

Name: .....

Date: .....

# Confidence



*“Go confidently in the direction of your dreams and live the life you have imagined.” —Henry David Thoreau*

## 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 30 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. Start spending time with the right people.               | 16. Start cheering for other people's victories.                      |
| 2. Start facing your problems head on.                      | 17. Start looking for the silver lining in tough situations.          |
| 3. Start being honest with yourself about everything.       | 18. Start forgiving yourself and others.                              |
| 4. Start making your own happiness a priority.              | 19. Start helping those around you.                                   |
| 5. Start being yourself genuinely and proudly.              | 20. Start listening to your own inner voice.                          |
| 6. Start noticing and living in the present.                | 21. Start being attentive to your stress level and take short breaks. |
| 7. Start valuing the lessons that mistakes teach you.       | 22. Start noticing the beauty of small moments.                       |
| 8. Start being more polite to yourself.                     | 23. Start accepting things when they are less than perfect.           |
| 9. Start enjoying things you already have.                  | 24. Start working towards your goals every single day.                |
| 10. Start creating your own happiness.                      | 25. Start being more open about how you feel.                         |
| 11. Start giving your ideas and dreams a chance.            | 26. Start taking full accountability for your life.                   |
| 12. Start believing that you are ready for the next step.   | 27. Start actively nurturing your most important relationships.       |
| 13. Start entering new relationships for the right reasons. | 28. Start concentrating on things you can control.                    |
| 14. Start giving new people you meet a chance.              | 29. Start focusing on the probability of positive outcomes.           |
| 15. Start competing against an earlier version of yourself. | 30. Start noticing how wealthy you are right now.                     |

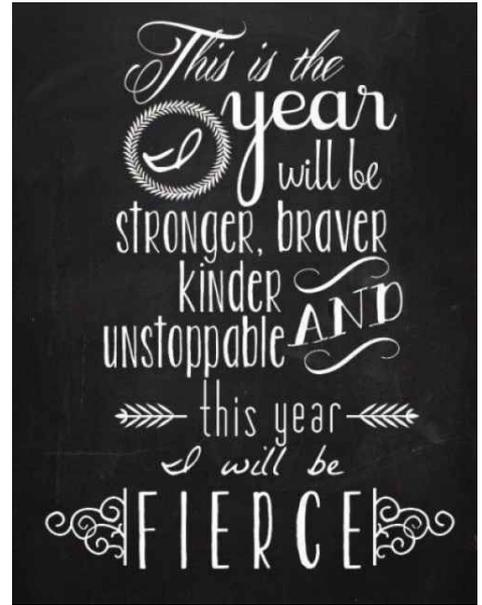
How do you want to start? Read the list again and right down two or three things that you will start doing for yourself!

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## Fill in the blank

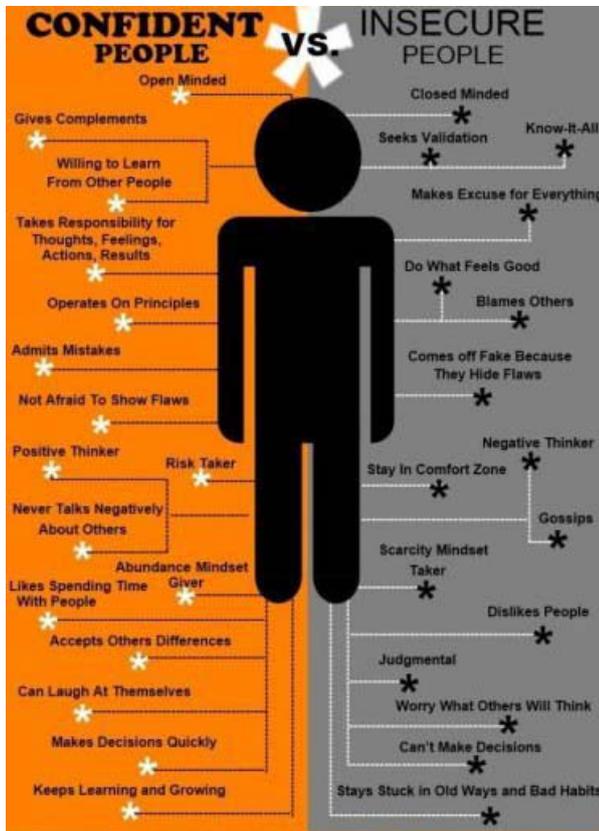
Let's focus more on those 30 suggestions. Let's try some fill in the blank!

1. Start \_\_\_\_\_ things you already have.
2. Start being more \_\_\_\_\_ about how you feel.
3. Start making your own \_\_\_\_\_ a priority.
4. Start \_\_\_\_\_ for other people's victories.
5. Start noticing and living in the \_\_\_\_\_.
6. Start noticing how \_\_\_\_\_ you are right now.
7. Start giving new people you meet a \_\_\_\_\_.
8. Start \_\_\_\_\_ those around you.
9. Start being more \_\_\_\_\_ to yourself.
10. Start \_\_\_\_\_ on things you can control.



## The difference between confident people and insecure people

So far we have shown you what to do to gain your confidence, but to understand what you need to do to gain confidence, you also need to know what not to do to lower your confidence. Take a look at the following exercise.



T X C Y T G E P V M U V  
 A P S O A Q H U C U D R  
 N B E Y M P V F L M F M  
 P G F C U P G U K A C X  
 A J E K C I L K S H V R  
 T D Q U M A O I Z Z M A  
 L G M I A U X R M M I V  
 E L B I S N O P S E R F  
 A A R M T W R E T V N O  
 R A O E V I T I S O P T  
 N N N N K W O R G L R S  
 H R N N V L J V Q W P Z

ACCEPT  
 ADMIT  
 COMPLIMENT  
 GROW

LEARN  
 POSITIVE  
 RESPONSIBLE  
 VALUE