

Athlete Confidence Worksheet

My Strengths as an Athlete

1. _____
2. _____
3. _____

Recent Successes

Think of a time you performed well.

What went well?

What skills helped you succeed?

Confidence Builders

Things that help me feel confident before competition:

- * _____
- * _____
- * _____

Positive Self-Talk

Write a statement you can repeat to yourself:

"I am _____."