



CONFIDENT

BEING SECURE IN MY PREPARATION, NOT JUST MY TALENT

CONFIDENCE IS CREATED PREPARATION

PREPARE LIKE _____



Athlete I admire:

How do they prepare?

CONFIDENCE = PREPARATION + EXPERIENCE

I want to:

My confidence level
of accomplishing it:

1 2 3 4 5

Not Very
Confident Confident



HAVE
NEED



OUR CONFIDENCE WILL ALWAYS BE IN DIRECT PROPORTION TO
OUR PREPARATION. THE MORE PREPARED WE ARE, THE MORE
CONFIDENT WE WILL BE.

