

## ■ Confident Footballer Checklist

How often do these statements feel true for you?  
(Tick Rarely / Sometimes / Usually / Always)

Statement	Rarely	Sometimes	Usually	Always
I can pull off the football skills and techniques I need.	■	■	■	■
I make good choices during matches.	■	■	■	■
I can handle pressure and still play my game.	■	■	■	■
I know what tactics to use in different situations.	■	■	■	■
I can keep performing well, game after game.	■	■	■	■
I think fast and react quickly in matches.	■	■	■	■
I can step up to tough challenges.	■	■	■	■
I can still succeed even when the risks are high.	■	■	■	■
I don't let self-doubt get the better of me.	■	■	■	■
I keep going strong even when things feel stacked against me.	■	■	■	■
I bounce back quickly when things don't go my way.	■	■	■	■

### ■ Scoring Guide

Rarely = 1 point

Sometimes = 2 points

Usually = 3 points

Always = 4 points

■ Add up your total score (out of 44).

**35–44 points** → You're showing strong confidence. Keep backing yourself and pushing forward.

**25–34 points** → You've got a solid base of confidence. A few areas might need some extra work, but you're on the right track.

**15–24 points** → You're building your confidence. Focus on small wins and practice believing in yourself more.

**Below 15 points** → Confidence might be a challenge right now. That's okay — confidence is a skill you can train, just like football.