



Getting the Reps with: Softball Pro Aleshia Ocasio

Building Confidence

Key Takeaways

- Learning how to fail and be consistent in your emotions is critical to learning how to succeed.
- You can build confidence knowing that you put the work in at home and prepared.
- There's no reason to assume you will fail. Why not go into it being confident?
- Aleshia's tip: Keep a planner. She gains confidence daily from just being disciplined in the things she sets out for the day.

Things to Think About

- What goes through your mind when you're going through a "slump" or struggling in your sport?
- How can putting in the work in practice help you be more confident on game day?
- What is the equivalent to that in your life outside of your sport?

Ways to Practice

- Write down some of the reasons why you should have confidence in yourself as an athlete. Use that as a reminder when you're struggling.
- Pick one thing that gives you confidence outside your sport, like setting goals for the day, and do it consistently this week.

