

Response to setbacks

Question 5 – A and C suggest a more fixed mindset and B and D suggest a more growth mindset.

Question 9 – C and D suggest a more growth mindset and A and B suggest a more fixed mindset

Response to negative feedback

Question 2 - A and C suggests a more fixed mindset and B and D a more growth mindset.

Question 10 – A and C suggest a more fixed mindset and B and D suggest a more growth mindset.

Ownership

Question 3 – A and B suggest a more fixed mindset and C and D suggest a more growth mindset.

Question 7 – An X nearer C and D on the continuum suggests a more growth mindset. An X nearer A and B on the continuum suggest a more fixed mindset.

.