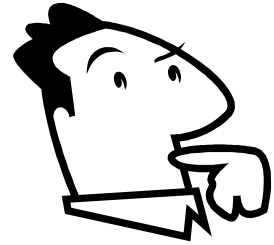


## Raise Your Self-Confidence Awareness

As a way to begin thinking about self-confidence in your sport, the first step is to identify your abilities and other strengths. Complete the following statements with your own examples of skills and strengths, both in and out your sport. This activity highlights the many talents you possess. Focus more on developing this list, rather than to worry about what you can't do.



<b>Something I do well in my sport is...</b>	
<b>Something I do even better is...</b>	
<b>My greatest strength as an athlete is...</b>	
<b>I am proud that I...</b>	
<b>My greatest strength as a person is...</b>	
<b>I'm not afraid to...</b>	
<b>My greatest achievement is...</b>	
<b>If I want to, I can...</b>	
.....	
.....	