

Softball Mindset Bingo

Building Confidence

Practice showing up confident by walking with a purpose and walking 25% faster than usual

Write "I believe, I believe, I believe" on a sticky note and read it aloud every day

Answer this question in a journal: What does a confident softball player look like?

Take Action: Do 1 thing to make yourself better this week

Read at least 20 pages of a mindset book or personal growth book

Do something every day this week to make yourself better

Practice showing up confident by having good body language

Answer this question in a journal: Where should confidence come from and why?

Practice showing up confident by speaking up and speaking loudly, clearly, and boldly

Make an action plan of what, where, and when you will practice to build confidence

Do 1 thing outside your comfort zone this week

Tell yourself "I believe in myself" and "I am confident in myself" every day out loud this week

Practice an easy, everyday drill at least 4 times this week to work on your mechanics in hitting, pitching, or fielding

Write 3 positive thoughts about yourself every day for 1 week

Pick 1 area you doubt yourself in and do something to take action and work on making it better

Practice showing up confident by being a leader and volunteering to go first for a drill