



MENTAL NOTES #3

Drawing Confidence from the Well

*I believe I can do this and I do it.
Confidence
Confidence
Everyman wants to believe in himself,
Everyman wants to be fearless.*

Muhammad Ali
1974

How Confidence Improves Performance

Confidence is the belief that you can successfully perform a desired behavior. High levels of confidence have been found to improve performance by helping to:

1. Arouse positive emotions
2. Facilitate concentration
3. Set and pursue challenging goals
4. Increase effort
5. Play to win
6. Maintain momentum

In short, confidence enhances performance by helping athletes/performers to feel, do and think the right things at the right times.

Building Confidence

Setting and achieving goals (Goal Mapping), Imagery and Self-talk are strategies that have proven effective in building confidence. There is one other strategy that has demonstrated a powerful capacity to both increase confidence and amplify the capacity to use confidence to build mental toughness just prior to competition. This is the WELL.

The WELL

The WELL utilizes components of the mindfulness, imagery and self-talk to create a powerful feeling of confidence in both the mind and the body. The strategy consists of two steps, storing in the WELL and drawing from the WELL.

Storing in the WELL

When introducing an athlete/performer to the WELL you can use these directions: "Imagine that you can create a special place inside, like a well, where you can store positive experiences and powerful feelings of pride, accomplishment and happiness. Now let your mind be tuned

into capturing these feelings when you are doing something well or experiencing something that makes you feel good about yourself. When you are mindful of these moments imagine storing all the good feelings associated with them in this WELL. At the end of the day use the WELL worksheet (attached) to briefly record what you have stored in the WELL and once again focus on how good these experiences make you feel.” The WELL worksheet should be used to compile two weeks of positive accomplishments then restarted.

Drawing from the WELL

In addition to feeling a sense of accomplishment and confidence from reviewing the WELL worksheet periodically, the experiences stored in the WELL can be used to create a powerful feeling of positive arousal when brought up prior to competition when combined with signals from the body indicating a sense of nervousness. In this way the mind and emotions are guided toward positive empowering thoughts which prevent the feeling of pre-event anxiety. Interpreting nervousness as a signal that you are feeling challenged to bring your best to the upcoming event allows you to focus on what you are doing WELL and are prepared to put into action.

MY WELL

From _____ to _____

Awesome Performance

Great Practice

Feeling Happy

Feeling Confident/Determined

Good Rest & Nutrition