The Best-Kept Secret of Self-Confidence

with David Benzel
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Chump to Champ Principles

1. The opinion that matters most to your children is what they think you think of them.

2. Children are unaware of the power of negative thoughts and what to do about them.

Recommended Reading:
- Confidence Code by Katty Kay & Claire Shipman
- GRIT by Angela Duckworth
- Flourish by Martin Seligman
- The Happiness Advantage by Shawn Achor
The Confidence Equation has Two Sides

PRACTICE
PRACTICE
PRACTICE

REPETITION

COMPETENCE

CONFIDENCE

Focusing on Strengths

Mental Readiness

Managing Thoughts

Managing Thoughts
“He has totally lost his self-confidence.”

In what kind of situations do you find your child lacking confidence?

- When overly criticized;
- When performing poorly;
- When injured;
- When trying something new;

Fact: Athletes perform above average only about 50% of the time!
Why Self Confidence Affects Performance

• Fact: No one ever performs consistently at a level _______ than what they _______ to be ______ about themselves.

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

• Criticize
• Complain
• Condemn

What is our assignment?

Help our children improve what they believe is true about themselves.
How Do These Behaviors Affect Confidence?

Ridicule
Force
Compel
Control
Punish
Manipulate
Boss
Coerce
Criticize
Blame
Complain
Nag
Badger
Withdraw

Care
Listen
Support
Negotiate
Encourage
Love
Befriend
Trust
Accept
Respect
Welcome
Esteem
Empower
Edify
Confidence in Self

What are the enemies of self-confidence?

DOUBT
FEAR

Where do these enemies come from?
THE LIES WE BELIEVE ABOUT OURSELVES!

...What’s the source of our deepest lies?

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

The Law of Belief
Whatever we believe with feeling becomes our reality.”
WARNING!

“ALL MESSAGES SENT WILL BE REMEMBERED AND ACTED UPON AS IF THEY ARE TRUE.”

-- Dr. Shad Helmstetter

“I stink at math!”

“I am a good problem solver because I never give up.”
The language of the brain is pictures, and our thoughts generate our pictures.

The subconscious mind does not evaluate our pictures as being good or bad, right or wrong; it just accepts and believes the pictures we send.

Our subconscious mind is constantly at work trying to create reality out of the pictures we send it.

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

The Best-Kept Secret of Self-Confidence…
“*You are the author of your thoughts.*”
Limiting beliefs are fed by the negative messages (self-talk) we hear ourselves say. They hold us back from reaching our potential.

### Identifying Our Roadblock Messages

**What Roadblock Messages Do You Hear Yourself Say?**

**Examples:**
- I can’t remember people’s names.
- I’ll never be comfortable speaking in front of a group.
- I can’t get organized.
- I don’t have the patience for it.
- I can’t stick to a diet.

**Ask Your Child:** “What do you hear yourself say when you think you can’t do something?”

- I can’t ever come from behind to win a race.”
- Workouts are too hard for me.
- The other kids are bigger so what chance do I have?
- I’m so slow!
- No one on the team likes me.
Reprogramming Our Software

To change our performance we must first change our beliefs about ourselves. This happens when we change our thoughts.

<table>
<thead>
<tr>
<th>What new messages could you give yourself?</th>
<th>Help your child create new positive “I am” statements.</th>
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<tbody>
<tr>
<td>• I am very good at paying attention when introduced to someone new.</td>
<td>• I am confident about my strengths.</td>
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<tr>
<td>• I am comfortable when speaking to a small group.</td>
<td>• I enjoy a challenge.</td>
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<tr>
<td>• I put things away when I’m finished with them.</td>
<td>• I overcome obstacles and learn from my mistakes.</td>
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<tr>
<td>• I am good at taking a deep breath when patience is needed.</td>
<td>• I am good at leveraging my strengths.</td>
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<tr>
<td>• I often say “No thank you” when offered food I don’t need.</td>
<td>• I am a good friend.</td>
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Confident and Assertive

Testosterone

Cortisol
Insecure and Stressed

Testosterone

Cortisol
Just two minutes of posing in a powerful posture can cause a chemical change in hormone levels…

…and increase the chances of performing more confidently.

YES!
The body affects the mind.
How to Perform Well Under Pressure

Naturally Produced DHEA

A neuro-steroid produced by the body that facilitates brain growth from stress

DHEA balances out the negative effects of cortisol and allows high performance to replace fear.

How is this done?

Change your mindset and your body chemistry by changing the story!

NOTE: DHEA and the related compounds, 7-hydroxy-DHEA and 7-keto-DHEA, are prohibited in sport as anabolic agents, even though they can be purchased legally in the U.S. as an ingredient in dietary supplements.