

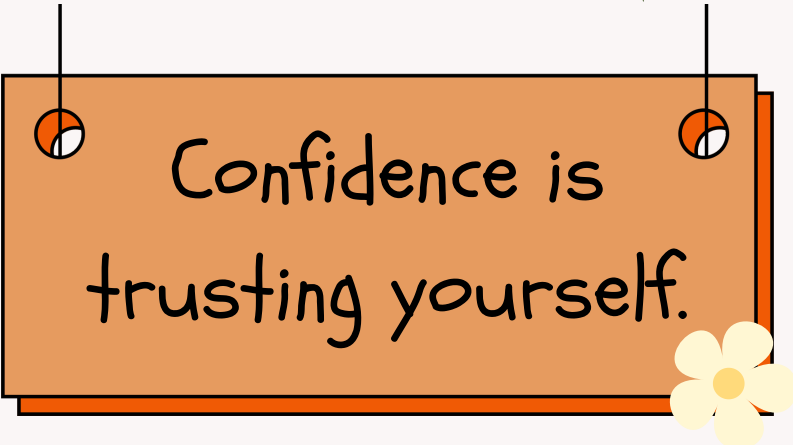


# Confidence



Where should


confidence come from?



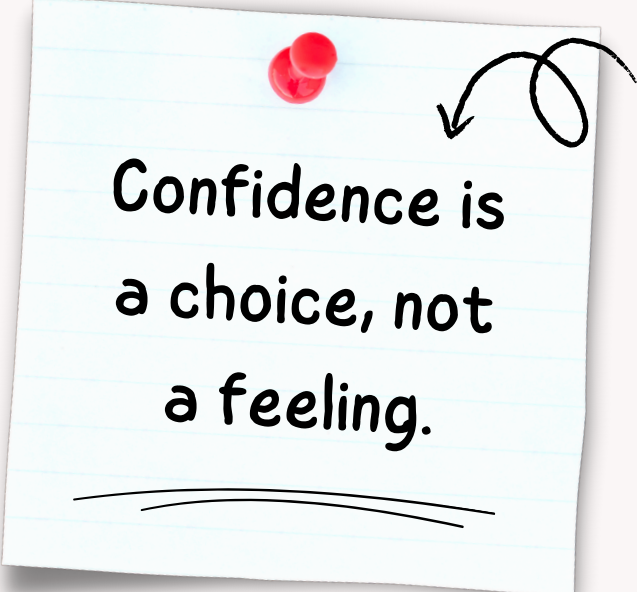
Confidence is  
trusting yourself.



**ACTION  
BUILDS  
CONFIDENCE.**



What action can you take this  
week to build confidence?



Confidence is  
a choice, not  
a feeling.

How do each of these help you build a strong foundation to build confidence and stay confident?



# Show Up *Confident*

What does a confident softball player look like?

Draw a confident softball player

List how a confident softball player  
looks, sounds, and walks

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Good Posture

Loud & Bold

Body  
Language

Hustles &  
100% Effort

Focused &  
Determined

# Notes

[illegible]