



Growth Mindset Goal:

I want to become a better/more accurate pitcher that can throw a variety of pitches. I plan to practice for at least 20 minutes each day even when I don't have someone to catch for me.

What obstacles might I encounter?

Raining outside, don't feel like it, too tired, too busy

How will I overcome these obstacles?

Rain - roll up socks and throw them into a pillow or the wall,

Too tired - push through and remember it is only 20 minutes,

Too busy - do it in the morning before my day begins

What other strategies can I apply to accomplish this goal more efficiently?

Ask others for help or find a team mate who will hold me accountable.