“How to Create a Confident Competitor”

With David Benzel

www.growingchampionsforlife.com
Top Consequences of Increased Performance Pressure in School & Sports

- Teen suicide quadrupled since 1960’s;
- Increased teen depression;
- Increased anxiety disorders;
- Increased behavioral disorders;
- Increased substance abuse;
What is the Purpose of Parenting?
Why do we exist?

To serve our highest purpose…

Raise children who can:
1. Lead independent lives;
2. Maintain loving relationships;
3. Enjoy a sense of competence;

TOOLS: Warmth (a Connection) & Appropriate Discipline

“The Price of Privilege” by Madeline Levine
“Be guided by your values, not driven by your needs which are always fueled by your fears.”

-- Larry Smith, Life Coach Today

1. Clarify Your Values

2. Take Personal Responsibility

3. Manage Your Thoughts
What questions are on your mind when you arrive at the theater ten minutes late?

- Who are these people?
- What’s going on here?
- Who are the good guys?
- What story is being told?
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<th>Moral Character Strengths</th>
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From “The Only Way to Win” by Dr. Jim Loehr
What do the people in each category have in common with others in that list?

What’s the criteria for success in your home?

A.
O.J. Simpson
Roger Clemens
Jose Canseco
Marion Jones
Lance Armstrong
Michael Vick
Mark McGwire
Chad Johnson

B.
Sam Bradford
Monica Seles
Arthur Ashe
Payne Stewart
Grant Hill
Tim Tebow
Tony Dungy
John Wooden

1. Were you always truthful?
2. Did you play fair?
3. Were you respectful of others?
4. Did you compete with honor?
5. Were you positive and constructive with team members?
6. Were you humble in victory?

How can we teach our children to win at life?

From “The Only Way to Win” by Dr. Jim Loehr
Which instrument does your family rely on most?

- Your Clock
  - Practice Schedule
  - Lesson Appointments
  - Deadlines
  - Commitments
  - Tournament Events

- Your Compass
  - Life Purpose
  - Core Values by which you live
  - Vision for the family’s future
  - Mission for each role you play
  - Goals to reach, based on the above items

A good compass inspires more confidence in a child than a good clock.
Take Personal Responsibility

ABOVE THE LINE = To Act Responsibly

- See
- Own
- Solve
- Do

Finger Pointing
No one told me
Denial
Not My Fault

BELOW THE LINE = Playing the Victim

From "The Oz Principle" by Roger Conners
“The brain takes its shape from what the mind rests upon.”
- Rick Hansen, *Hardwiring Happiness*

If Your Mind Rests On: Self-criticism, worries, complaining about others, hurts, stress, and blaming...

Your brain will be shaped into:
- A narrow focus on threats & fears
- Leaning toward anger & sadness
- Vulnerability to anxiety & depression

If Your Mind Rests On: Good events, pleasant feelings, tasks completed, good efforts, and strengths...

Your brain will be shaped into:
- A realistically optimistic outlook
- A positive mood & sense of worth
- Strength and resilience = GRIT

To what do you give your attention?
To what do you call your athlete’s attention?
Why **Self-Confidence** Affects Performance

- **Fact:** No one ever performs consistently at a level **higher** than what they **believe** to be **true** about themselves.

  The three fastest ways to undermine a child’s self belief:

  - Criticize
  - Complain
  - Condemn

**What is our assignment?**

Improve what our children believe is true about them.
Confidence in Self

What are the enemies of self-confidence?

**DOUBT**

**FEAR**

Where do these enemies come from?

**THE LIES WE BELIEVE!**

...And where did we learn these lies?

From the messages we have received, and the messages we made up.

The Law of Belief

“Whatever we believe with feeling becomes our reality.”
The language of the brain is pictures.

80% of what we do each day is directed by our subconscious mind.

The Best-Kept Secret of Self-Confidence…

“You are the author of your thoughts.”

To change your world, you must first change your thoughts!