

Developing Confidence

The goal of every athlete should be to look oneself in the mirror before a competition and genuinely feel like you have done everything you could possibly do to put yourself in a position to be successful. For most athletes, this process will involve preparing in the areas of physical, tactical, mental, spiritual, etc. Because performance is such a comprehensive dynamic, you must prepare comprehensively. During preparation, you should work hard and push yourself in ways that will enable you to feel “battle tested.” In other words, you want to feel *confident*.

Confidence has been called the single-most critical variable when it comes to the mental side of performance. However, too often, athletes base confidence on the wrong things - things “outside” of their control, such as statistics and outcomes. This way of doing things works well when you are performing at a high level, feeling good, etc. However, what about when things aren’t going well on the outside – when you’re losing, not getting playing time, or your statistics aren’t what you want them to be? Does that mean that you can’t be confident unless you are playing well? **Of course not.** Instead, athletes need to learn how to generate confidence from the inside. They need to learn how to **choose confidence**.

Take the time to answer the questions below to understand more about how *you* define your confidence.

1. How do you define confidence?
2. When are you confident?
3. When do you lack confidence?
4. How do you work on developing your confidence?

To learn more about becoming a confident athlete, contact us at 864.239.4110.