

Letting Go of Judgment — The Secret to Playing Free

If you're a teenage athlete who gets stuck in your own head after a mistake and wants to play with more flow and confidence, then this tool will help you reset fast and stay in the game. And if you're a parent who wants to support your athlete's growth without unintentionally adding pressure, this tool will give you the right mindset and language to use.

What Is This Tool?

When athletes struggle with confidence, it's not usually because they're untalented—it's because they're too judgmental of themselves.

W. Timothy Gallwey, in *The Inner Game of Tennis*, writes:

"The first skill to learn is the art of letting go of the human inclination to judge ourselves and our performance as either good or bad."

Judgment creates tension. It turns one mistake into a downward spiral. But when you replace judgment with awareness, performance starts to flow again.

Why It Matters for Athletes

Most athletes make the same mistake:

- They hit a bad pass.
- They label it: *"I suck."*
- Now they're tense and hesitant on the next play.

But what if you could respond with curiosity instead of criticism?

"Hmm... that pass was short. Interesting. Let's adjust."

That's not weak—that's elite. Non-judgmental awareness is a superpower.

3 Simple Steps for Teen Athletes



1) Notice the Judgment

Whenever you catch yourself saying things like:

- *"That was terrible."*
- *"I can't believe I messed that up."*
- You've just entered judgment mode. Take a breath.

2) Name What Happened – Not What It Means

Say what actually occurred, not what you think it means about you:

-  "The ball went left."
-  "I'm trash."

3) Shift to Curiosity

Ask: "What can I learn from that?" or "What do I want to try next?"

Confidence isn't built on avoiding mistakes—it's built on how you *handle them*.

Athlete Reminder

Your last mistake doesn't define you—how you respond to it does.

"See what is happening, rather than judging how well or badly it is happening." — Timothy Gallwey

Parent-Specific Action Steps

1) Respond to Mistakes with Neutral Language

Avoid "Why did you do that?" and try:

- "What did you notice?"
- "What do you want to try differently next time?"

This keeps your athlete in learning mode, not shame mode.

2) Don't Label Your Athlete

Phrases like "He's a clutch player" or "She always chokes under pressure" create invisible boxes. Let your athlete evolve by keeping your language flexible and open.


3) Focus on Process Over Outcome

1. Praise observation and adjustment, not just perfection:

- "I love how you regrouped after that error."
- "You stayed composed and learned as you played—amazing."

For Families & Coaches

Tape this on your fridge or put it in your team chat:

 "Less judging. More noticing."

Wrap-Up

Letting go of judgment isn't about lowering standards—it's about accessing your full ability. When athletes see mistakes as information, they grow faster and play freer.

And when parents respond with curiosity instead of criticism, they help build a resilient mindset that lasts long after the game ends.

UNLOCK YOUR CHILD'S FULL POTENTIAL WITH PROFESSIONAL MINDSET COACHING FOR PEAK PERFORMANCE!

We guarantee confidence!

If you're looking for a proven, step-by-step, guaranteed system to help your child build lasting confidence and unlock their best, then our **Guaranteed Confidence Program** might be perfect for you. In this 6-month program, we'll work together to equip your child with the mindset, strategies, and tools they need to feel confident both on and off the field.



Through a personalized approach that combines expert coaching and parent support, this program guarantees that your child will see measurable improvement in their confidence, mental resilience, and overall performance.

WE BACK OUR WORK WITH A 100% MONEY-BACK GUARANTEE

If you would like to work together to give your child the highest level of confidence they can get then we are here for you.

Click **HERE** to learn more the program and schedule an introductory session.

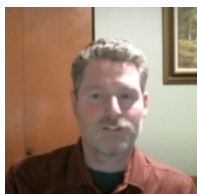
Testimonials



"Luke helped me overcome fear of mistakes, get rid of performance anxiety, get organized, and become confident again. I have come so far as a person and player. I am so glad I did this before starting college."

KATELYN GREINER

[See her full testimonial here](#)



"My wife and I came to Luke because my daughter was facing a lack of self-belief and confidence. The progress she has made has been night and day. She has confidence in herself now."

STUART BARNES (PARENT)

[See his full testimonial here](#)



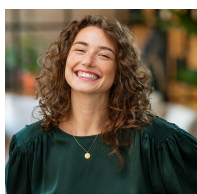
"Working with Jen & Luke helped our daughter Miranda to clarify and prioritize her goals, on and off the field, and structure them into achievable and measurable actions to gauge her progress and maintain focus. It enhanced her confidence and reduced performance anxiety when playing at a top level and with/against older players (she was one of only two freshman on the Varsity team)."

LAURA AND LOUIS (PARENTS)



"Some of the benefits Audrey experienced working with Jen and Luke were the life skills you don't usually get as a 13 year old girl, like how to deal with anxiety and how to use her time better rather than procrastinating. Overall it's given her a sense of confidence and awareness of herself."

MICHAEL SCHLADOR (PARENT)



"Hunter's growth since her completion of the program at Evolving Athlete Academy has been impressive. She is more confident on the field and trusts in her technical skills and own abilities to see the field and make the right next decision. She can now block out the negative voices of her teammates that criticize instead support and instruct"

ZENNA LANTZMAN (PARENT)



"Through working with Luke, Lily built her mental/emotional resilience, enhanced her self-trust, and gained more confidence in soccer and also outside of soccer. I recommend working with Luke, and I have already recommended him to friends of mine."

HEATHER N (PARENT)

