



- ∞ **Strong desire to succeed:** Do you know where you are headed with your sport career, do you have the resources to get there and are you willing to sacrifice to get to the top?
- ∞ **Confidence:** Confidence is key to achieving any goal. Do you believe in yourself? Confidence isn't always up or always down, it fluctuates. Like anything you have to constantly work at it to improve.
The Confidence Cycle: **Think Positively** ✍ **Take Risk** ✍ **Enjoy Success**
- ∞ **Self-Talk:** How do you speak to yourself? Is it positive or are you telling yourself negative things? How you talk to yourself directly correlates with the actions you do.
- ∞ **Motivation:** Why are you participating in your sport? Is it Intrinsic Motivation (from within, for the enjoyment of doing it) or Extrinsic Motivation (needing a reward or from external sources)
- ∞ Set **S**pecific **M**easurable **A**ddjustable **R**ealistic **T**imely **G**oals
- ∞ **Process Goals vs. Outcome Goals:** You cannot control the outcome, so focus on what process needs to be done to help you towards your outcome.
- ∞ **Imagery:** Do you see yourself accomplishing your goals? Make sure you visualize not only what you want but also visualize how to do it.
- ∞ **Resilience:** Many can excel when things go their way but are you able to perform at your best when challenged with pressure and adversity? Being able to stay positive even through the toughest challenges is an important trait.
- ∞ **Control the Controllables:** Don't let things that you cannot control affect your performance. Focus on things you can directly control to have the best outcome.
- ∞ **Highly Committed and balanced attitude:** Hard work and dedication is mandatory to achieve excellence. Will outside factors deter you from the ultimate goal?
- ∞ **Positive Body Language:** How you carry yourself gives a message and energy to those around you. Will your message be of success or of failure?