

Performance Profile

NAME: _____

DATE: _____

QUALITY	CURRENT RATING	IDEAL RATING

STRENGTHS:	AREAS TO DEVELOP:



Confidence Building Tips

The following are suggestions for how you can increase your confidence:

- Remember your strengths
 - Make a list of your strengths as an athlete
 - Keep this list in a prominent place
 - Read through it before a competition
 - The list can act as a reminder of why you should be confident

- Remember your achievements
 - Make a list of your previous achievements
 - Again keep this list in a prominent place and read through it before a competition
 - Remembering the success in you have had in the past can put you in the right mindset to be successful in the present

- Imagery
 - Imagery is the process of creating or recreating a scenario in your mind
 - Use imagery to re-live a successful performance
 - Use imagery to imagine successful performance in a forthcoming competition

- Goal Setting
 - Achieving our goals can give us a confidence boost
 - Therefore set realistic, yet challenging goals
 - Re-visit your goals and reward yourself for achieving them
 - Set short term goals as well as long term goals
 - Set goals that focus on the process as well as goals that focus on the outcome

- Positive self-talk
 - “What you think is what you get!”
 - Positive thoughts = Positive (good) performance
 - Negative thoughts = Negative (bad) performance
 - Develop a positive phrase that you can repeat to yourself whenever you need a confidence boost
 - Replace negative thoughts with your positive phrase

- Role Model
 - Identify a confident role model
 - Think about what makes them appear confident
 - Try to mimic their confident behaviour

- Listen to others
 - Listen to other people when they tell you how good you are!



- Identify the people who make you feel confident on competition day and stay with them
- Identify the people who knock your confidence and try (if possible) to keep away from them. If you can't physically keep away from them – don't listen to them.

