

Name:

Date:

Confidence



"Trust yourself. You know more than you think you do." —Dr. Benjamin Spock

What is confidence?

Self-confidence is the mark of a champion. That secret ingredient that all great athletes seem to possess, regardless of what level they compete at. Can you "grow it?" Is it "built in?" Are there specific things that parents, coaches and teammates do that can raise or lower it?

Self-confidence is difficult to perceive, there is no physical element that you can hold on to. Try to imagine it as a positive mental attitude that keeps an athlete working hard regardless of how many times he/she may fail or how many obstacles get thrown in his/her path. Self-confidence can give an average athlete or team the courage and focus to defeat a stronger opponent. Self-confidence can motivate you to attempt and accomplish the impossible. Likewise, lacking self-confidence, an athlete or team will consistently perform way below their potential. Low self-confidence can lower an athlete's enjoyment of the sport and cause him/her to quit a sport or activity.

How can you improve your confidence?

It's easy if you try. Here are 10 things you can start doing for yourself. Start with one or two, then as you become comfortable, slowly begin to add more. Before you know it you will be on top!

1. Volunteer
 - Helping others can make us feel better about ourselves. If you are passionate about animals, consider helping out at an animal shelter. If you lack the time to volunteer, consider making a donation instead.
2. Smile
 - It may sound obvious, but smiling during stressful situations actually triggers your brain to feel more secure and relaxed.
3. Do a good deed
 - Your day can be brightened by brightening someone else's. Bake cookies for a friend or send a thank you card.
4. Dress for success
 - This may seem shallow, but clothing can actually affect your confidence. Dressing well can make you more successful.
5. Learn something new
 - Personal achievement and valuable skills promote self-confidence. Take an extra class or learn to cook something difficult.
6. Exercise
 - Just 30 minutes of moderate exercise three times per week is enough to improve your mood, release stress, and eventually help you feel better about how you look. Setting fitness challenges and meeting them will also boost self-confidence as your discipline overcomes your lazier tendencies.
7. Stand up straight
 - Slouching comes across as sheepish and unhealthy, whereas good posture displays a sense of confidence, regardless of whether you're feeling it. Good posture also provides a stronger core, better breathing, and less stress.
8. Eat right
 - Food has a strong impact on how we feel. Picture your diet as a chain of events. Consuming healthier foods will lead to a smaller waistline and a happier mood, which in turn leads to more energy and self-confidence.
9. Assume people like you
 - Stop worrying too much about what others think. Assuming that others are focusing on your flaws will lock your own focus on what you imagine your flaws to be.
10. Get organized
 - Set small weekly organization goals, such as cleaning out your purse or rearranging your bookshelves. Managing just one small piece of your life can have a big impact on how in control you feel.

Rewrite the sentences

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