



The Building Blocks to Becoming a Confident Athlete and Performer



A Mental Skills Workbook for Athletes & Performers



Hi, I'm Demi Agai by -
a Mental Performance Consultant & founding director of Beyond Horizons Performance (BHP). Through BHP, I'm committed to embedding psychological skills training and mental wellness across athletic and artistic spaces.

Let's build confidence, mental toughness, and resilience together!



Confidence comes from understanding your unique role in the scope of the performance realm. Each of us has special gifts and abilities that we can share, but it's up to us to acknowledge them, accept them & share them.

1 IDENTIFY YOUR 100% TRUTHS

What are characteristics or attributes that set you apart from the rest?

Circle the attributes that are 100% true 100% of the time.

Why it works:

Let's say, I were to walk into my performance competition telling myself, "I'm going to place high gold" or "I'm going to advance to the next round."

Well...is that 100% true 100% of the time?

The reality is probably not. When we focus on abilities that are TRUE & consistent, we're setting ourselves up mentally for success instead of disappointment.

2 CREATE YOUR AFFIRMATIONS

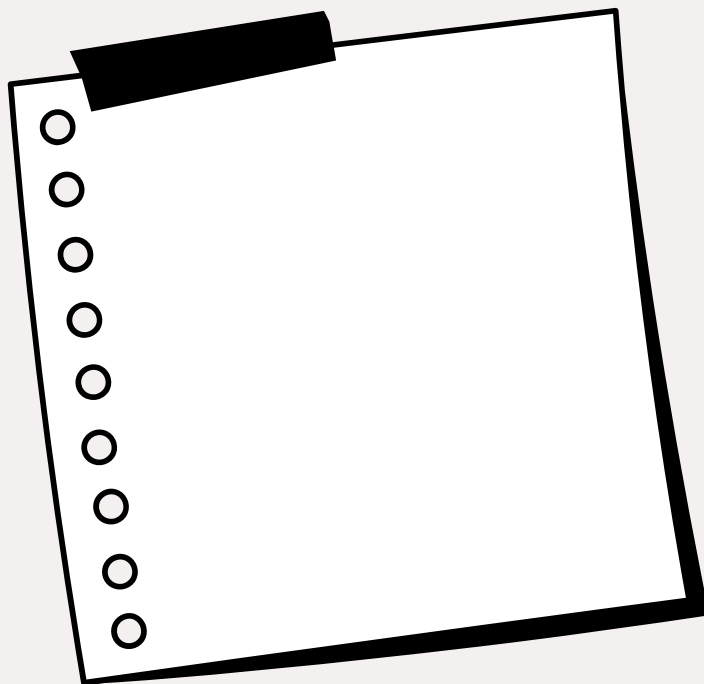
What are 1-3 aspects of your performance you're insecure about?

When do your insecurities present themselves the most? For example, on-stage, audition, etc.

Brainstorm a list of short phrases that you can repeat yourself when you feel your insecurities creeping in.

You can use the list you created in #1 to help you! Here are some examples:

- My hard work speaks for itself.
- A passionate heart gives a powerful performance.
- I'm going to go for it & grow from it.
- Fierce energy, fierce performance



Remember!

These affirmations will only work if you believe the statements you're telling yourself!

3 BE YOUR OWN COACH

Don't wait for external validation (compliments, awards, etc.) to boost your confidence. Become your own coach & biggest cheerleader through self-cues and feedback.

★ "Don't rush this section - take your time."

★ "Awesome use of focus"

★ "Keep going, that mistake doesn't mean it's over."

★ "I'm proud that I tried something new today"

★ "Think strong, think tall"

Did you find this helpful?

Schedule your free discovery call [HERE](#) to dive more into how you can manage your pre-performance anxiety & rise to any occasion that comes your way!

Performers on the Rise Podcast



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