

mind SPACE

Be
confident

ROBERT WEINBERG AND Daniel Gould, authors of the book *Foundations of Sport and Exercise Psychology*, note that confidence is a critical determinant of performance. But you can't train to have confidence; confidence is always an outcome of your work and effort.

There are two ways to fill up your confidence tank.

1. HAVE NO REGRETS. There is no greater confidence boost than knowing that you've prepared exceptionally well—this is true in any competition or in the gym. For example, knowing that you've eaten and hydrated properly during the day will set the tone for a good workout.

2. ACCENTUATE THE POSITIVE. Emotionally charged events shape your brain. Confidence—essentially the sum of all of your positive memories and experiences—is reinforced by your perceptions. The problem is that people usually live their defeats with a great deal of emotion

while dismissing their victories. To ensure that your emotional bank is on the positive side, recognize and celebrate your victories—as small as they might be. When you fail, calm down, learn from your experience and turn the knowledge into determination.

—Richard Monette, MA



Richard Monette's talents span the disciplines of sport psychology, business and education, all of which are connected by his ardent passion for improving human and organizational performance. He is a skillful sport psychology coach, executive coach, corporate change agent and speaker with a diverse clientele, including Olympic medalists and professional athletes.

