

10 DAY CONFIDENCE JOURNAL

*For Goalkeepers Who Are Ready
To Believe In Themselves.*

By Cayla White



CW

HOW TO USE THIS JOURNAL

TEN DAYS TO A STRONGER MINDSET.

This journal is built to be worked through one day at a time. Each page gives you a focus, a set of prompts, and space to write by hand. Confidence is not something you are born with. It is built through preparation, reflection, and repetition.

- 01 Take your time.** Read each prompt slowly and answer honestly. There are no wrong answers here.
- 02 Write it down.** The act of writing makes your goals real. Fill every line with intention.
- 03 Come back to it.** Reread your words on hard days. Let past you remind present you of the work.

Small steps, taken daily, become who you are.

YOU ARE ENOUGH.

Write three things you do well as a goalkeeper.

1

2

3

Set one intention for today's training.

I am capable of becoming the goalkeeper I want to be.

BELIEVE IN YOURSELF.

Reflect on a time you overcame a challenge.

What did that teach you?

I trust my preparation.

EMBRACE MISTAKES.

Write about one mistake you made recently.

What did you learn from it?

How will it make you better?

Mistakes are proof that I am growing.

YOUR DRIVE IS DIFFERENT.

List three reasons you work so hard.

1 _____

2 _____

3 _____

What motivates you when no one is watching?

Effort compounds.

CONFIDENCE THROUGH PREPARATION.

Write today's goals before training.

GOAL 1

GOAL 2

GOAL 3

After training, write three things you improved.

1

2

3

Preparation is where my confidence is built.

FOCUS ON WHAT YOU CONTROL.

These five things are always within your control.

ATTITUDE

EFFORT

COMMUNICATION

RECOVERY

PREPARATION

What are you letting go of today that is outside of your control?

I give my energy only to what I can control.

TRUST YOUR JOURNEY.

Compare yourself only to who you were yesterday. How have you grown?

Celebrate one improvement you have made.

I am better today than I was yesterday.

BOUNCE BACK.

Describe how you will respond after allowing a goal.

Write your personal reset routine step by step.

The next save is the only one that matters.

VISUALIZE SUCCESS.

Spend five minutes visualizing yourself in each scenario below. Check each one off when complete.

☐

I visualized myself making big saves.

☐

I visualized myself commanding my box with confidence.

☐

I visualized myself communicating clearly and loudly.

☐

I visualized myself helping my team win.

After visualizing, write: how did it feel?

Visualize yourself performing with confidence, commanding your area, and leading your team. See yourself doing the work.

I have already seen my success.

YOUR FUTURE STARTS TODAY.

Write your biggest goalkeeper goal.

List three actions you will take this week to get closer.

1

2

3

*I am confident.
I am prepared.
I am ready.*



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Confidence Is My Edge.