



# My Hall of Fame

*Build confidence by recognizing and collecting the moments in practice (and competition) where you crush it.*

Self-confidence is a critical part of swimming like a boss. When we are full-up on confidence, we fear nothing; not a workout, not pre-race nerves, not the competition. But confidence can also feel shaky and unreliable. Some days it's coming out of our ears; other days, it's buried at the bottom of the equipment bin under the mismatched fins and rotten pull-buoys.

Developing self-confidence starts with building a pattern of excellence. And that means recognizing the moments where we excel. When you do something awesome in the water, make note of it. Not only in the pages of your logbook, in the comments, during the immediate aftermath, but here, in a collection of confidence-boosters. Your own personal Hall of Fame.

Break a minute for the first time in practice? Write it down. Make every workout for two weeks straight? Give yourself a blue star. Nail that breathing pattern, even when coach wasn't looking? Yup—write it out.

Don't downplay the things you are doing well in the water. Real self-confidence can't be faked or given; it's *only* earned through experience. The next time you need a bump in self-confidence, or need a reminder of how tough and capable you are, take a stroll down your Hall of Fame.

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*Self-confidence happens when we build and recognize a pattern of excellence in what we are doing. Don't gloss them over. Give props to your moments of excellence in the water.*