

The Two Selves – Self 1 and Self 2

If you're a teenage athlete who struggles with overthinking and wants to play with more calm and confidence, then this tool will help you unlock your best performance. And if you're a parent who wants to help your athlete play freely without adding pressure, this tool will help you know what to say—and what not to.

What Is This Tool?

This game-changing concept comes from W. Timothy Gallwey's book, *The Inner Game of Tennis*. Inside every athlete are two selves:

- **Self 1** is the inner critic, the voice that says "Don't mess up," "Why did you do that?" or "You should be better."
- **Self 2** is the doer—your body's natural intelligence. It knows how to run, pass, shoot, swing. It performs best when Self 1 is quiet.

Gallwey's key insight? Self 1 often gets in the way of your natural ability. Confidence is learning to trust Self 2.

Why It Matters for Athletes

If your confidence crumbles under pressure, it's probably not because you lack skill—it's because Self 1 is yelling in your head.

You've probably felt the difference:

- At practice, you're calm and fluid.
- In games, you tighten up and overthink.

That's Self 1 taking over. Learning to quiet that voice can help you play with freedom.

3 Simple Steps for Teen Athletes

1) Catch the Critic

Start noticing when Self 1 is talking. It might sound like:

"You're blowing it,"
"Don't miss," or
"Why can't you get this right?"

2) Name It. Detach From It.

Say silently: "That's Self 1 talking." You don't need to fight it—just notice it, label it, and let it pass.

3) Shift Focus to Self 2

Self 2 doesn't use words—it uses feel. So shift your attention to something sensory:

- The feel of your feet in your shoes
- The rhythm of your breath
- The seams on the ball Let Self 2 take the lead.

Athlete Reminder

Self 2 already knows what to do. Your job is to stop interfering.

“The greatest efforts in sports come when the mind is as still as a glass lake.”

— Timothy Gallwey

Parent-Specific Action Steps

1) Be a Self 2 Ally

Avoid over-coaching before games or rehashing mistakes after. When your athlete hears, “You should have done X,” it often activates Self 1.

2) Help Your Athlete Shift Focus

Encourage them to focus on feel, fun, or presence rather than pressure. For example:

“Go out there and enjoy the rhythm today. Trust your instincts.”

3) Celebrate Effort, Not Perfection

Instead of praising results, reinforce the athlete’s connection to Self 2:

“I loved how fluid you looked out there.”

“You looked like you were really having fun.”

For Coaches & Families

Post this quote in your home or locker room:

🧠 “Trust the body. Quiet the mind.”

Wrap-Up

When you train your athlete to trust Self 2, you’re not just improving performance—you’re teaching them to be resilient under pressure, joyful in the game, and confident in their ability. And when you, as a parent, quiet your own inner coach and become a supporter of Self 2, you give your athlete the greatest gift: the freedom to thrive.

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.

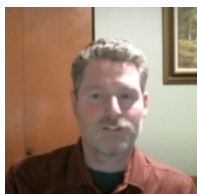
Testimonials



"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](#)



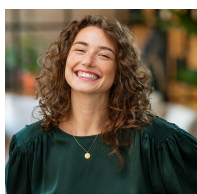
"Working with Jen & Luke helped our daughter Miranda to clarify and prioritize her goals, on and off the field, and structure them into achievable and measurable actions to gauge her progress and maintain focus. It enhanced her confidence and reduced performance anxiety when playing at a top level and 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)

