

The Gold Medalist Mindset: 3 Growth Mindset Tips For High Achievers

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(Used courtesy of my client, Arootah. You can view the article on their site [here.](#))



Our world is built by high achievers with the Gold Medalist Mindset.

Their highlight reel is filled with gold medals and images of them standing on top of the world with their achievements.

What you might not see are all the things these high achievers encountered on their journey to success. In truth, you're only getting part of the picture until you realize what comes with the territory of success:

- Injuries
- Rejection
- Bad investments
- Failed business ventures
- Being the wrong person for the job

- Watching other people succeed in your place

These obstacles aren't included in the highlight reel, but you'll benefit from knowing that every person you look up to for their achievements has encountered one or more of these obstacles.

So what's the key to moving through these obstacles to the Gold Medal? (literal or otherwise?)

A strong growth mindset.

Like all worthwhile things, a solid growth mindset takes time and effort to develop. The highest achievers spend years developing their mindset to properly fit their ambition; often through life coaching or career coaching. No Olympic athlete going for gold questions the impact proper coaching can have in their life.

The same tools are available for you. Here's how you can improve your growth mindset to achieve the same [mindset as your most beloved Gold Medalists](#).

View Obstacles As Opportunities

Every Olympian faces obstacles.

The effectiveness of their mindset shows itself when they choose to see obstacles as a part of their story to success, rather than evidence they should give up.

Just take into consideration some Olympic history-makers:

- Abebe Bikila took home the gold medal for Ethiopia, running bare-foot because his team-issued shoes hurt his feet. (1960)
- Kerri Strug helped the US Gymnastics team win gold, despite finishing her vault with a twisted ankle. She still stuck the landing. (1996)
- Rulon Gardner, had never won a college wrestling championship when he went to the Olympics. Despite this, he defeated his opponent, Russian Alexander Karelin, who hadn't lost a match in 13 years. (2000)

Our brains love to look for evidence of things we already believe.

If you truly believe your success will never come, then every obstacle will be yet another reason to give up. The obstacles you encounter along the way will be another sign of your inevitable failure. No wonder your brain will want to give up!

But if you turn those obstacles into opportunities...

Your story becomes one of perseverance. You start seeing every setback as an opportunity to improve yourself. With time and practice, encountering obstacles could become just as exciting to you as winning.

*It should be exciting to you when you start becoming the person who stares adversity in the face and says, “**Bring it on.**”*

You’ll be following suit with some of the highest achievers in the world.

Obstacles shouldn’t be scary, and if you need more convincing that this mindset works, do a little digging into the [extensive list of obstacles](#) high achievers can face on their road to success.

Embrace Failing Forward

Similar to facing obstacles on your journey, your willingness to mess up in pursuit of success will directly correlate to the highest achievements you meet.

It’s one thing to meet a roadblock on your way to the gold medal, it’s quite another to get up on the balance beam and be willing to completely face-plant in front of a crowd.

*Oftentimes that’s what it takes. **You have to be willing to fail forward.***

Failing big and hard can be a great teacher. It can teach you humility, respect, and patience. It teaches you to get comfortable outside your comfort zone.

A solid growth mindset means knowing that failure is your friend.

“I don’t like to lose — at anything... Yet I’ve grown most not from victories, but setbacks. If winning is God’s reward, then losing is how he teaches us.” -Serena Williams

The willingness to associate yourself with failure is what separates Jeff Weiner from his peers. Not only was he not afraid of failure on his journey to success, but he was able to learn from his own failures and the failures of others.

Wiener knew he was taking on a lot when he became the interim president of a struggling little company called LinkedIn. What was supposed to be a temporary position eventually evolved into the success of the platform you currently know today.

Overcoming his past managerial failures are a large part of why his [leadership style](#) is so admired and respected today.

Seek Out Quality Coaches and Mentors

There is something to be said for figuring everything out on your own, however, you'll notice a pattern with your favorite high achievers: *they value quality coaching.*

Whether it's career coaching to scale their business, or the proper instructor to help you on the balance beam, a quality coach is worth their weight in gold- Gold Medals, that is.

Investing in coaching may seem like the last thing you want to do when you're facing adversity.

Many people think they need to shape up or prove themselves before a coach is willing to accept them. They think they need to already have a return on their investments before they further invest in coaching.

Anyone who's ever worked with a coach will tell you the proper coach is your answer to feelings of overwhelm and self-doubt.

Just the act of hiring a coach means your mindset is already moving in the right direction.

You start to think thoughts like:

- "I haven't met my goal yet, but I know I will"
- "I am worth the time and money it takes to succeed"
- "The obstacles and failures I am meeting will make my story great"
- "I invest in my business, so investing in myself is equally important"

A good life coach or career coach will be able to take this budding growth mindset and 10x it.

Just look at gymnast Simone Biles for example. With all that it takes to become the Olympic Gold Medalist she is, it makes you wish you had a [coach like hers](#) for your life.

Though Olympic athletes are coached on the technicalities of their sport, the real factor that separates the Gold Medalists from the rest of the pack are the mindset techniques their coaches provide.

When you take care of your growth mindset first, high achievement suddenly becomes attainable.

So let us know, in what ways will having a growth mindset help you achieve your goals? Which of these 3 mindset tips are you most excited to get started with?