

process-related thinking, some pertain to mind-set, and some are examples of both. Read them and check the appropriate box.

STATEMENT 1

I don't like to play a course where the tee shots are all tight, and I always play poorly at U.S. Opens.

Mind-set

Fixed       Growth

STATEMENT 2

The younger players just hit the ball farther and farther, and I can't keep up with them.

Mind-set

Fixed       Growth

STATEMENT 3

When the play is this slow, I love it because I know half the players are so annoyed, they'll play badly and I won't.

Mind-set

Fixed       Growth

STATEMENT 4

I always start out terribly; just once I need to birdie the 1st hole.

Attitude

Process     Result

STATEMENT 5

It's been so long, I'd really like to win this week. But I don't want to get ahead of myself. I know what I have to do: stay patient, be committed to each shot, and make good decisions.

Attitude

Process     Result

STATEMENT 6

Every time I'm about to go low and shoot 63 or 64, I choke and give it away on 17 or 18.

Mind-set

Attitude

Fixed     Growth     Process     Result

IN STATEMENT 1

The comment "I always play poorly at U.S. Opens" clearly shows a fixed mind-set. A growth mind-set