

• **Developing Confidence: I Can Do It!**

- Self-confidence is a belief in yourself and in your abilities. When you are confident, you know what you are good at and you're excited to try new things. The good news is, the more you try new things and practice new skills, the better you get! Confidence is not something you are born with; it is something that develops over time. In the game of golf and in life, confidence in yourself and your abilities comes when you have the chance to try new things, learn new skills and then practice what you have learned successfully. When you have self-confidence, you appreciate your unique skills and talents, and you accept yourself as you are. But what happens when you aren't feeling confident? Sometimes it's hard to believe in yourself when you are busy comparing yourself to others. Developing self-confidence comes with practice and will require you to keep a positive attitude and push away negative thoughts that might come into your mind. Remind yourself that "I Can Do This!", even if it takes time and practice to get it right.
- Self-confidence for Game Changers is developed when they:
 - Feel secure and safe to try new things
 - Know that they can rely on their skills and strengths to accomplish a task
 - Feel ready and prepared for everyday challenges like assessments or competitions
 - Believe that "I Can Do This" instead of "I Can't Do This"

• **Follow Up Questions:**

- What am I good at? How did I become good at these things?
- Why do you think believing that "I can" is important?
- How can you help others develop their self confidence?
- How can self confidence help you in golf/life?
- How did I do on our course challenge today?

GOLF SKILL QUESTIONS

- **What are the three golf skills you focused on today?**
 - Putting, Chipping, Full Swing
- **What area did you focus on with the three golf skills?**
 - Developing my own pre shot routine (get ready to swing) - Confidence starts when you decide to hit the ball. Building a positive pre shout routine both mentally and physically can help you be more successful on the course!
- **What is one skill you learned that you did not know before? How does this skill help your golf game?**

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