

# THE MASTERS

Mastery Mindset

Lessons from Augusta National





# INQUIRY...

- What comes to mind when you hear the word 'mastery'?
- What is something you aspire to achieve 'mastery' in?





## The Tournament

- One of the four major championships in professional golf (PGA).
- Held annually at Augusta National Golf Club in Augusta, Georgia.
- A prestigious and highly selective tournament.



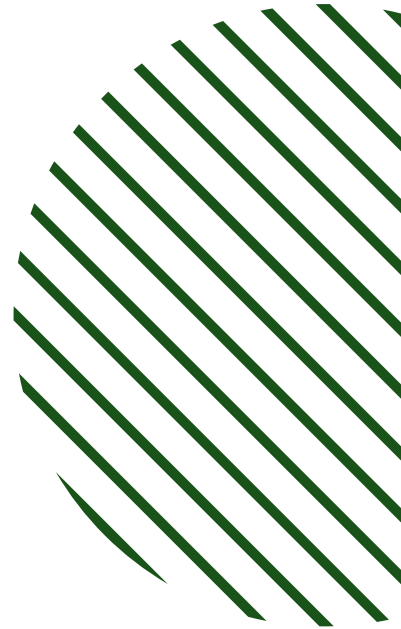
# THE MASTERS: AUGUSTA, GA

## The Green Jacket

- Awarded to the winner of the Masters Tournament.
- A symbol of immense achievement and excellence in the world of golf.
- Represents membership in an exclusive group of champions.

*The record for the most green jackets earned is held by Jack Nicklaus, who accomplished 6 wins.*

# WHAT IS MASTERY?



## Think-Pair-Share:

**What does it mean to be a 'master' of something?**

- **What skills, attributes, and understandings does one need to achieve a sense of 'mastery'?**

## Inquiry:

- **How is 'mastery' different from 'being good at something'?**
- **Can you ever truly say you have fully achieved mastery, or is it an ongoing process?**





# PERSEVERANCE & DEDICATION



How do you define words such as 'perseverance' & 'dedication'?

Can you share an example of someone, either a golfer, noble figure, or someone significant who demonstrated actions of perseverance and dedication?

Reflect on your own experiences; where has your journey invited opportunities for persevering and dedication? How do these connect to the pursuit of 'mastery'?



# THE COST: SACRIFICE & TIME

- Consider the concept of 'opportunity cost': What are you prepared to give up in pursuit of your ultimate goals?
  - Furthermore, how can our decisions influence the potential to achieve mastery?"
    - Consider factors such as:
      - Effort
      - Time
      - Distractions (digital/physical)
      - Consistency



- Briefly explain the idea popularized by Malcom Gladwell, suggesting 10,000 hours of practice is required to achieve mastery...



# FOUR CORNERS

**Choose the corner that most closely aligns with your initial viewpoints**

Corner #1- Sacrifice is essential for mastery

Corner #2- Talent is more important than time

Corner #3- The 10,000 hour rule is always true

Corner #4- Anyone can achieve master if they work hard enough

Be prepared to share why you chose that corner!





# CULTIVATING MINDSET



**Growth Mindset**– The belief that your abilities and intelligence can be developed through hard work, effort, and learning from experiences.

It's about understanding the nuances of how the brain works and responding to various challenges.

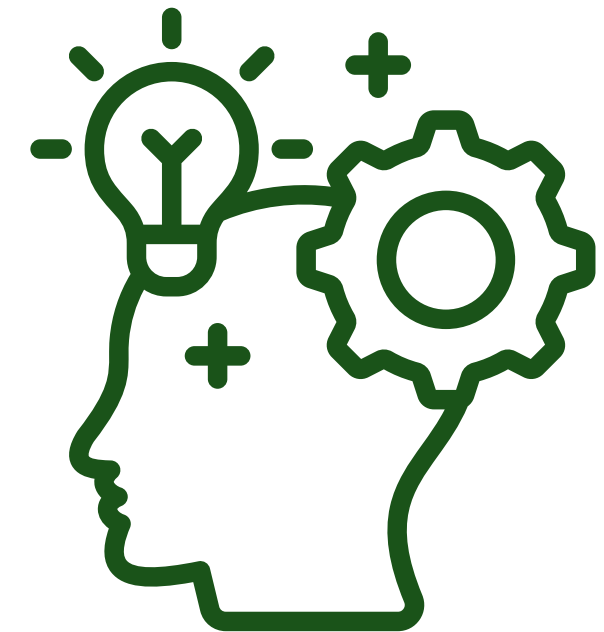
Have you ever learned something new that you thought was really hard at first? How did you find improvement and growth?



## **Growth Mindset:**

- The belief that intelligence and abilities can be developed.
- Embraces challenges, sees mistakes as learning opportunities, persists through setbacks, sees effort as the path to mastery.
- Finds inspiration in the success of others.

How can viewing a mistake as a learning opportunity actually help you improve?



