

All my life whether it was sports or school or anything, I have had a confidence issue. But confidence is a huge part in life and especially athletics. Being confident in your abilities and knowledge will lead to more success than failure. Because if your constant mindset is, "I can do this," you will. If you believe, you can.

Even if you don't believe in yourself never let it show. I had a softball coach who constantly said "fake it till you make it." Because if you're on the field with a fierce and powerful energy and vibe, then your opponents will see and feel that, and that will make their own confidence falter. So even if you aren't confident in yourself, if you act like you are, then that persona will soon grow to be who you are.

I am still working on my own confidence, especially being a freshman on a college softball team. It's a new environment for me, but I constantly remind myself, it's the same game, same concept. Every time I step on that field, I rely on my teammates to help me in situations, which helps me feel confident in my abilities on the field or at the plate. Using your teammates or your coaches for reassurance or information may be that one thing you need to feel confident or sure of being successful.

However with confidence comes cockiness. Being cocky is being way too over confident in your skills and knowledge. It is giving the impression that you believe with your whole heart and soul that you are the best, you are unbeatable, you will never fail. Being confident is knowing what you can do, and showing it, and proving it. Don't be cocky, be confident. Because once you become confident in yourself and what you can do in athletics, life, your job, etc. then you will truly be happy and proud of yourself and your accomplishments.

I was so confident in my skills that I turned down one of the best travel ball teams in my area to play for my dad because I knew I could do better than a JUCO or NAIA school they were going to promote me to. Because in all reality if I was going to go to a school in either of those Divisions, then I would've stayed home, but most of the schools in my area at those levels, I didn't want to play for. So I put in the work. When I was having my recruitment video filmed, I kept telling myself in my head that I could make these plays look easy, like I've done them a thousand times. And I did. And because of how sure I was of myself, I was able to come to UMPI. Where I have to remember that level of confidence I instilled in myself over the past three years. From being a freshman on varsity, and joining a new travel ball team, and playing all kinds of different positions. Because no matter what, softball is a game of mistakes, you make mistakes and you learn from them. No one is perfect 100% of the time, but it's how you act, your attitude that sets them apart from the rest. If they make a mistake will they be able to pick themselves up and know that if that exact situation happened again, they would make that play no questions asked.

Once you start believing in yourself, everyone else will too. Just fake it till you make it. Act confident until you are truly confident.