



5 WAYS TO **CREATE CONFIDENCE**

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KNOW YOUR VALUES

Your values drive your decisions and your questions. When you know your values as a person and as an athlete, you make better decisions and ask better questions and that leads to more confidence on and off the field.



WRITE IT DOWN

When your thoughts take over they can spin into a negative spiral. Instead of indulging the spin cycle, write down how the thought makes you feel and then allow that feeling to move through you. Thoughts can get you stuck, feelings allow you to acknowledge the truth and move through it.



FIND YOUR SQUAD

Confidence builds when others encourage and support you regularly with words and actions. Surround yourself with friends and people who accept you for who you are, not what you do.



CONTROL WHAT YOU CAN CONTROL

When you try to control things outside your control, you can feel helpless or like you have failed. Controlling things within your control builds confidence. Before you head into a competition, know what is within and outside your control.



KNOW YOUR STRENGTHS

We are so accustomed to knowing where we fall short. Start looking for areas where you excel. Looking for strengths instead of weaknesses, builds true, lasting confidence.

