

# BEING MINDFUL

Guess what? It is important to practice mindfulness and it's easy and fun to do!



Mindfulness means maintaining a moment -by-moment awareness of our thoughts feelings and our environment around us. Pay attention. It's hard to slow down and notice things in a busy world.

Jess Sergis,  
Dragons Centre

Being mindful helps the Dragons to be focused which helps us perform tasks

Paul Vaughan,  
Dragons Front Rower



## BEING MINDFUL LEADS TO:

Positive and kind self-talk

Respect for others

An awareness of your body's thoughts and your emotions

Positive non-judgemental thoughts

Resilience

## YOUR MINDSET

**YOUR MINDSET IS** A COLLECTION OF THOUGHTS AND BELIEFS THAT GOVERN YOUR ATTITUDE, YOUR OUTLOOK ON LIFE, YOUR ACTIONS AND RESPONSES AND THE WAY YOU THINK ABOUT YOURSELF



"I once had a very fixed minset. I now have a growth mindset."

### CAMERON'S FIXED MINDSET

- I gave up easily
- I feared challenges
- I took feedback personally
- I believe there was a limit to my skill level
- I felt threatened by success of others
- I felt scared to ask questions
- I am not that smart at school
- When I was young my footy team was hopeless

### CAMERON'S GROWTH MINDSET

- I never give up
- I believe anything is possible, work at it
- I look at feedback as positive and enjoy the challenges.
- I believe my skills can improve immensely
- I now feel inspired by the success of others
- I ask lots of questions to help me better understand
- I learnt so much at school
- I loved playing footy, my teammates were great

Cameron McInnes,  
Dragons Hooker

## TICK WHETHER EACH QUOTE IS AN EXAMPLE OF FIXED MINDSET OR GROWTH MINDSET

	FIXED	GROWTH
The Dragons players are working hard to improve team performances	<input type="radio"/>	<input type="radio"/>
I am not good enough to get into the school cross country team	<input type="radio"/>	<input type="radio"/>
Not sure what you mean, can you please explain that further	<input type="radio"/>	<input type="radio"/>
I need to work hard to achieve my best	<input type="radio"/>	<input type="radio"/>
I cannot believe my passing needed improvement	<input type="radio"/>	<input type="radio"/>

## NOW REMEMBER, WE CAN ALL CHANGE OUR MINDSET, BUT IT TAKES PRACTISE.

Try these:

Change these fixed mindsets to growth mindsets

1. I'M GIVING UP, THIS IS TOO HARD FOR ME!

2. I'M NOT GOOD AT CATCHING, I ALWAYS DROP THE BALL!

3. I'M NOT GOOD ENOUGH, I'M HOPELESS.

