
Sport Psychology

Habit formation & Mindset

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Agenda

1. Sport psychology for performance & well-being
2. Habit formation & habit change
3. Facilitating a growth mindset

Sport Psychology

For performance enhancement & well-being

Reactive

- ❑ Reduce anxiety
- ❑ Thinking too much
- ❑ Not playing well
- ❑ Lost

Proactive

- ❑ Train more efficiently
- ❑ Develop psychological tools
- ❑ Prepare for the next level
- ❑ Habit formation

The goal



Variables

Analysis to paralysis

Anxiety

Win

Don't lose

Who's watching

Don't make a mistake

Shoulds

Just have fun

Do your best



NIL

Social media

School

Family

Friends

College

What now?

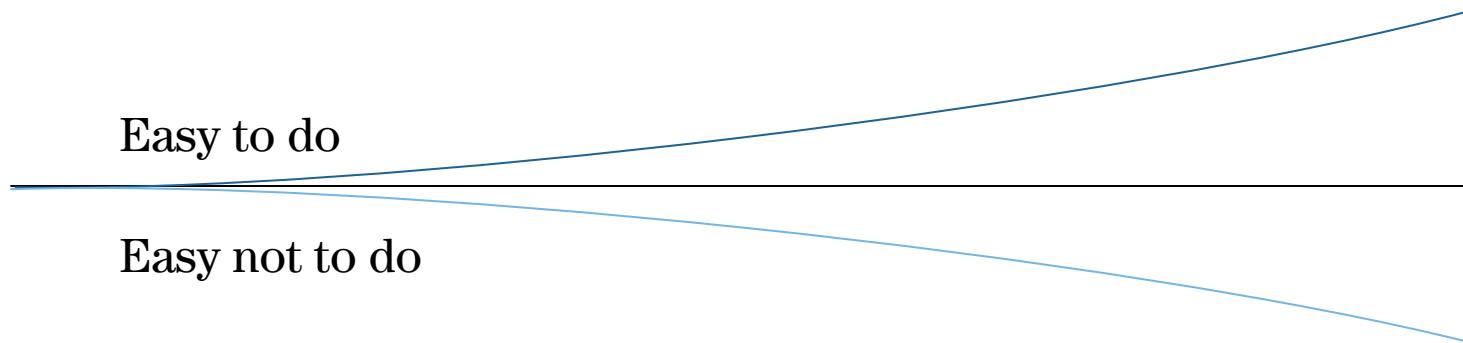
Goal

Variables

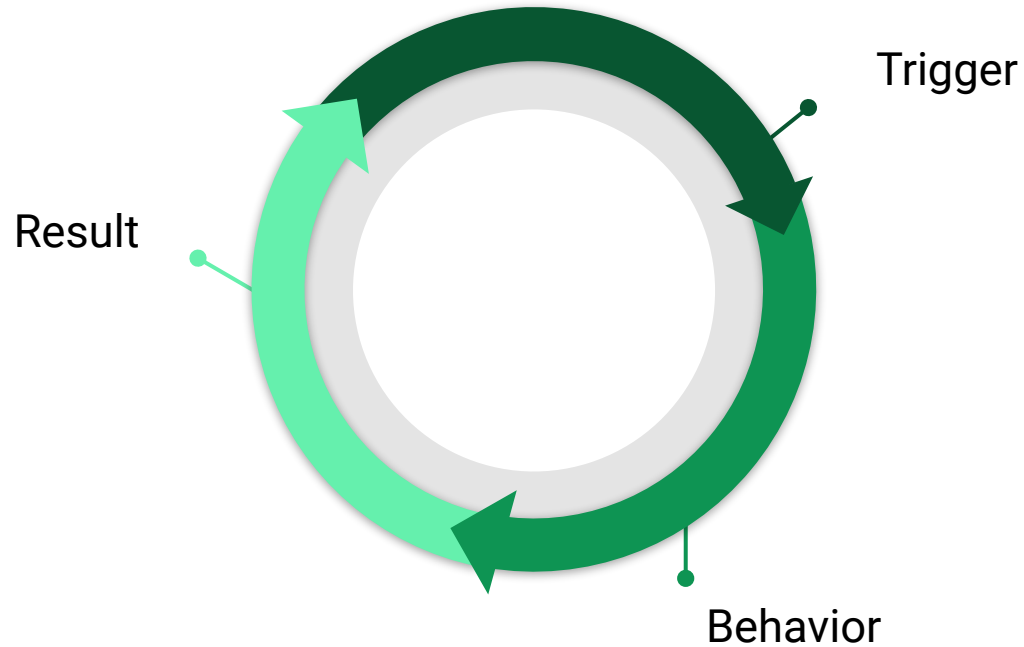
Approaches

Daily impact

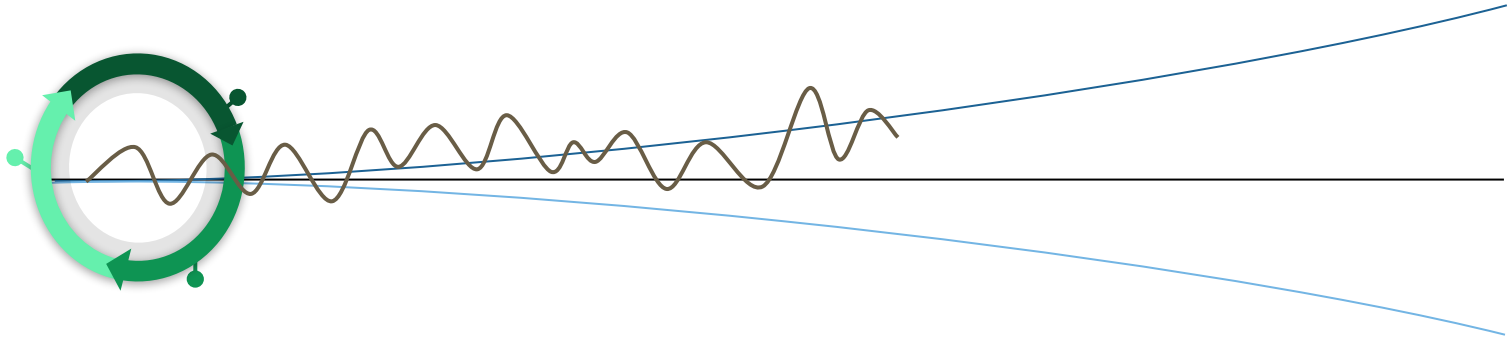
Small changes for long-term success



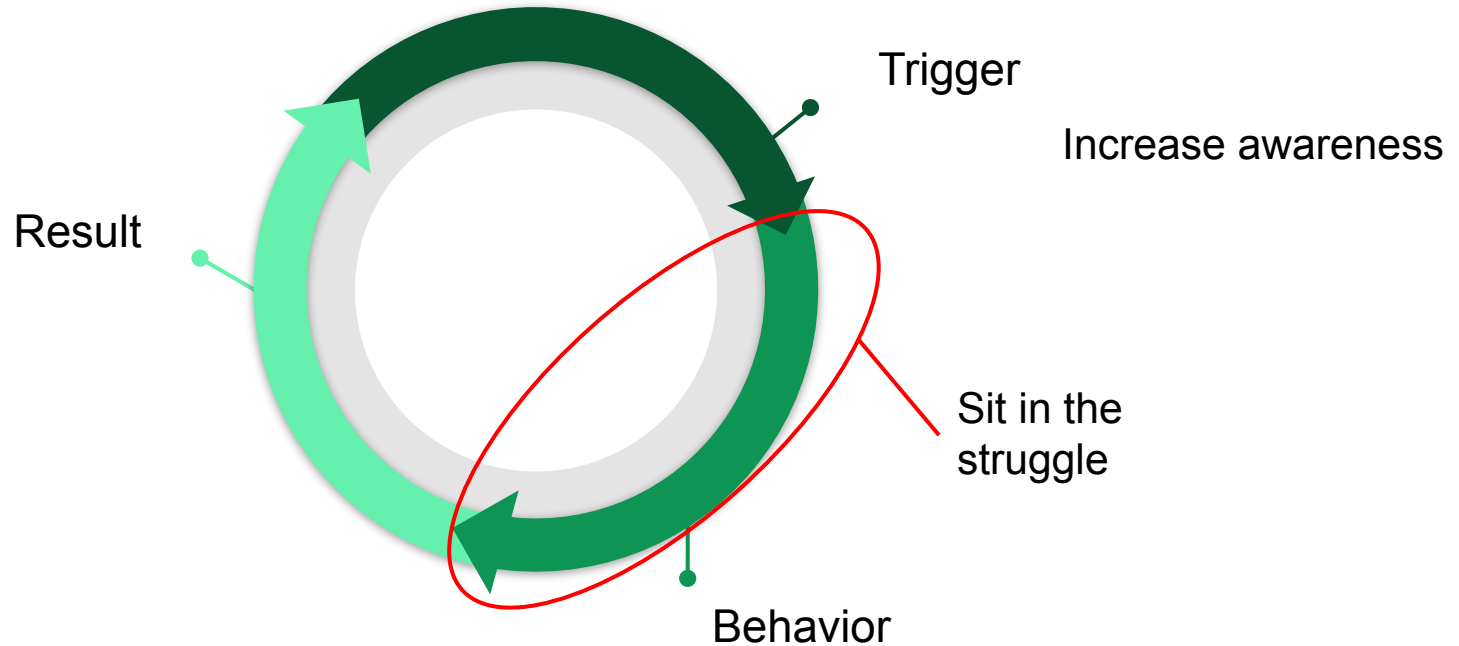
Habit Loop



Apply the theories



How do we make a change?



Exercises to help sit in the struggle

