



# Look Good or Learn More

Research at Stanford University revealed that students tend to fall into one of two categories when it comes to reacting to mistakes. We're going to call these two groups the Look Good Mindset and the Learn More Mindset.

The Look Good group believes "you either have talent or you don't." So they try to "look good" at what they do, even if it means avoiding a tough opponent. If you're in this group, you probably stay away from difficult challenges. You won't run a race against someone you even think is faster.



The Learn More group believes they are CAPABLE of improving WHATEVER talent they have AS LONG as they keep working at it. They strive to "learn more" by tackling difficult tasks, even if it makes them look less skilled at the moment. They view mistakes as steppingstones to getting better... If you're in this group, you aren't worried about facing a tough opponent because you assume you can learn from it.

The key difference between these two mindsets is that the Look Good group avoids opportunities where mistakes might be made, while the Learn More group pushes personal limits and gives mistakes a GREAT BIG HUG!

If you'd like to join the Learn More mindset, here's how to do it.

- Say goodbye to your ego that wants to "look" talented and replace it with a curiosity for learning new skills.
- Invest your energy in LEARNING every chance you get. Act like a SPONGE and soak up new information that comes your way.
- Welcome any mistake AS PART of the learning process. See it as a sign that you are learning what works -- and what doesn't work.

Now, take a look at who made a TON of mistakes on their WAY to success! **Henry Ford**: His early businesses failed and left him broke five times before he founded the successful Ford Motor Company. **Thomas Edison**: Teachers told Edison he was "too stupid to learn anything." He made 1,000 unsuccessful attempts at inventing the light bulb. **Walt Disney**: He was fired by a newspaper editor because they said, "he lacked imagination and had no good ideas." What are you into...Looking Good OR Learning More?



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## Discussion Guide for Parent and Athlete

1

Why do some people prefer to “look good” rather than “learn more” when trying new things?

2

In what specific area of your life are you ready to learn as much as possible, regardless of how you look?