An Applied Self Confidence Exercise

First, create 3 columns and write down the three broad categories of self-confidence: physical, mental, and resilience.

Next, start with the physical category and ask yourself what physical characteristics do you feel you have truly “earned” the right to be confident in. Is it your strength? Speed? Quickness? Skills? Try and identify at least three specific physical components of their game they feel especially good about and write those down.

Move on to the category of cognitive or mental self-confidence. Repeat the same process as in Step 2. Which parts of your mental game do you feel as though you have earned the right to be confident in? Your ability to relax? Your positive outlook? Your toughness? Determination? Write down at least three mental components you feel especially good about.

Move on to resilience. Try and recall previous events or experiences when you were able to bounce back from adversity. Try and recall times when it looked as though all was lost, yet you fought your way through the adversity and eventually persevered. Write down two or three of these experiences.

Finally, call the completed exercise your “confidence checklist.” Hang your checklist in a prominent spot where you can readily access it and review it.