# **GROWTH VS. FIXED MINDSET**

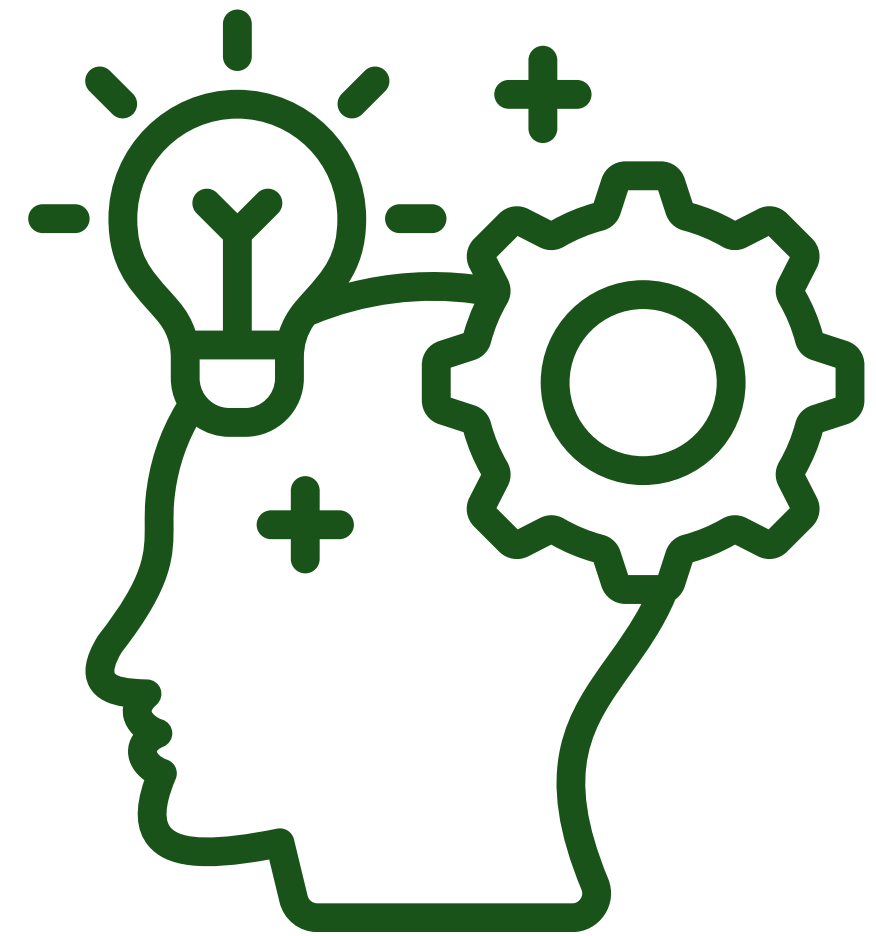


Why might someone with a fixed mindset be afraid of failing?

## **Fixed Mindset:**

- The belief that intelligence and abilities are fixed traits.
- Avoids challenges, fears mistakes, gives up easily, sees effort as fruitless.
- Feels threatened by the success of others.

**Growth Mindset:** A growth mindset tells me... (e.g., 'I'm not good at this yet, but I can improve with practice.')



## **GROWTH VS. FIXED MINDSET**



**Fixed Mindset:** A fixed mindset tells me... (e.g., 'I'm not good at this, so I should give up.')





# DEVELOPING A GROWTH- MINDSET...



## Strategies for Developing a Growth Mindset:

- **Embrace Challenges:** Actively seek out challenges and view them as opportunities to grow.
  - *Activity: Identify a challenge they are currently facing and reframe it as a growth opportunity.*
- **Effort is Essential:** Emphasize the importance of hard work and deliberate practice.
  - *Activity: Can you think of a time when your effort led to significant improvement?*
- **Learn from Mistakes:** View mistakes as valuable feedback and opportunities for learning.
  - *Activity: Reflect on or about a recent mistake, what did you learn from it.*
- **Use the Word "Yet":** When facing a setback, add the word "yet" to the end of the sentence (e.g., "I can't do this... yet").



# DEVELOPING A GROWTH-MINDSET... (CONTINUED)



## Strategies for Developing a Growth Mindset:

- **Leverage Experts & Experience:**
  - Actively ask for feedback and use it to improve.
- **Celebrate Growth:** Acknowledge and celebrate the progress and improvements, no matter how small.
  - *Activity: How does it feel to look back and see how much you've improved at something?*
- **Be Inspired by Others:** Instead of feeling threatened by the success of others, find inspiration and learn from their strategies.



# CONNECTING TO 'MASTERY'

- A growth mindset is essential for achieving mastery because it allows you to persevere through challenges, learn from setbacks, and continuously improve.
  - Think about professional golfers. How do you think a growth mindset helps them handle the pressure of competition and bounce back from bad shots?



# ●●●● REFLECTING & SHARING

- **Guide Students Through Self-Reflection:**

- Reflect on own 'mastery' experiences and consider future directions.

- **Invite a Growth-Mindset Approach:**

- Emphasize qualities such as: perseverance, dedication, and forward-learning.

- **Explain the Creative Challenge:**

- The 'Masters Jacket' creative challenge. The Green Jacket is a symbol of achievement in golf.
  - Your task is to design a jacket that represents your own personal journey to 'mastery'. Be creative and thoughtful in their designs and explanations.

MASTERS  
*Self reflection*

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_ CLASS: \_\_\_\_\_

Have you ever felt a sense of mastery over something?

- What was it?
- How did you know you had achieved mastery?

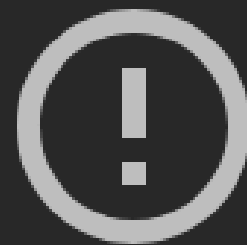
*Your Journey*

What challenges did you endure on your path to mastery?

*Perseverance & Dedication*

# YOUTUBE HIGHLIGHTS

**GREATEST MASTERS MOMENTS OF ALL TIME || A Tradition Unlike Any Other (10:00 Minutes)**



Video unavailable

[Watch on YouTube](#)





# CONCLUSION

## **Thinking Routine:**

- 3 things I learned and can further consider...
- 2 things that surprised me...
- 1 question I may still have is....

Mastery is not a destination but a continuous pursuit; cultivate strong relationships, empower yourself through learning, and trust in your potential as you progress.





# THANK YOU

