

Confidence Building: Personal Hall of Fame

Step 1. List everything you've ever accomplished in your sport that is meaningful to you. Be specific! Include descriptions of game winning plays, moments in which you experienced *flow*, memorable plays or team victories, games and championships won, and personal awards received. Continue to add content to this list throughout the course of your season and your career.

Step 2. Once you've completed this list, construct a highlight video of your best plays and outstanding moments that remind you of your past success on the court. Watch your highlight reel regularly to boost your confidence, especially before big matches!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Confidence Building

Self-Esteem List

Write a list of qualities and strengths that you like about yourself as a player and a teammate.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Success List

Write a list of all the things you have achieved as a player and student-athlete while on your current team or in your past season.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Sentence Completion Exercises

Something that my teammates like about me is _____

Something I uniquely bring to this volleyball team is _____

I played my best when _____

I helped the team most last season when I _____

I am most proud of _____

Last season I was happiest when _____

My team was happiest when _____
