

CONFIDENCE SOURCE: PAST PERFORMANCE

Use this exercise sheet to help you top up your past performance confidence source.

Mental Performance Skill: Visualizing a Past Experience

Believing in your ability to have success because you have had success before.

Create a highlight reel:



What element of your sport are you really good at?
List all your sport-related strengths.



Write down one sport-related accomplishment from the last year that you are particularly proud of.



Think about a moment in your sport where you felt your most confident. Describe this moment in detail. Write down everything you experienced. What did you see, hear, smell, taste, think and feel?

Now close your eyes and think about everything you wrote down. Visualize each moment. You have just created a highlight reel to look back on when you are not feeling confident!

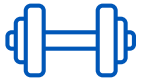
CONFIDENCE SOURCE: VICARIOUS EXPERIENCE

Use this exercise sheet to help you top up your vicarious experience confidence source.

Mental Performance Skill: Visualizing a New Experience

Seeing someone else who is at the same level as you succeed raises your belief that you can succeed too.

Write your visualization script:



What skill do you want to execute well?



How does your performance model execute this skill?
What lessons can you learn from their execution?



When is the next opportunity for you to practice this skill physically?
Where will you be? What will you see, smell, hear, taste, think, and feel?
Be as detailed as you can.

Now close your eyes and visualize yourself executing this skill flawlessly in the exact environment you described. You can do this visualization until you've committed every movement to memory.

CONFIDENCE SOURCE: VERBAL PERSUASION

Use this exercise sheet to help you top up your verbal persuasion confidence source.

Mental Performance Skill: Positive Self-Talk

Confidence can come from what you hear from others and what you hear from yourself.

Catch-Check-Change:



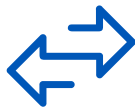
Catch

Be on the lookout for negative thoughts and language.
Call out negative words or thoughts as soon as they enter your mind.



Check

Analyze your self-talk. Is it real and rational? Is there any evidence to support this negative thought? Why do you feel this way?



Change

Turn your negative self-talk into a positive phrase.

Try this by using a negative thought you've experienced previously as a starting point. Use *I can*, *I will*, *I am*, or *I want to* phrases to get started.

Example: **I can** overcome this challenge. **I will** make this shot.
I am in charge of my thoughts. **I want to** give my best effort.

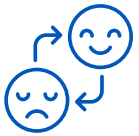
CONFIDENCE SOURCE: PHYSIOLOGICAL STATE

Use this exercise sheet to help you top up your physiological state confidence source.

Mental Performance Skill: Body Language

Confidence can come from interpreting a physical response in your body as helpful instead of hurtful.

Take control of your body language:



What message do you want to send with your body language?

Think about what you want to feel when you step into your next competition.



How can you reflect this message through your body language?

Think about your posture, gestures, and facial expressions.

Try this out in the mirror and reflect on how this body language makes you feel. Assume this body language in your next training session or competition.