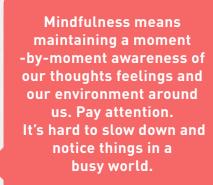
BEING MINDFUL

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



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."



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

IICK WHETHER EACH QUOTE IS AN EXAMPLE OF FIXED MINDSET OR GROWTH MINDSET

The Dragons players are working hard to improve team performances

I am not good enough to get into the school cross country team

Not sure what you mean, can you please explain that further

I need to work hard to achieve my best

cannot believe my passing needed improvement

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.



