

# Tips to Boost your Self Confidence



# Preamble

The following psychological resource for participants and athletes, has been developed by sport psychologist Fiona McCarthy on behalf of the NSW Office of Sport, as a key initiative of the NSW Government's Future Champions strategy.

For more information on Future Champions, please visit [www.sport.nsw.gov.au/pathways-and-development](http://www.sport.nsw.gov.au/pathways-and-development)

## Getting to know the author

Fiona McCarthy is a registered psychologist, specialising in sport psychology and is a member of the Australian Psychological Society and the Australian College of Sport and Exercise Psychologists. Fiona owns and operates Mind and Body Balance, a business she established 25 years ago.

Fiona is the Hunter Academy of Sport, Sport Psychology Consultant and a New South Wales Institute of Sport, Sport Psychology Service Provider. Over the last twenty-

five years, Fiona has assisted many teams, athletes, parents and coaches in the areas of confidence, concentration, handling pressure, motivation, goal setting, time management, performance preparation and general well-being. Fiona has worked with numerous sports, assisting recreational level athletes to professional, international, Olympic and Paralympic level athletes, reach their full potential.



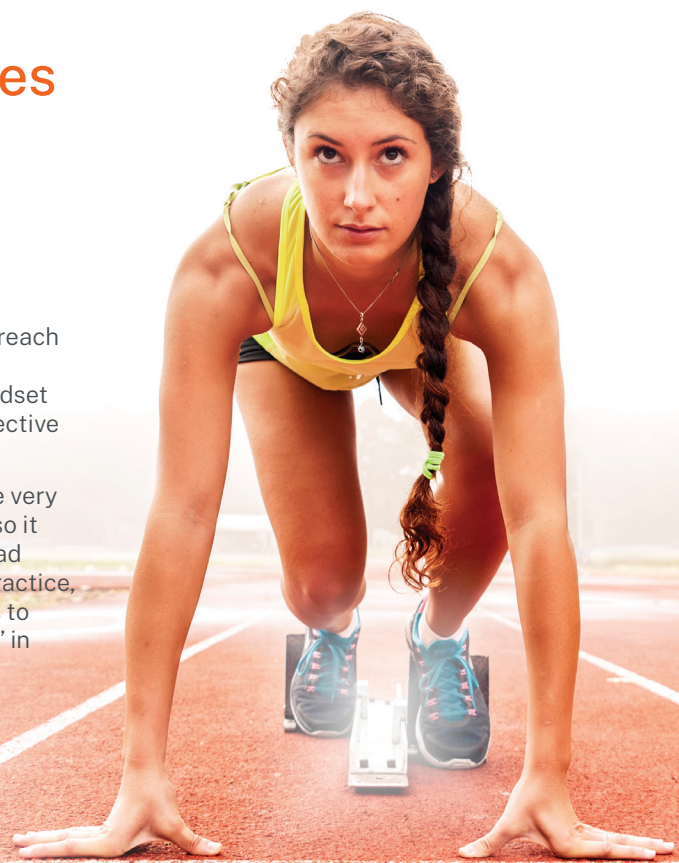
## Background to these resources

The importance of having a mental 'tool kit' to support your learning, performance and engagement on and off the sporting field.

The following resources have been developed by Fiona McCarthy to assist athletes at all levels, in understanding the importance of having a suite of mental 'tools' at their disposal. These 'tools' are practical and multidimensional and will help athletes learn and develop the necessary mental skills they require to help them navigate their way through their sporting journey with a positive mindset and achieve success on and off the field.

It is well recognised that to reach the pinnacle within sport, an athlete needs a superior mindset consisting of strong and effective mental skills and strategies.

Importantly, mental skills are very intertwined and integrated, so it is recommended that you read about and put into regular practice, a number of these resources to strengthen the 'mental tools' in your kit bag!





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# Tips to boost your self-image and confidence.

The first and most important step to improving your self-image is becoming aware of your thoughts and self-talk.

One practical tip that may be useful is by noticing when a negative thought enters your head, stop the thought by using a key word such as *'change'* and *'switch'* and replace it with a positive statement.

For instance, if you have a negative statement in your thoughts like *'I never perform well at this venue'* you can stop it in its tracks and replace it with a positive statement or key words like, *'breathe and flow'*.

## Other ways to improve your self-image include:

- Developing your own positive self-talk and positive affirmations like *'flow and rhythm'*
- Use mental imagery to see yourself performing and behaving with supreme consistency, confidence, concentration and ability – remember this takes practice but is very powerful!
- Learn from yourself and others around you.
- Be encouraging to yourself and others and make sure to reward yourself!
- Be honest and patient with yourself – you've got time!

## Remember

**You are what you think you are!**

Self-thoughts and images are learnt so if you don't like what you have learnt, change it up and learn and embrace something else!



# We hope you liked our tips

Have FUN building your psychological skills and strategies and put them into practice in and out of sport!

Remember importantly, if you are unsure of any of these tips or require further advice, please talk to your Coach, Parent or consult a Sport Psychologist.

You might like to check out our NEW animated YouTube video, Developing your mental 'tool kit' to support you in and out of sport featured within the NSW Office of Sport's Pathways and Development webpages @ <https://www.sport.nsw.gov.au/pathways-and-development>.

Check out more tips for Participants @ <https://www.sport.nsw.gov.au/pathways-and-development/social-and-recreational-sport-participants>

And our tips for Emerging and High-Performance Athletes @ <https://www.sport.nsw.gov.au/pathways-and-development/emerging-athletes>



**Future Champions -  
Developing your  
mental 'tool kit' to  
support you in and out  
of sport.**

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