



Resources for Athletes

For this week's *At Home* resources for athletes, we will take a dive into the concept of developing and utilizing a growth mindset. These resources fall into the Tactical > Grit and Mental Toughness competency. The concept of utilizing a growth mindset to approach learning and development was popularized by Carol Dweck. Trevor Ragan of TrainUgly does a great job in the first resource of explaining this concept and how this approach can benefit athletes. The second resource is a video clip of Carol Dweck introducing the concept. After going through both videos, it is clear the benefits of developing a stronger mindset and has applications for athletes, coaches, and parents. The third resource is for those who want to dive even deeper into the topic and read Dweck's book, *Mindset*, that popularized the concept. A must read for anyone wanting to improve and get ahead.

Tactical Pillar > Grit and Mental Toughness

Resource 1:

Trevor Ragan - [*Growth Mindset Introduction: What it is, How it Works, and Why it Matters*](#)

Resource 2:

[*Developing a Growth Mindset*](#) with Carol Dweck

Resource 3: Read the book

[*Mindset*](#) by Carol S. Dweck, Ph.D.