

Everyone loves the Seattle Seahawks, but did you realize that this team demonstrates many

GROWTH MINDSET CHARACTERISTICS?



Pete Carroll



Did you know that Pete Carroll was fired from an NFL coaching job? TWICE????

Instead of giving up, Pete used this failure as an opportunity to review his life goals and his beliefs about himself as a person and as a coach. He filled up journal after journal with notes about what he believed and what he wanted out of life.

Anytime the Seahawks lose or make a mistake, Pete views it as an opportunity to learn and grow! Viewing mistakes as an opportunity to grow is very GROWTH MINDSET!

Pete Carroll and the NFL Draft

Pete is known for drafting the players that no one else wants...he finds Players who are average. Then he **coaches them** into being a great addition to the team. He looks for things like **work ethic and motivation**. He isn't looking for superstars...he is looking for coachable players he can mold and teach.



Pete knows that people can change.

They aren't fixed. People can **grow**.

Pete is willing to choose someone and then put his time and energy into helping them find their **potential!**

Derrick Coleman



Derrick Coleman is the only **legally deaf** player in the NFL.



- No one would draft him because he was deaf.
(He ended up going to be on the practice squad for the Philadelphia Eagles.)
- The Seahawks picked him up to be a starter on their special teams and a back up fullback on offense. *(It is challenging to be deaf in the NFL because you can't hear the play in the huddle, but **Derrick never let that stop him.**)*
- Derrick **refused to take “NO”** for an answer because he **believed in his own potential** and so did the Seahawks' coaching staff.
- Believing in your potential to **overcome adversity** is very **Growth Mindset!**



Wilson



- **Russell Wilson is only 5 foot 11 inches tall.**
- **The ‘typical’ NFL quarterback is over 6 feet tall.**
- **The Word ‘NO’ is not in Russell’s vocabulary. He is **PERSISTENT!****
- **Russell was told no several times during his football career. They told him “NO!” you can’t play two sports in college...so he transferred to Wisconsin and played two college sports.**
- **They told him “No!” you can’t be a quarterback, you are too short...He told them that was his position and he played quarterback.**
- **He was the **5th round draft pick** in the NFL and was just going to be the **back up** quarterback to Matt Flynn, but now he is the **starting quarterback** and being considered as a nominee for the NFL’s **most valuable quarterback**.**

Richard Sherman



- Richard Sherman grew up in Compton in an area riddled with gang violence.
- His best friend was shot and killed as an innocent victim of gang violence.
- His own father was shot by a stray bullet and still bears the scar.
- Richard Sherman overcame this adversity and grew up to attend and graduate from one of the most prestigious schools in the United States: Stanford University.

How did he do it? By having a **growth mindset**. He persisted and developed his skills. He maintained a positive attitude regardless of what others said. He believed in his own **potential**!



Marshawn Lynch

Marshawn Lynch also grew up in a tough neighborhood riddled with gang violence. Every year in the off season Marshawn goes back to his neighborhood and volunteers there.

- Marshawn was **let go** from an NFL team. They didn't want him anymore. The **SEATTLE SEAHAWKS** picked him up. **He looked at that as an opportunity to learn and grow, not as a failure!**

- Now Marshawn is one of the **superstars** of the team. IT takes 4-6 people just to tackle this guy! Even after they tackle him, he usually gains 3 more yards! Why? **Because he never gives up!** He always fall forward and he never stops moving his feet forward!

- This is the **definition of persistence!**
He **refuses** to take NO for an answer!

Be like the Seahawks! Have A Growth Mindset!

- “ Be **persistent**, keep going, don't give up!
- “ When you make a mistake view it as an **opportunity to learn**.
- “ Don't take “NO” for an answer!
- “ Believe in your own **POTENTIAL!**
- “ Who cares if you aren't number 1 or the best at something!
Keep preparing, keep working at it!
- “ You don't have to be perfect the first time you try something!
- “ No one is born being an Einstein, or a Marshawn Lynch or a Russell Wilson...they worked and trained and struggled! Don't be afraid to **STRUGGLE!**





GO YOU!