## **Mindset**

**BE GOOD** 

vs

**GET BETTER** 

focus on proving yourself

focus on improving yourself

attempt to demonstrate your skills and abilities

attempt to develop your skills and abilities

compare yourself and your performance with the performance of others

compare your current performance with your previous performance

performance decreases in the face of challenges

performance improves in the face of challenges

less likely to take action when upset

more likely to take action when upset

## **ATTENTION**

look only for errors to correct

look for discoveries as well as errors to correct

**Making Distinctions Makes a Difference!** 

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