

# The Confidence Profile — Measure What Matters

If you're a student-athlete who struggles with consistency and wants to build lasting confidence that doesn't rise and fall with wins and losses... or a parent who wants to better understand how your athlete is really doing mentally and emotionally, this tool gives you the roadmap.

## What Is This Tool?

The Confidence Profile is a powerful tool adapted from Bill Beswick's Focused for Soccer. It's designed to help athletes track the real building blocks of performance—mental, emotional, and motivational—not just stats or scores.

This tool creates a personalized dashboard of self-belief, resilience, focus, and motivation—key traits that confident athletes rely on.

When athletes see where they're strong (and where they wobble), they can focus their energy, accelerate growth, and stop feeling like confidence is a mystery.

## Why It Matters for Athletes

Confidence isn't just "feeling good."

It's:

- Knowing what makes you feel ready
- Recognizing when you're off
- Adjusting with intention

Most athletes train their body. Some train their mind. Very few track their mindset. This is the edge.

## 3 Simple Steps for Teen Athletes

### 1) Rate Yourself in 3 Areas Each Week

On a scale from 1–10, rate:

- 💬 Self-Belief — Do I believe in myself today?
- 🔥 Motivation — Am I excited to compete and improve?
- 🧠 Mental Toughness — How well do I bounce back?

Bonus: Add 🎯 **Focus** and 😊 **Emotional Control** if you want a fuller picture.

## **2) Journal 1–2 Sentences for Each Rating**

Examples:

- “Self-Belief: 6/10 – I’ve been overthinking since last game.”
- “Motivation: 9/10 – Super pumped after yesterday’s workout.”

## **3) Track Patterns Over Time**

Confidence is a process, not a moment. Look at your trends over 2–4 weeks. That’s the real story.

### **Athlete Reminder**

You can’t improve what you don’t measure. Confidence isn’t luck—it’s a system.

*“Players begin to take more responsibility for their own progress when they track what matters.” – Bill Beswick*

### **Parent-Specific Action Steps**

#### **1) Do a Weekly Mindset Check-In (Not a Performance Recap)**

Instead of “How was your game?”, ask:

- *“How did you feel about your confidence, motivation, and focus this week?”*

Use a scale of 1–10. Let your athlete lead.

#### **2) Celebrate Mindset Growth as Much as Skill Growth**

Highlight emotional wins:

- *“I noticed how you bounced back after that mistake. That’s next-level mental strength.”*

#### **3) Help Your Athlete Spot Patterns**

Support them in reviewing their journal or self-ratings. Ask:

- *“What do you think brings your confidence up or down?”*

This makes your athlete feel supported—not managed.

### **For Families & Coaches**

Try this on a whiteboard or phone note:

- 🧠 *“How’s your confidence system doing this week?”*

### **Wrap-Up**

The Confidence Profile is like a GPS for your inner game. It gives athletes clarity, control, and the ability to grow stronger from the inside out.

For parents, it’s a respectful, empowering way to stay connected to your athlete’s mental and emotional world—without overstepping.

# 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)**

