

WANT TO WIN?

ADOPT A VIDEO GAME MINDSET

I know your parents don't want you to play too many video games, but what if the approach you take to playing them is an approach that will help you be more successful on the field? What if you were told that a video game mindset could make you more successful?

What is mindset? Mindset is the lens through which you see the world; it not only determines how you interpret things that happen to you, but also how quickly you bounce back and move on. Your mindset can be fixed or oriented to growth (as described in the graphic).

Dr. Adrian Ferrera suggests that you might want to adopt a video game mindset to live your life. *Here's why.*

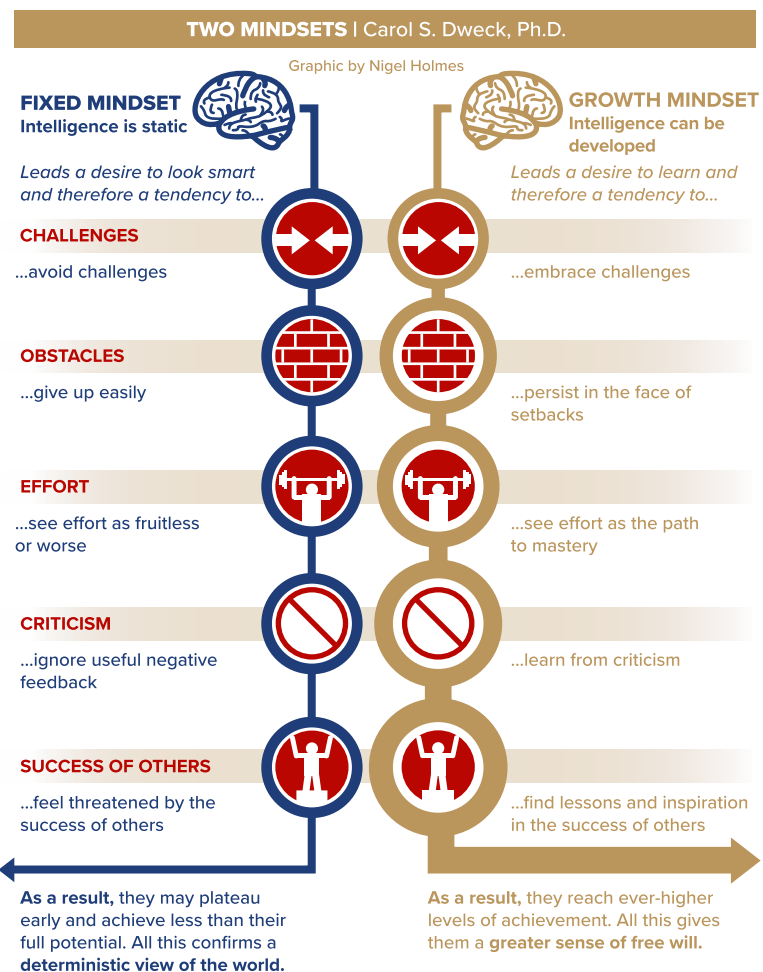
When you play a video game:

- You get into the game and you don't really know what's going to happen, but you keep playing the game.
- You don't know what everything does, but you learn as you go.
- You really don't know what happens at the end of the game, but that is okay. You see what you can do in the moment but recognize that you still need to play the game.
- You can't get so far ahead that you focus on what is going to happen at the end.
- You also can't be too focused on what happened in the past.
- You accept the obstacles that come in front of you and navigate them as best you can, and you learn from mistakes and try to get better.

Now, imagine if you took the same approach to your sport? Imagine if you committed to taking it one step at a time, to navigate as you go and to be fully present in each moment. You had a problem-solving mentality and you were fully engaged in the process. You learned from everything that happened. No judgement. You just took the lessons you learned and allowed them to help you the next time you are on the field. What would it take for you to adopt this mindset? And what gets in the way? If you are having trouble managing some of the obstacles or challenges you face, create a plan for the next time you encounter them. Commit to getting better. Adopt a growth mindset and apply it to every play, every day.

Want some tips? Check these out:

- [This article](#) provides 15 ways you can build a growth mindset.
- Some of the most successful people have failed repeatedly, even Michael Jordan, [check out his 30 second video here](#). It has been noted that for every shot he missed, he went back to the gym and practiced the shot hundreds of times.



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