



The Champion's Mindset: **Failing Forward, Succeeding with Strength**

USADA – TrueSport Talks
Mental Wellness and Sports Systems
Prioritizing Athlete Mental Health
November 5, 2025 – Colorado Springs, CO



Dr. Dinin

@AaronDinin



493k



189k



139k



122k



108k



22k



10k



ABBY RAYMOND

USA National Team Member

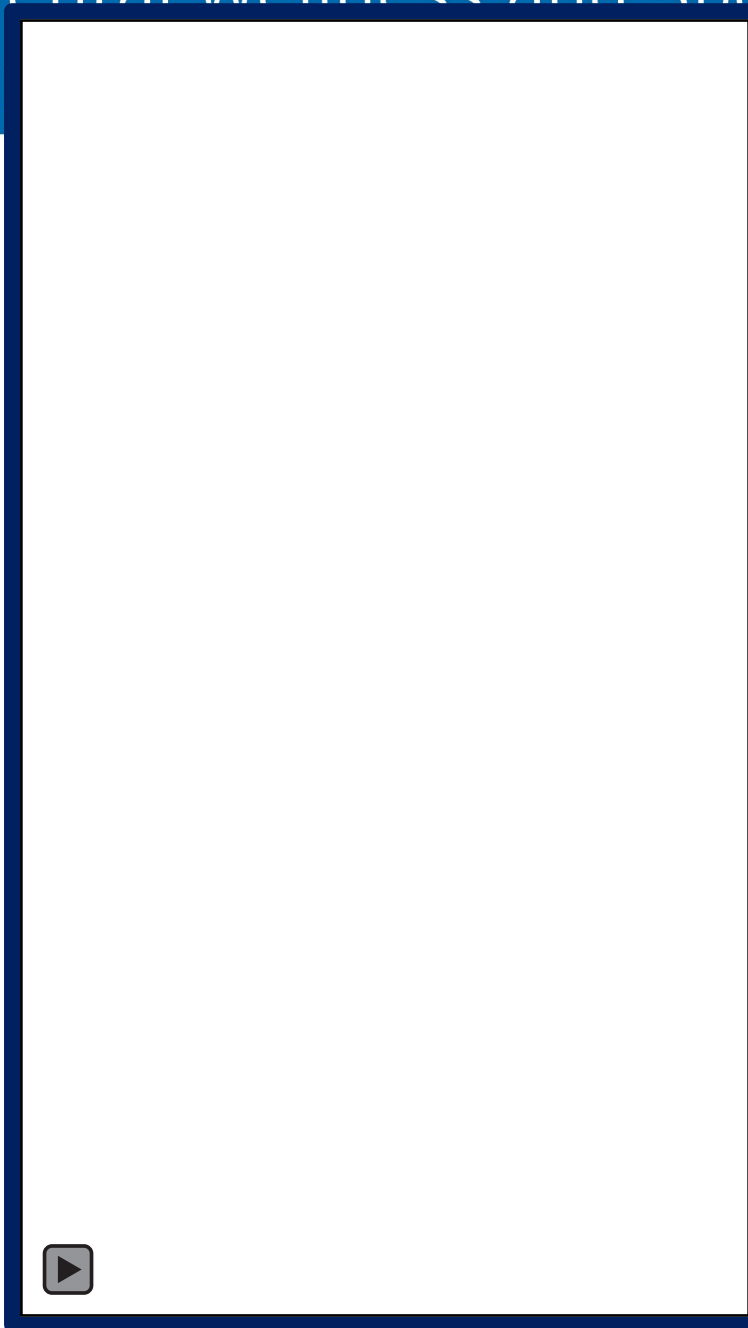
Weightlifting



TREY JENIFER

Team USA Paralympian

Wheelchair Basketball





Let's play a **GAME**...



Green Jellybean

(30 Minutes)



1 Required Rule:

The person with the most green jellybeans at the end is the winner.



Why we Reflect...

Growth doesn't come from what happened.
It comes from what we noticed about what
happened.



Individual (5 Minutes)

1. What thought showed up first when you were given the challenge: confusion, excitement, competitiveness, annoyance, or something else?
2. What do you think your approach to this challenge says about how you approach problems in general?



Groups (15 Minutes)

1. How did your group decide what counted as “winning” – and did that definition ever shift?
2. How did the need for having a “winner” impact group dynamics?
3. What might you do differently if presented the same challenge again?



Lunch (30 Minutes)

Questions to consider with people from **outside** your group:

1. What surprised you most about the game you created?
2. If someone walked in halfway through your game, what would they have thought was going on?



Q&A – Questions to Consider

- How has failure impacted your experiences in sport and competition?



Q&A – Questions to Consider

- What might this challenge be able to teach us about sports and competition?



Q&A – Questions to Consider

- The only rule I gave was that the person with the most green jellybeans at the end is considered the winner. How does having “winners” impact the way games are played?



Q&A – Questions to Consider

- In Green Jellybean, the rules were vague. How have you navigated moments in sports (or life) where the rules didn't feel clear, and was there any similarity to the challenge?



Q&A – Questions to Consider

- How did other people's approach to the challenge impact people's attitudes/behaviors? Have you noticed anything similar in your athletic career?



Q&A – Questions to Consider

- What is the equivalent of having “the most green jellybeans” in sports? In life?



Why we Fail...

Winning teaches you what works.

Failure teaches you who you are.



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