

CONFIDENCE LOG

THINGS I DID WELL TODAY

DATE:

SPORT / TRAINING FOCUS TODAY:

1. Three Things I Did Well Today

(No matter how big or small – focus on effort, attitude, or execution.)

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2. A Positive Thing Someone Said to Me

(Coach, teammate, parent, or even yourself!)

3. What I Felt Proud Of

(An action, a choice, a moment you owned.)

4. One Mistake I Made — and What I Learned From It

(It's not about perfection. It's about progress.)

Mistake: _____

Lesson: _____

5. Confidence Boosting Statement of the Day:

I am proud of myself because _____