



The Footballers World

MIND. FUEL. POWER.

FOOTBALL CONFIDENCE WORKSHEET

Techniques below are in sessions in module 2, you can go through and try fill in now or come back at the end of module 2 to fill in

1. Boosting Self-Esteem

■ Positive Self-Talk

Write down 3 positive affirmations you can say to yourself before training or a match:

- _____
- _____
- _____

■ Mental Practice (Visualization)

Imagine a successful football moment (scoring, defending, making a pass). Describe it in detail below:

■ Goal Setting

Write 2 small football goals you can achieve this week:

- _____
- _____

2. Overcoming Common Obstacles

■ Fear of Failure

Think of a setback you've had in football. What did you learn from it?

■ Handling Negative Feedback

Write one piece of feedback that motivated you and one that you chose to let go of:

Motivating feedback: _____

Feedback I let go: _____

■ Managing Self-Doubt

What do you say to yourself when you notice self-doubt? Write a replacement thought below:

Instead of thinking: _____

I will remind myself: _____

3. Confidence Beyond the Pitch

Write one area outside of football where you'd like to use your confidence (e.g., school, friendships, hobbies):

■ Final Reflection

What's one action you'll take this week to strengthen your confidence?
