



ATHLETE MENTAL TRAINING PROGRAM

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Building Confidence for Performance

3 X 3 Confidence Technique

Confidence is about how much we believe in ourself and in our success.

One Technique of Boosting Confidence is Focusing our Attention on our Strengths.

Practical Exercise

The 3 X 3 Confidence Technique

Take out a pen, paper, pencil, or anything you can write on like on your phone or computer.

Write the answers to the following Questions. Make your answers as detailed as you can with personal examples and facts. If you can't come up with something, give yourself a few seconds and keep trying before you move on. Something will surely come up, it almost always does.

Attention on Personal Strengths

1. Write Down Three Qualities about Yourself that You are Proud Of:

1) _____

2) _____

3) _____



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Attention on Positive Feedback

2. Write Down Three Praises That You Received from Friends/Family/Coaches

1) _____

2) _____

3) _____

Attention on Accomplishments

3. Write Down Three Small or Big Achievements You have made in the past year.

(Example: Starting Regular Fitness Workout, Completing Online Certificate Course, Learning to Cook a New Dish, Mastering Sport Skill like Football Juggling)

1) _____

2) _____

3) _____

Go through all the answers you have written down one by one.

Ask yourself how do you feel looking at them?

If you feel a little better about yourself, that is your increase in confidence!

Check out the next page to know how to use this to prepare for matches.



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How to Apply this for Match Preparation?

Regular Training

At the end of every day, before you go to bed, make a list of all the accomplishments you had in the day, no matter how big or small. It could be as small as waking up on time in the morning, doing well on an exam, eating a healthy meal, learning new techniques in your sport, communicating with your coach - any little positive development. As you acknowledge the small wins of the day, it will provide a psychological boost that will take you forward.

Match Specific

Before a match, take the time to recall a list of your strengths. It could be about your excellent service, high speed, good stamina, consistent hours of training, or specific strength that is unique to you.

This will put you in the right mental state with your positive strengths in focus. Along with this exercise, many other techniques can be learned for boosting confidence.