

# Building confidence

Self-confidence is a game-changer for athletes. It's that inner belief in our abilities that propels us to greatness.

The question is how do you develop it?

All the research shows it is a process.

Self Confidence comes from hard work and preparation – by being fully prepared, you'll have the confidence to face any challenge that comes your way.

## 1. Body Language

1. Body Language Screams!
2. Your body language speaks volumes about your confidence.
3. Stand tall, maintain good posture, and make eye contact. Show assertiveness and a positive demeanor both on and off the field.
4. A strong presence will not only boost your confidence but also command respect from others.

## 2. Find Success -> It breeds Success

1. Seek out opportunities to achieve success, no matter how small.
2. Celebrate your small accomplishments, whether scoring a goal, making a significant play, or achieving a personal best.
3. This holds for teams as well. If you are having a season where the wins are hard to come by, change your goals.
4. Change what you measure. Find success in the "games within the game."
5. Can you win a half?
6. Can you win the turnover battle?
7. Can you win the rebounding battle?
8. Find the small wins that impact the big wins.

9. Each success builds your confidence, providing the momentum to strive for even greater achievements.

### **3. Self-Talk**

1. Cultivate a positive inner dialogue. Encourage yourself with uplifting and supportive self-talk.
2. Focus on your strengths, acknowledge your progress, and believe in your abilities.
3. I am often reminded of the "Secret."
4. "Just because you have a negative thought does not mean you have to believe it!"
5. Replace self-doubt with empowering statements that reinforce your confidence and resilience.

### **4. Visualization**

1. Take time to visualize yourself succeeding in your sport.
2. Create vivid mental images of executing flawless techniques, making winning plays, or achieving your goals.
3. Engage all your senses and immerse yourself in the experience.
4. The power of visualization primes your mind for success and instills unwavering self-confidence.

### **5. Surround yourself with the RIGHT people**

1. Who you hang with matters!
2. Surround yourself with individuals who inspire and uplift you and build you up.
3. Build a supportive network of coaches, teammates, and mentors who believe in your potential.
4. Their encouragement, guidance, and constructive feedback will bolster your confidence and provide a nurturing environment for growth.

### **Summary:**

1. Remember, building self-confidence is a continuous journey that requires consistent effort, dedication, and a commitment to personal growth.

2. Embrace these steps, stay determined, and watch your self-confidence soar to new heights.
3. Believe in yourself, trust your abilities, and let your confidence shine on and off the field.