

Quotes from *Mindset* by Carol Dweck

Looking for ways to motivate your players? Searching for pre-game inspiration? Positive Coaching Alliance has collected hundreds of quotes from athletes, coaches, business leaders, authors and philosophers to deliver daily inspiration. PCA Founder Jim Thompson always says, “Say something positive, and you’ll see something positive.” The more people we can get to read, heed and share these quotes, the more joy and inspiration we’ll all bring to the 40 million youth playing sports in the U.S.

Read these top Growth Mindset quotes from Carol Dweck, PCA National Advisory Board Member, Professor of Psychology at Stanford University and author of Mindset: The New Psychology of Success.

- ◆ **“The growth mindset says all of these things can be developed. All – you, your partner, and the relationship – are capable of growths and change.”** (Chapter 6, p. 148)
- ◆ **It had to be a person with a fixed mindset who coined the phrase “Revenge is sweet because people with the growth mindset have little taste for it.”** (Chapter 6, p. 145)
- ◆ **“Change can be tough, but I’ve never heard anyone say it wasn’t worth it.”** (p. 246)
- ◆ **“Every day presents you with ways to grow and to help the people you care about grow.”** (p. 244)
- ◆ **“How can you remember to look for these chances?”** (p. 244)
- ◆ **“Praising children’s intelligence harms their motivation and it harms their performance.”** (p. 170, 175)
- ◆ **“Speed and perfection are the enemy of difficult learning.”** (p. 173, 179)
- ◆ **“I believe ability can get you to the top, but it takes character to keep you there.” – John Wooden** (Chapter 4, p. 97)
- ◆ **“The mark of a champion is the ability to win when things are not quite right.” – Billie Jean King** (Chapter 4, p. 95)
- ◆ **“Here lies a man who was wise enough to bring into his service men [and women] who knew more than he.” – Andrew Carnegie** (p. 124)
- ◆ **“Look failure in the face.” – Jim Collins** (p. 110)
- ◆ **“... there’s a lot of intelligence out there being wasted by underestimating students’ potential to develop.”** (p. 64)

continues

Quotes from *Mindset* by Carol Dweck, continued

- ◆ “You mean I don’t have to be dumb?” (p. 59)
- ◆ “The problem is when special begins to mean better than others.” (p. 30)
- ◆ “Becoming is better than being.” (p. 25)
- ◆ “The other thing exceptional people seem to have is a special talent for converting life’s setbacks into future successes.” (p. 11)
- ◆ “Everyone has a role model, someone who pointed the way at a critical moment in their lives.” (p. 3)
- ◆ “Did I win? Did I lose? Those are the wrong questions. The correct question is: Did I make my best effort?” If so, he says, “You may be outscored but you will never lose.”