



BRING YOUR MIND TO THE GAME

SPORT PSYCHOLOGY

&

MENTAL TRAINING

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Overconfidence Self-Check

- Am I underestimating my opponent or the competition?
- Am I ignoring feedback from coaches, parents or teammates?
- Am I assuming past success means I will automatically succeed again?
- Am I skipping practice or warm-up?
- Am I taking unnecessary risks?
- Am I neglecting sleep, nutrition, or recovery because I feel “it won’t affect me”?
- Am I focusing more on looking confident (social media, appearance) than preparing well?
- Am I getting defensive when someone points out mistakes?
- Am I becoming too relaxed before an important event in a way that reduces preparation?
- Am I blaming conditions or making excuses after a poor performance?
- Am I dismissing or downplaying others’ progress or achievements?

Count 1 point for every tick mark on the checklist

My Score: ____

- 0–3: **Low** over-confidence – Keep going!
- 4–6: **Medium** overconfidence — Keep a check on yourself.
- 7–11: **High** Overconfidence – Be careful! You’re over-confident!

My Solution:

If you see any of these signs, stop doing them immediately and start focusing on improving your training, taking feedback, focusing on recovery, and preparation for your event.

Overconfidence **floods** your brain with **dopamine** — the “reward chemical” — which can trigger *premature celebration, poor focus, and risky decisions*. Completing this checklist activates your **prefrontal cortex**, your brain’s logical control center, to stay grounded. A balance is always key! Keep going!