

ENDLESS CONFIDENCE



Endless Confidence for Athletes

When I first meet a parent of an athlete, the conversation typically revolves around the idea that their athlete would be better “if only their athlete had more confidence.” In their mind, good results seem to come from more confidence, a lack of results comes from a lack of confidence.

But there is more to it than that.

Having been an athlete and having now coached athletes for close to twenty-five years I can tell you that every athlete goes through the same stair-step approach to better results and **it's not confidence that gets them there.**

The truth is: confidence is the byproduct of a consistent approach to challenges and opportunities. And since it is a consistent approach that results in consistent outcomes then we can create a formula to repeat these results again and again.

The Glass Ceiling of Results

Every athlete gets to a point where they plateau. Their results on the field of play get a little stagnant and unless that athlete is winning with those results a large amount of frustration begins to set in.

But this doesn't have to be the case.

An athlete who has confidence should be breaking through those glass ceilings all the time, but it's not realistic to be fully confident all the time.

Even the best athletes will tell you that they lack confidence occasionally.

So how do the best athletes improve their confidence and improve their results?

My C2aC2b Formula For Athletic Breakthroughs

Follow this formula for consistent athletic breakthroughs:

Commitment is key: When an athlete is committed to their goals then making the decision to put in the proper work is easy. When commitments are soft then it's easy for an athlete to come up with excuses not to do the work that will lead to more confidence.

One of the definitions of commitment is an engagement or obligation that restricts freedom of action.

When an athlete is committed to his or her goals then they will restrict themselves from doing certain things that distract them from doing the appropriate work/

The appropriate work takes up time and keeps athletes focus on doing the things they need to do to get better.

Which leads us to the second "C" in the equation:

Courage: This is what most athletes, parents, and coaches miss.

Finding improvement and developing confidence relies on THIS step: **Courage**. Taking the necessary steps to improve is not a matter of confidence, it's a matter of courage. Why? Because courage doesn't feel good.

Confidence feels good. Courage feels bad. Trying a new skill, taking on a bigger/faster/stronger opponent, putting yourself in a position to fail and look bad...they all feel horrible and therefore require courage to even attempt. If an athlete had plenty

of confidence at this stage, they would have no problems with those situations, and this is where most athletes stall out in their progress.

It takes courage to step on the field of play. It takes courage to fail. It takes courage to look like an idiot and laugh it off and instead of saying, “I suck” to change that negative thought to “I presently struggle with.”

But when an athlete can identify that they are in a stage where things don’t feel good to them they can then move on to the little “a” in this equation: Action.

Action: is the step that is critical. When athletes lack confidence they tend to hold back. They may shy away from an individual move, a practice, or a whole competition.

The worst thing that can happen is that they stop altogether.

One of my favorite quotes is, “We learn more from movement than meditation.”

Movement is the critical piece to the equation here because even if you are committed and even if you have courage, you **MUST** move. You **MUST** take action towards your goal. You can’t stand still.

The “a” in my C2aC2B Equation is the lower case on purpose. It’s written that way because the action an athlete needs to take doesn’t have to be a big one. It can be a small one. It just needs to be...something.

I remember training for the Olympics and having a really bad crash one training session. That crash caused burns and bruises and rocked my confidence. I didn’t want to take another run at all, but my coaches helped me take a critical step...I took a small action.

In this instance, I actually moved down the track the next run so that I slowed the speed down a bit. I was able to navigate the area of the track where I had crashed on my next run and proved to myself I could actually do it. That small action may have felt like a

step backward, but it actually propelled me forwards to a new breakthrough. By having the courage to go again, albeit, from a lower start, I was able to acquire new abilities to navigate that part of the course correctly.

Which leads us to the next “C”

Capability: Capability is defined as “the power or ability to do something.”

Remember that an athlete has only two jobs to prepare for, to withstand challenges and take advantage of opportunities. That’s it. To do that successfully they must improve the Physical, Technical, and Tactical Abilities that allow them to be successful on the field of play.

When an athlete is committed to their goals and they summon the courage to take action they can now develop their Three Key Abilities. Without the correct abilities, you can NEVER have the right amount of confidence.

Once an athlete knows, deep down, that they have the abilities to succeed they now have the capability which leads us to the final “C”...

Confidence: Here is the confidence you were looking for but after a longer process than you thought. Only when an athlete knows, deep down, that they have the ability to be successful in what they are about to do will they show the courage necessary to take action. By taking action they now have new abilities. And now that they have new abilities they feel good about themselves.

Confidence feels good. Which leads us to the “b” in the equation.

Breakthroughs: As athletes, we are always looking to break through to the next level. Whether it’s a personal best time or it’s mastering a new part of your routine we are constantly striving for new breakthroughs and improved results. And it really doesn’t

matter if you're six years old or twenty-six years old, or in the case of some of our equestrian athletes, fifty-six years old, we're all looking for breakthroughs.

And when we don't get them, we lose confidence.

In competitive sports, everyone around us is trying to get better and breakthroughs can happen daily. If your athlete isn't having their own breakthroughs then confidence can suffer.

But if you take to heart my **C2aC2b™** Equation then you can help your athletes get back on track to new breakthroughs and new levels of confidence.

Let me know how you apply this formula to your goals. I'd love to hear from you.

About Jonathan Edwards and AthleteSpecific.com

After years of dealing with athletes who had been let down by their coaches and programs, Jonathan Edwards set out to create the most impactful mental performance coaching programs for aspiring athletes and their families. This isn't a watered-down sport psychology theory. This is in-the-trenches, backed by science, real-world, programming by athletes for athletes. If you've got an athlete with big dreams, book a Breakthrough Call to see what programs we have that will fit your aspirations. The call is free. The insight is priceless. **www.AthleteSpecific.com/call**



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