



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

The Language of Self-Esteem

Our self-worth depends upon our perception of how important others value us. For youth athletes, their coaches are some of the most important people in their lives. Children who believes they aren't good at a sport, but learn to improve, can make the same leap in other areas of their lives. The language of self-esteem is encompassed in two phrases:

1. "I can do this!"
2. "I can learn to do this!"

Coaches who reinforce these phrases give their athletes a great gift - the belief that they are strong enough and smart enough to handle whatever life throws at them.

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



to purchase *Positive Coaching in a Nutshell* and other books by Jim Thompson, please visit:
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