

“Whether you think you can, or think you can’t, you’re right.” - Henry Ford

Science calls this *self-efficacy*.

“The field of sport psychology has identified self-efficacy (self-confidence) as the most influential mental variable in controlling performance. This means that if you have a strong belief in your ability to perform well, then the chances of your actually performing well greatly improve” Jason Selk, *10 Minute Toughness*

This Week:

1. Take note of 3 experiences throughout your day that are *accomplishments*. This helps bring attention to your success, fosters positive thinking and serves as a great reference in the future during times of self-doubt.
2. Observe other people similar to yourself who are succeeding
3. Recognize and *eliminate negative self-talk*. Instead focus on the *positives* (ex: what you are good at, what is going right)

As Ford says - "*Failure is simply an opportunity to begin again, this time more intelligently*"

4. *Sleep and breathe* – Stress influences our perception of experiences and our personal ability to evaluate emotional states (7-9 hours of sleep gets your mind right!)

Do you believe you have what it takes to achieve what you want to achieve?