

Confidence

Where do you get it?

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You are amazingly capable of achieving incredible feats – take the leap of faith.

John Novak

Definition:

- **Confidence** = *Belief, self-assurance, certainty, poise, self-assurance, coolness, composure.*
- **Belief** in yourself means – a state or habit of mind in which trust or confidence is placed in yourself; believing that you have the goods to do what you set out to do.
- **Self-esteem** = *self worth, self-regard, sense of worth, self respect, confidence.*

- Confidence and **self-esteem** are linked.
- To be an excellent athlete you must have reasonably high self-esteem or certainly a positive self-view of yourself.
- Metaphor – mirror- draw: What do you see? Whom do you see?

CHOOSE

When the game is over, I just want to look at myself in the mirror, win or lose, and know I gave it everything I had.

Joe Montana

- **Habits** can hurt your confidence as can the **company you keep**.
- Thinking and communicating poorly can really hurt. See it and say it with belief.
 - Avoid negative language and self-talk.

When are you most confident? Can you be confident even though it's not happening? Do you know anyone who is? What is the link between confidence and winning?

To develop confidence or belief in yourself you must;

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| 1. Clearly develop physical and mental strategies/processes of success. | 9. Use affirmations, visualizations, imagery, Acknowledgment. |
| 2. Nurture consistency. | 10. Control your breathing. |
| 3. Develop a level of patience. | 11. Control your emotions. |
| 4. Take responsibility. | 12. Nurture decisiveness |
| 5. Do what you say you are going to do. | 13. Get Fit – really, sharp! |
| 6. Nurture your Inner Knowing. | 14. Fuel your body with the good stuff |
| 7. Endeavour to master the basics. | 15. Practice your sport as if you intend to play. |
| 8. Process orientated instead of results focused. | 16. Nurture optimism |

By adopting the golden rule – Positive 24/7 - and being aware of the BE principle – projecting good energy - you are putting yourself in the best possible position to play and live with confidence

To be a great champion you have to believe you are the best. If you are not, pretend you are.

Ali.

Practice, play and live as though every moment matters.

Invest in your best every day in every way and watch your confidence or self-belief grow.

John Novak,

Take the LEAP!

Maximise your chances of success by **truly believing** you have what it takes. What's the alternative? Not believing.....That is not an option if you wish to succeed.