THE CONFIDENCE TOOLKIT

BUILD CONFIDENCE YOU CAN RELY ON

NEXT PLAY

MENTAL PERFORMANCE

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Purpose: Learn how to build confidence intentionally.

Through research in Sport and Performance Psychology, there is more than just one way to build confidence! In this worksheet, you'll learn how to recognize and apply four sources to build controllable, intentional confidence that isn't reliant on outcomes.

VOICE

PHYSICAL State

SEEING OTHERS

DO IT

PAST EXPERIENCE

THE FOUR SOURCES

1. PERSONAL EXPERIENCE
THIS IS THE #1 WAY ATHLETES BUILD REAL
CONFIDENCE. WHEN YOU'VE DONE
SOMETHING BEFORE - EVEN IN A SMALL WAY
- YOUR BRAIN SAYS "I CAN DO IT AGAIN."

IT COULD BE A GREAT PRACTICE, HITTING A GOAL TIME, LOCKING IN DURING A GAME, COMPLETING THE PERFORMANCE BEFORE, OR BOUNCING BACK AFTER A MISTAKE.

2. SEEING OTHERS DO IT

WHEN YOU WATCH A TEAMMATE OR SOMEONE AT A SIMILIAR SKILL LEVEL AS YOU SUCCEED, IT SENDS A MESSAGE: "IF THEY CAN DO IT, I CAN TOO."

SEEING SOMEONE MODEL THE SKILL HELPS YOU BELIEVE IT'S POSSIBLE.

3. PHYSICAL STATE (HOW YOUR BODY FEELS) YOUR BODY SENDS SIGNALS THAT MAY IMPACT YOUR CONFIDENCE.

EX: TIGHT MUSCLES, SHAKY HANDS, FAST BREATHING = OFTEN LOW CONFIDENCE.

RELAXED BODY, STRONG POSTURE, STEADY BREATH = HIGHER CONFIDENCE

4. **VOICE** (YOURSELF AND OTHERS)
COACHES, TEAMMATES, PARENTS, AND YOUR
OWN VOICE CAN BUILD OR BREAK
CONFIDENCE.

THE GOAL IS TO CREATE PRODUCTIVE SELF-TALK THAT PUSHES YOU FORWARD, AND TO FIND SOMEONE WHO WILL BOOST YOUR CONFIDENCE

WORKSHEET MY CONFIDENCE BANK

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3.	PHYSICAL STATOW DOES YOUR I	TE (HOW YO	OUR BODY FEELS)
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ı	PERFORM MY BE	ST WHEN M	IY BODY FEELS:	
TC	O GET INTO THIS	S PHYSICAL	STATE, I CAN:	
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WORKSHEET MY CONFIDENCE BANK

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PERSONAL EXPERIENCE	SEEING O	
4. VOICE: MY CONFIDE	ENCE PHRASE	
3. PHYSICAL STATE: W STRONG AND READY PH	HAT WILL HELP M HYSICALLY?	E FEEI
2. SEEING OTHERS DO WATCH/STUDY/LEARN		WILL
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4. VOICE (CONFIDENCI WRITE TWO THINGS YO THAT CAN INCREASE YO TWO PRODUCTIVE SELF	U HEAR FROM OT OUR CONFIDENCE	AND

PHYSICAL STATE

VOICE

