

Objective: to develop a Confidence Anchor & focus on past successes to build confidence

We all have times where we feel confident. We will also be creating the feeling of confidence through mindset exercises. Either way, when you feel confident, you want to pair this feeling with a physical gesture or Confidence Anchor. The more times you pair the feeling of confidence with your Confidence Anchor, the stronger the link will become. Then at times when you want to feel confident, simply act out your Confidence Anchor.

Exercise 1: Create a Confidence Anchor

(ie: clap, leg slap, fist pump, jump, etc)

Your Confidence Anchor is: _____

Confidence has everything to do with the things you focus on. If you focus on past failures you will have a hard time believing in yourself. You want to have past successes fresh in your mind all the time. You want to know deep down that you are good enough.

Exercise 2: Create a list of your past successes. Include big wins, great performances, good people you've beaten or even scored on in practice. Remember to use your Confidence Anchor after writing.

Past Successes:

Sport (ie. Games won/good teams you beat)	Physically	Life/School

Sport (ie. Games won/good teams you beat)



Everyone has qualities already inside themselves to be successful. Focusing only on our weaknesses will lead us to the conclusion to “I have a long way to go before being good” or “I stink.” To be confident, it is important to know your strengths, personal traits, and characteristics that will lead to success.

Exercise: List your personal strengths, moves you’re good at, and other good qualities that you have. Be sure to use your Confidence Anchor after going through your Personal Strengths.

Personal Strengths

Sport	Physically	Life/School

Hard work beats talent when talent doesn't work hard



Objective: to use other people's successes to build confidence

You get H.O.P.E Hearing Other People's Experiences and you remember to Hold On Possibilities Exist.

Exercise 1: List people similar to you who have accomplished (or come close to) your goal. People of the same town, height, body type, etc. This will help you remember that YOU CAN DO IT TOO! Remember to use your Confidence Anchor after this exercise.

People similar to you who accomplished your goal:

Success Models are highly successful people who use the same techniques as you. They remind you that your technique is successful at the highest level. If they can execute on the best, it will work when you do it too.

Exercise 2: List your success models. Remember to use your Confidence Anchor after this exercise.

Success Models:

The pain you feel today, will be the strength you feel tomorrow

Objective: to develop confidence through swagger and body language

Studies show that when we act confident, we feel more confident. Maybe you feel confident, maybe you don't. But, you can always ACT confidently. Fake it till you make it. Or better yet, fake it until you feel it. The more you practice it, the more you will feel it.

Exercise 1: Describe how you look, move, and carry yourself when you are at your most confident. If this is difficult, use other athletes who appear confident to you. Remember to get the confident feeling and use your Confidence Anchor.

What does confidence look like to you:

(Strong Examples: Head up, standing tall, brisk pace, speaking loud and clear, looking like Muhammad Ali, Bruce Lee, Usain Bolt, Michael Jordan)

Exercise 2: Name the times you will need to behave confidently.

When will you behave confidently:

Exercise 3: Name the place and the time you will practice behaving confidently.

When and where will you practice behaving this way:

You've come so far, Don't quit now!

Objective: to develop and use daily affirmations to boost confidence

Affirmations consciously program the unconscious mind. Look at them as mental reps. Think of some affirmations you can tell yourself every day. Try to have a mixture of general and specific. Be sure to include affirmations for sports and life.

Examples: I'm alert, I'm alive, I feel great; Nothing can stop me; I am strong; I got a lot of MO; etc.

Your daily personal affirmations:

Objective: to build confidence through visualizing success

People have a tendency to repeat bad past experiences over and over in their minds. Successful athletes visualize themselves succeed regularly.

Exercise 1: Visualize yourself competing to the best of your ability and succeeding in a competition each day this week for 10 minutes a day. Use all your senses and be sure to get that good feeling inside you. Remember to use your Confidence Anchor after each exercise.

Write a good time and place you can visualize success each day this week:

Exercise 2: Create a highlight video of yourself or watch a competition you wrestled at or close to your best each day this week. Remember to use your Confidence Anchor after each exercise.

What video will you use:

Champions believe in themselves even when no one else does

Objective: To build Confidence by building Competence

Competence breeds Confidence. When you know that you possess effective skills and strategies, your confidence will rise. You must prove to yourself you are competent in your skills. Remember that repetition is the mother of mastery.

Exercise: From each position, write down your best technique, set-up, and finish AND how many repetitions you commit to performing each week to build Competence in your #1 techniques.

	Technique (set-up, move, finish)	Number of Reps per Week
Shooting off the catch		
Shooting off the dribble		
Ball Handling		

Note: 10,000 is a number to remember. In many instances, World Class Mastery tends to occur around this number. This would be something great to strive for.

The only place success comes before work is in the dictionary

Objective: To build Confidence by knowing you deserve your goal

Deep confidence comes from knowing, deep down inside you that you deserve your goal. Just like a lawyer provides evidence to their case, you will provide evidence for your case- achieving your goal. Using all the other confidence worksheet information, make a list of the best reasons why you deserve your goal. Do not worry if you feel like you are far from achieving your goal. Make the best case for yourself. When you feel these reasons deep in your heart and mind, you will greatly improve your chances of achieving your goal!

Your Goal: _____

Reasons you deserve your goal:

Statement of why you deserve your goal:

Objective: To understand the difference between Confidence and Cockiness

Many athletes are reluctant to be confident or act confident because they are afraid they will be perceived as cocky/arrogant. When we hear the word Confidence, we sometimes think of people we know who are cocky/arrogant. We begin to mentally link confidence with cockiness. This is a big mistake. Although they seem similar, and at times, there can be a fine line. But when you really get down to it, they are worlds apart.

Confidence is knowing you are capable of reaching your goals. Thinking “I can get the job done, I can do this, I am capable of success.” Here you are thinking about yourself. It is a predator mindset. With this mentality you can be humble. You can be highly confident and highly humble.

Cockiness/arrogance is the opposite. You cannot be humble because you are comparing yourself relative to other people. Thinking “I’m better than you, you’re no competition for me.” You’re putting yourself above other people- it’s hierarchical. It’s also prey mindset.

The idea is to know the distinction between confidence and cockiness so you can go hard with your confident beliefs and body language without any reserve or fear.

Exercise: You will write your distinctions between confidence and cockiness

Confidence	
Cockiness/Arrogance	