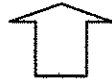


## *Development of a "Positive Self-Image"*

**Positive  
Self-Image**



**Performance**



**Feelings**



**Behaviors**



**Attitudes**



**Expectations**



*Increased Self-Esteem*

*Increased Self-Confidence*

*Increased Self-Mastery*

*Increased Focus and Concentration*

*Increased Emotional Control*

*Decreased Competitive Anxiety*



## ***DEFINITIONS***

### ***SELF-AWARENESS***

How I understand myself

### ***SELF-IMAGE***

How I see myself generally

### ***SELF-ESTEEM***

How I evaluate myself

### ***SELF-ACCEPTANCE***

How I feel at ease with myself

### ***SELF-CONFIDENCE***

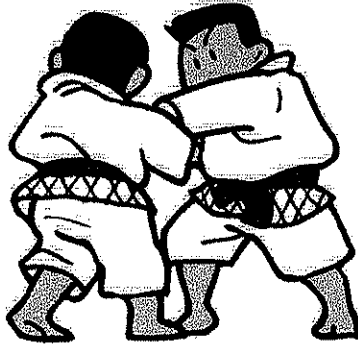
How Good I feel about myself now

### ***SELF-ACTUALIZATION***

How to be the best I can be

## ***SIX WAYS TO IMPROVE SELF-AWARENESS***

- By creating positive pictures of myself
- By describing myself only in positive ways
  - By recognizing the true reasons why I do things
- By writing personal data in my Journal – thoughts, feelings, actions
  - By selectively listening to my/other constructive feedback
- By doing everything well – with 100% effort in life, training, and competition



## ***Ways to Improve Self-Confidence***

No negative self-statements at all.

Only listen to positive people and only hear those things that boost my self-confidence.

Reflect on my previously successful performances and know I can do well.

Write down all those things that help me think, feel, and act confidently.

Use positive images to see myself confidently accomplishing things.

Learn from my failures and then be sure to put them aside.

Take control of how I feel about myself. Make necessary changes.

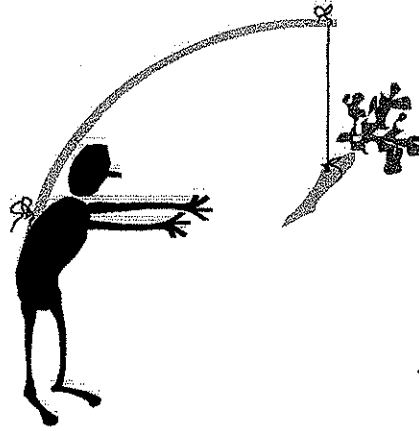
Immediately dismiss any self-doubts and focus on my successes.

Commit myself to performing to my best at all times.

Be physically and mentally in great condition.

Celebrate my performance accomplishments.

Be prepared. Know myself, stick to my plan, and have faith in my abilities.



## *Motivation*

### Internal Rewards

Personal Satisfaction

Pride

Interest/excitement

Enjoyment

Fun

Personal Competence

Mastery/effort

Self-confidence

### External Rewards

Recognition

Fame

Fortune

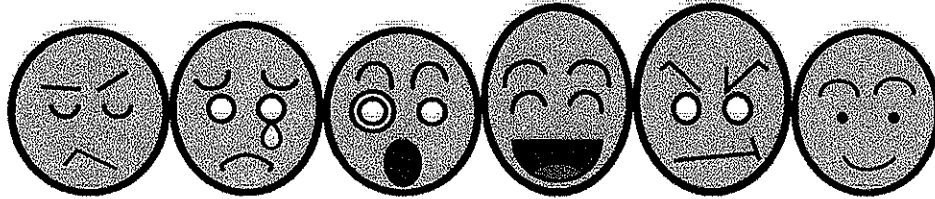
Sponsorships

Social Standing

Incentives

Material rewards

MVP



## *Harnessing Your Emotions*

Remember your emotions can spread both good and poor feelings.

It helps to be aware of and appreciate any changes in your emotions that occur.

It is important to recognize the intensities of your emotions and whether these are normal or abnormal.

Determine your emotions for your ideal performance state.

Release stress and anxiety levels and delay making decisions if necessary.

Check those things that influence your emotions – sleep, diet, training too hard, routine interruptions.

Write down and label your emotions.

Coping strategies need to be positive and rehearsed.

Use your emotional energy to respond to things positively.

Relax, think, and then react.

Focus on the here and now. Focus on the items you can control.

Avoid bottling up your emotions. The cap will come off when you don't want it to.



## ***Ideal Performance States***

Start by building routines simply.

The content or make up of your routine should consist of only things you can control.

Establish a feel for the performance first and use productive thoughts.

Use routines that are well thought out rather than spontaneous. Always create alternatives so you can be somewhat unpredictable.

Practice your routines before implementing them in competition.

Practice your pre-performance, during performance, and post-performance routines so they become automatic (imagery and visualization skills as well).

Monitor, evaluate, and refine your routines.

Trust your unique plans.