

CONFIDENCE

BELIEF THAT YOU CAN SUCCESSFULLY PERFORM A DESIRED BEHAVIOR

“If I walk out on the court and think the next player is better, then I’ve already lost”
-Venus Williams

Building Confidence

1. Replace negative thoughts with positive thoughts.
2. Fake it until you make it
3. Expect to perform up to your potential
4. Give yourself credit for your success

Let Go of the Uncontrollables

1. Officials bad calls
2. Coaches’ decisions
3. Teammates’ decisions
4. Ability of other competitors
5. Environment (equipment, lighting, brackets, etc.)
6. Crowd (yelling and cheering)
7. Noise

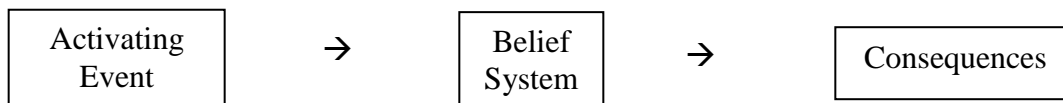
Take Responsibility

- Don’t blame others for your mistakes.
 - What is most important is not what other people are doing, but how you react to them and the choices you make.
- Don’t make excuses
 - Admit when a performance isn’t your best and move ahead to focus on what you need to do differently next time.
- Don’t sabotage yourself
 - Stay positive, and don’t let negativity or frustration affect your focus.

Enhancing Motivation and Confidence Through Positive Thinking

ABC Model

How you think about events affects how you feel and behave.



- Activating Events:** the actions you take and events you participate in
Belief System: how you think about yourself, other people, and what is happening in your life.
Consequences: how you respond, with emotions or actions, to events in your life.

Thinking negatively about yourself, other people, or the events in your life often leads to negative consequences, such as feelings of sadness, low motivation, low confidence, and poorer performance.

Learning to think positively and rationally can lead to success.