1. Cyclic/physiological Sighing
2. Meditation
3. Box breathing
4. Yoga
5. Journal/cues
6. Communicate
7. Reinforce a growth mindset



Exercises to help

1. Cyclic/physiological Sighing
 - a. Two inhales - One complete exhale (x3)
2. Meditation
 - a. Focus on the physical sensation of the breath (1-5 mins)
3. Box breathing
 - a. Equal parts: Inhale, hold, exhale, hold - 4 secs/part (x5)
4. Yoga
 - a. Yoga Nidra (1-3x/week)
5. Journal
 - a. Highlight wins from the day & practice gratitude
6. Communicate
 - a. Share your thoughts/feelings/emotions with someone you trust (you're not alone)
7. Reinforce a growth mindset

Mindset

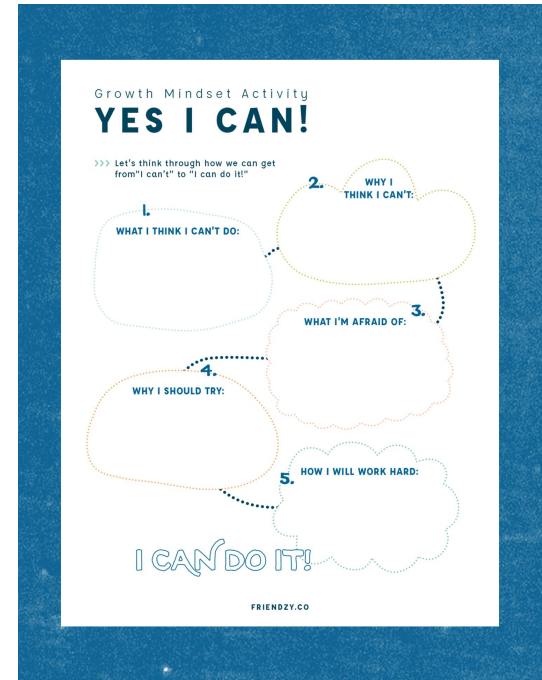
Growth mindset

- ☐ Hard work / effort
- ☐ Strategy
- ☐ Feedback

Fixed mindset

- ☐ Talent is innate

No perfect growth mindset, this varies across domains and can change over time



Growth Mindset Activity

YES I CAN!

>>> Let's think through how we can get from "I can't" to "I can do it!"

1. WHAT I THINK I CAN'T DO:

2. WHY I THINK I CAN'T:

3. WHAT I'M AFRAID OF:

4. WHY I SHOULD TRY:

5. HOW I WILL WORK HARD:

I CAN DO IT!

Mindset

Fixed

You tried your hardest, and that's all you can do

You'll eventually get these types of questions if you just keep trying

Great job! You're smart!

Growth

Don't worry if you don't understand something right away. Focus on your next steps. What should they be?

If you don't understand these types of questions, try using a different perspective. You may be able to draw or write them out.

Great job! The study plan you made helped a lot. You should make another for the next test.

-Carol Dweck

A few tips to increase a growth mindset

1. Create goals

→ S.M.A.R.T



Specific

Measurable

Attainable

Relevant

Time-bound

2. Reflect on your goals & performance

3. Channels of feedback

Key takeaways

1. Align performance & well-being goals w/ a proactive approach
2. Use goals for a direction & feedback
3. Increase self-awareness to know where to improve
4. Trust in small changes
5. Instill a growth mindset

Williamson Performance

Thank you for your time & attention

