



G.R.I.T.
ACADEMY

THE G.R.I.T. ACADEMY • SELF-BELIEF SHEET

DOUBT *vs.* CONFIDENCE

Two forces, one mind. When one rises, the other falls.

READ THIS FIRST •

Every athlete must understand that **confidence must come before evidence**. Hope is powerful, but if confidence only arrives after things start going well, doubt will always have control.

Do not wait for hope to create your confidence. Let your confidence create your hope.

Too often, we believe only after we see results. We wait for success, recognition, improvement, or momentum before allowing ourselves to feel confident. But true confidence does not wait for proof. It does not require perfect circumstances. It exists before the win, before the comeback, before the breakthrough.

Confidence is trusting yourself when the outcome is uncertain. It is believing in your potential through mistakes, setbacks, pressure, and fear. Those moments do not define your limits. They reveal your resilience and prepare you for your next level.

Doubt will whisper that you are not ready, not capable, or not enough. But doubt is not the truth. It is only a voice, and **you decide whether it gets power**.

Stop waiting for success to prove what you are capable of. Trust your preparation. Trust your growth. Trust the strength you have built through every challenge you have overcome.

Believe before you see the results. Stand firm before the breakthrough arrives. Your confidence should not be created by success. Your confidence should help create it.

Destroy the doubt. Strengthen the belief. The greatness you are searching for is already within you.

What if the belief in your abilities was unshakable by doubt and fear?

That is what this sheet is for. Take a pen, tell yourself the truth, and keep it. Nobody grades this. There are no wrong answers.

1 MEET PLAYER DOUBT 00

When you let doubt sneak in, you let the other team play with an extra player. Doubt 00 tries to convince you that you are not safe, not worthy, not good enough — it dims your light like fog you are trying to compete inside of. It is a liar, and it is beatable.

WHAT DOUBT DOES IN YOUR HEAD

- ☐ Replays your mistakes on a loop
- ☐ Keeps you out of the present moment
- ☐ Blocks encouragement — you cannot hear it or take it in
- ☐ Whispers “you suck,” “you are going to lose,” “you are not good enough”

Check every one you have felt. Naming it is how you shrink it.

WHAT IT COSTS YOU

In your energy — your field distorts, your presence weakens, and you play scared and small.

In your body — fear disrupts the circuits to your pre-frontal cortex, the CEO of your brain. Decision-making, hand-eye coordination and instinct all go foggy.

Energy is contagious. One player's doubt can distort the whole team's field.

2 CATCH ITS EXACT WORDS

When you miss or mess up, what does Doubt 00 say to you? Write the words exactly as you hear them — on paper is where they start losing their power.

Now read those words back out loud.

Would you ever say them to a teammate? ☐ YES ☐ NO

Rewrite it. Say the same thing to yourself the way you would say it to the teammate you believe in most.

Confidence is not something you wait for. It is something you build and defend.

3 SET THE PICK FOR YOUR TEAMMATE

You have a responsibility to see the greatness in each other — most of all when someone is down and in the dark. When you see Doubt cornering a teammate, set a pick for them.

SAY IT OUT LOUD

"You got this." "I believe in you." "Nice try." "I trust you."

CELEBRATE LOUD

Treat the small wins like big ones. Go wild. Make it impossible to miss.

EVEN FROM THE BENCH

Breathe through your heart. Picture your field big and bright, light going from your chest to theirs. You are more powerful than you think.

One teammate who needs a pick this week — and the exact words you will say to them:

4 BUILD YOUR OWN CONFIDENCE

THREE THINGS I AM PROUD OF ABOUT MYSELF

Not stats. Who you are.

1. _____
2. _____
3. _____

MY AFFIRMATION

Write it as though it is already true, because it is. Start with "I am..."

Say it before you compete. Say it when you get it wrong.

Then go encourage somebody else. It is the fastest way to rebuild belief in yourself.

5 TELL YOURSELF THE TRUTH

The confidence you compete with is equal to the belief you have in yourself. What do you believe about yourself in the split second before you go?

The grace you give yourself is equal to the grace you give your teammates. What is said inside your head the moment you fail?

The encouragement you give yourself is equal to the encouragement you give your team. What words of encouragement do you actually say to yourself?

TWO QUESTIONS TO CARRY WITH YOU

What would it take for you to compete with no doubt in your abilities?

What would it take for you to live with no doubt?

We see greatness. It is within you. It is in each of you. You never gave up, and you are only getting stronger with every lesson learned.

I will not wait for hope. Signed _____

Date _____

Want to work through any of this one-on-one? Reach out to me — that door is always open. You are more powerful than you think.