

# CONFIDENCE

In sport, confidence is the degree to which an athlete believes in her or his ability to perform successfully. Athletes show confidence through their behaviors, thoughts, and feelings.

## Tips for increasing confidence:

### Confidence Building Techniques

- Positive self-talk
  - positive self statements
- Focus on strengths
  - focus on what you can do well
- Think of past successful performances
  - using your imagination to build confidence
- Fake it 'til you make it
- Focus thoughts on what you can control
  - your thoughts, feelings, and actions
- Learn from mistakes, don't dwell on them
- Watch others or your own past performances

## BUILDING CONFIDENCE

### Positive Self Statements

As an athlete, my greatest strength is \_\_\_\_\_

I am proud \_\_\_\_\_

I help my teammates \_\_\_\_\_

I have the power to \_\_\_\_\_

I am able to decide to \_\_\_\_\_

I'm not afraid \_\_\_\_\_

I have improved \_\_\_\_\_

### Skills / abilities that contribute to my success

1. \_\_\_\_\_

6. \_\_\_\_\_

2. \_\_\_\_\_

7. \_\_\_\_\_

3. \_\_\_\_\_

8. \_\_\_\_\_

4. \_\_\_\_\_

9. \_\_\_\_\_

5. \_\_\_\_\_

10. \_\_\_\_\_