

FAITH and DOUBT

How To Keep ONE = FAITH and Not Buy Into The Other = DOUBT

During the course of a game and over the course of a season we flip-flop between faith and fear. The flip-flop happens with players, coaches, owners, media and fans. It's a defense mechanism. Why should you care? To answer that questions, let's take a look at what happens when faith or doubt take over.

DOUBT is actually the result of FEAR. When you are afraid, doubt creeps in and takes over your mind, your emotions and ultimately affects your ability to perform. Passes are off the mark. Balls get dropped. Kicks get missed. It is important to realize that FEAR is at the core. It is the root cause of doubt. Which is why it's so important for an athlete to be hyper-aware of the signs of fear, so they don't slip into a state of doubt and second-guessing their abilities

FAITH trusts someone or something. The term 'blind faith' is only partially true. Faith is actually blind, deaf and untouchable. We can't taste it or even smell it. Yet it exists and is extremely powerful in helping athletes perform both consistently and at their best.

We do see and experience the RESULTS of faith. When you have faith (trust) in your self, your talent and your ability to perform . . . you can go above and beyond what others consider to be reasonable or possible. It happens when athletes break records, catch 'uncatchable' passes and do what others say can't be done. That's why it's important that you build faith – so you quiet the doubt and play up to or even beyond your expectations.

It's important to know that fear and faith hang out together. Picture it like a teeter tauter on a playground. On one side is a boy wearing a T-shirt with FEAR on it. On the other side is a boy with a T-shirt with FAITH on it. When one goes up . . . the other goes down!

The Solution is to build your faith stronger. Here are the steps:

1. **Examine Your Past:** Take notes on what you have done throughout your ENTIRE life and career when you performed great. Note the times when had strength, courage and felt at your most confident.
2. **Recognize and realize** that during those moments or situations you had faith (trust) in YOU! If all of that was possible in the past . . . then with faith you can create an incredible future by taking action NOW, in the present.
3. **Apply** this same level of faith to 'The 5 "S's" of Success'. Build them strong.
The formula is not: Take action > get result = then I'll have faith. You must have faith first.
You have faith so you can trust the action/performance and then you get great results
 1. **S**trength
 2. **S**kills
 3. **S**mart
 4. **S**elf Identity
 5. **S**piritual Beliefs

Would you like to learn the tools and techniques the pros use?
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