



4 Tips to Build Your Self Confidence

1. **Block out the negative and bring on the positive:** In any training/racing scenario, there will be positives, negatives and just about everything in between. It is critical for you to push out the negative thoughts immediately as they enter your brain. It's very easy to focus on what is going wrong. It is challenging and much more beneficial for you to think about all the things that are going right.
2. **Change your body language:** We've all seen it – that training partner who just looks miserable during a long run. Even in racing, we see other participants with a scowl on their face or who are dejectedly walking at some point in the event. When you feel yourself starting to feel defeated, turn things around by smiling and cheering on other participants. Even if you need to walk, stand tall and walk briskly and proudly. Thank the volunteers for coming out. All those things will not only bring the people around you up, but it will also give you a boost of positivity and confidence just when you need it most.
3. **Be Prepared:** There is nothing that builds more confidence than feeling prepared and ready to conquer the task at hand. This means being able to handle yourself in any situation – rough waters in the swim, a flat tire on the bike or even hot and humid conditions on the run. Before your training day or race day, walk through the various situations and know what you will do and how you will overcome any adversity that comes your way.
4. **Make a List:** That's right, sit down and make a list of all the things you are grateful for and all the things you are proud of. These are the things that will keep you pumped up and going when the going gets tough. You can put this list on your bathroom mirror and look at it every day, you can tape the list to the handle bars on your bike so during your long rides, all you need to do is look down for your reminders or you can even write some of the important ones on your hand/arm during a run or event so you can always glance down and be reminded of all the things you are grateful for.