



SILVER ATHLETE MENTAL TRAINING PROGRAM

KUNASHNI PARIKH
CLINICAL AND SPORTS PSYCHOLOGIST



Building Confidence Practical Assignment

A] Your Confidence Score

- I. What was your Confidence Score from the Confidence Test in the Lesson?

Score: _____

- II. What Range of Confidence does it fall in - Low, Medium, or High?

Range: _____

- III. How do you feel about your Confidence Score?

My Thoughts: _____

B] Listing Down Successes

- I. Write down **3 praises about your game, performance, or behaviour** you received in the past few weeks from your coaches, parents, or friends.
- II. Write down **3 big or small achievements** you made for yourself in the past few weeks in your sport or otherwise.
- III. Write down **3 things that have made you happy** in the past few weeks. It can be anything.

[Tip: Give yourself some time to think in order to come up with 3 responses for each one.]

Answers: _____



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C] Affirmations

I. Write down 5 positive affirmations **about your sport.**

Example: "I will win the match." "I will win against the opponent." "I will master my specific skill." etc.

Answers: _____

II. Write down 5 positive affirmations **about your life in general.**

Example: "I am hardworking." "I will be successful in my activities." "I am a strong person." etc.

Answers: _____

III. What is the best time to mentally practice your affirmations?

Answer: _____

D] Body Posture and Confidence

Q - Notice Your Body Posture right now. How are you sitting or standing? What can you do to make your body language **show more confidence?**

Answer: _____

E] Growth Mindset vs Fixed Mindset

Q - Do you have a Growth Mindset or a Fixed Mindset? Explain your answer with reasons and examples.

Answer: _____