

PRACTICE

The Confidence Crash Sheet



1: FIX BAD BODY LANGUAGE

When I get frustrated my body language usually looks like:

What can I do to clean up my bad body language?

2: GET PERSPECTIVE

When the chlorine hits the fan what are three things I can do to unplug myself from my swimming and confidence woes?

1:

2:

3:

3: HIT UP THE SUPPORT SYSTEM

What was the feedback from my coach? Parents? What could I have done differently?

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4: REFRAME THE SETBACK

Step 1:

_____ (Acknowledge the suckiness of the situation)

Step 2:

_____ (Recognize all is not lost)

Step 3:

_____ (Figure out how you can actually benefit from this in the long term.)

5: CRUSH A SIX-PACK OF WINS

What are six little wins I can build on over the next day?

Lil Win 1:

Lil Win 2:

Lil Win 3:

Lil Win 4:

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Lil Win 5:

Lil Win 6:

6: REVISIT A COUPLE OF PREVIOUS SUCCESSES

When, in my history as a swimmer, did I totally knock it out of the park? When did I surprise myself with toughness and resilience?

7: PLAN THE NEXT STEP.

What's the next step for me and my swimming?
