COMMENTARY
BY ANNA MCKEE

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BY CASSANDRA McCOREY

It was a moment of triumph.

The young athlete, after years of hard work and dedication, finally achieved her dream. She had trained so hard, sweated so much, and sacrificed so much to reach this moment. The feeling of accomplishment was overwhelming.

But then, as quickly as it came, the reality of the situation set in. The pressure, the expectations, the stress of maintaining performance in the highest stakes environment. The athlete began to question her own abilities, whether she was good enough to continue on this path.

She began to realize that the journey was far from over. The road to greatness was strewn with obstacles and setbacks. The athlete needed to be resilient, to keep pushing forward, to never give up.

That is where the growth mindset comes in. It is the belief that one can develop one's abilities through hard work, dedication, and persistence. It is the mindset of "I can do it," even when the odds seem stacked against you.

The athlete had to embrace the growth mindset. It is the key to unlocking her true potential. It is the mindset that leads to greatness. It is the mindset that will take her to the top of the podium.

So, to all the athletes out there, keep pushing. Keep training. Keep believing. Keep growing. The growth mindset is the key to unlocking your true potential. It is the key to becoming a champion.