



# CARRIDE CONVERSATIONS

## CONFIDENT ACTION

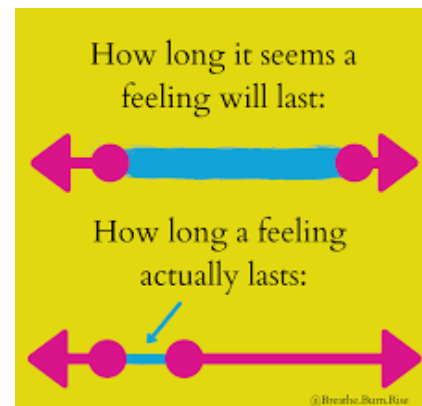
**What is the difference between feeling confident and acting confident?** It's the difference between a stable mindset and an unstable mindset.

A feeling is an emotion, and according to Harvard Brain Scientist, Dr. Jill Bolte Taylor, emotions only last in our body for up to 90 seconds. They are chemical reactions. She explains, **"when a person has a reaction to something in their environment, there's a 90-second chemical process that happens in the body; after that, any remaining emotional response is just the person choosing to stay in that emotional loop."**

When you're only using the "feeling" of confidence, it's a toss-up whether you'll actually act with confidence. It's like leaving confidence up to chance.

Experiencing an emotional reaction before a performance, whether that be excitement, fear or worry, is inevitable, and that's a good thing. Usually, when your athlete is presented with these emotions pre-performance, it's the indicator that they care enough to take action. They get to choose their response.

## THE PROCESS



What it means to ACT confidently:

- Recognize and do the hard thing, despite fear.
- Act with courage and take risks despite the uncertainty of the outcome.

**Confidence doesn't just show up. Athletes have to work for it. They have to act on it. Confidence that is sustainable, in face of challenge, adversity, or fear, is an ACTION**

**Fear always precedes courageous action.**

## TOOLS AND TIPS

*...for the car ride home*

- Help your athlete **"NABB"** the fear by using this strategy (adopted from the N.A.B.B Technique, Dr. Jill Bolte Taylor, Harvard Brain Scientist):
  - **N: Name the strong emotion**
  - **A: Accept the strong emotion**
  - **B: Breathe**
  - **B: Connect Breath to Body** (breathe through the body to release the emotion).
- Develop **I AM affirmation statements** to support their strengths, and performance.
  - I.e. *I AM strong, I CAN do hard things...*
- **Ask yourself:** *How can I model taking courageous action in my life to model this for my athlete?*

**Save the date:**

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Summer Camp is Live!

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March 23  
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