



SELF-CONFIDENCE

Maximizing the belief in your own abilities

ASPIRE TO PERSONAL EXCELLENCE.

WHAT IS SELF-CONFIDENCE?

Self-confidence is the belief in one's abilities to succeed. Furthermore, a characteristic elite athletes have in common is a high level of self-confidence, as well as the ability to maintain it over time. Self-confidence is expressed in a number of ways. Confident athletes often behave, think, feel and talk differently than athletes who suffer from low self-confidence. Underneath these behaviors, thoughts, feelings or words is the underlying belief that they can be successful.

CHARACTERISTICS OF CONFIDENT ATHLETES

- Confident athletes perform the way they want to perform
- Confident athletes spend more time thinking about what's important to achieve their goals
- Confident athletes try harder in practice and competition
- Confident athletes try even harder when they don't reach their goals
- Confident athletes use better mental strategies
- Confident athletes control competition "momentum"

TIPS FOR IMPROVING SELF-CONFIDENCE

CONFIDENCE SHOULD BE BASED ON REALITY. When athletes find themselves doubting their ability, have them think about their best performance in practice and competition – the real world proof that demonstrates that they do have the ability.

ACT CONFIDENTLY. Thoughts, feelings and behaviors are all related. If athletes act confidently, the more likely they are to feel confident.

THINK CONFIDENTLY. Confidence means thinking that they can and will achieve their goals. "If I think I'm a great skater, I can perform a great program" is an example of the type of thinking confident athletes engage in. Discard negative thoughts and replace them with the positives.

IDENTIFY A POSITIVE EVERY DAY. Encourage the athlete to get in the habit of identifying one good or positive thing they do each day. Keep a log of successes.

SET MEASURABLE, CHALLENGING, BUT ACHIEVABLE GOALS. By setting goals, achieving them, setting new goals, achieving them and so on, the athletes prove their ability to themselves.

Activity: Have your skaters fill out the following page of exercises.





SELF-CONFIDENCE EXERCISES

Raise your self-confidence awareness

The first step in developing self-confidence is to identify your abilities and other positive attributes. Complete the following statements with a variety of different skills and attributes, using examples from both in and out of skating.

1. Something I do well in skating

2. Something I do even better in skating is

3. My greatest strength as a skater is

4. I am proud that I

5. My greatest strength is

6. I have the power to

7. I was able to decide to

8. I'm not afraid to

9. Something that I can do now that I couldn't last year

10. I have accomplished

11. If I want to, I can

12. My greatest achievement is

This activity highlights the many talents you possess. Concentrate more on developing this list rather than spending valuable time worrying about you can't do.

