MENTAL PERFORMANCE CENTER

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CONFIDENCE CHECKLIST

A practical pre-competition tool to help athletes build confidence through preparation, focus, and consistent mental habits.

Train your mind.
Trust your preparation.
Perform your best when it matters most.

How to use this checklist

Complete it 24 hours before competition, again on game day, and once more after warm-up. Do not chase a perfect score. Use the checklist to identify what is ready, what needs attention, and which controllable action will strengthen your confidence.

1. Prepare Complete the checklist honestly.	**2. Adjust** Choose one action for every weak area.	**3. Commit** Carry one clear confidence cue into competition.

Confidence is not a mood. It is the result of evidence, preparation, and disciplined self-trust.

PART 1 - PREPARATION CONFIDENCE

Check every statement that is true today. Any unchecked item becomes a specific preparation action.

- I understand my role and what success looks like today.
- I have prepared the technical skills and fundamentals required for my position.
- I know my competition plan and the first action I want to execute.
- I have reviewed likely challenges and how I will respond.
- My equipment, uniform, nutrition, hydration, and travel details are ready.
- I have completed the important work instead of relying on last-minute motivation.
- I can name three pieces of evidence that prove I am prepared.
- I have a simple pre-game routine that I trust.

My evidence of preparation

1.	
2.	
3.	

PART 2 - FOCUS & EMOTIONAL CONTROL

- I know what I can control today: effort, attitude, communication, and the next action.
- I have one breathing pattern I can use to settle my body.
- I have one reset word or phrase for mistakes and distractions.
- I can return my attention to the present instead of replaying the past.
- I accept that nerves are normal and can be used as performance energy.
- I will judge myself by my response and execution, not only by the final outcome.

My reset word or phrase	
My controllable focus	

PART 3 - SELF-TALK & BODY LANGUAGE

- My internal language is specific, useful, and connected to action.
- I will speak to myself the way a strong coach would speak to me.
- I will not allow one mistake to become a story about my ability.
- My posture, facial expression, and pace will communicate readiness.
- I will use short performance cues instead of long internal speeches.
- I have chosen one statement that reflects who I want to be under pressure.

Build your confidence cue

Use this format: **I am** + identity, **I trust** + preparation, **I will** + next action.

I am...	
I trust...	
I will...	

PART 4 - QUICK CONFIDENCE SCORE

Preparation

How strongly do I trust the work I have done?

1 2 3 4 5

Focus

How ready am I to stay present and respond?

1 2 3 4 5

Emotional Control

How ready am I to manage nerves and frustration?

1 2 3 4 5

Self-Talk

How useful and disciplined is my internal language?

1 2 3 4 5

Interpret your score

4-5	Ready. Protect the routine and keep the plan simple.
3	Needs one deliberate adjustment before competition.
1-2	Do not panic. Identify one controllable preparation action and complete it now.

GAME-DAY CONFIDENCE PLAN

Complete this final page after warm-up. Keep your answers short enough to remember under pressure.

Today I am prepared because...
The one thing I will control from the start is...
If I make a mistake, my reset response will be...
My confidence cue is...

60-SECOND RESET ROUTINE

1. Breathe Slow exhale. Relax your jaw and shoulders.	**2. Release** Let go of the last play, call, or result.	**3. Refocus** Name the next controllable action.
4. Rehearse See yourself executing that action well.	**5. Respond** Move with confident body language.	**6. Repeat** Return to the routine whenever needed.

READY TO IDENTIFY YOUR NEXT MENTAL PERFORMANCE GAP?

Complete the Mental Performance Gap Analyzer™ or schedule a free consultation with Albert Duarte.

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Educational use only. This checklist supports mental performance development and is not a substitute for medical or mental-health care.