One of the keys to being great on and off the field is about having confidence in yourself.

Are you up for PAWS Confidence Challenge? Check off each action as you go!

- Believe in Myself
- Think Positive Things About Myself
- Have a “Can Do” Attitude
- Speak Up With My Opinion
- Help My Family/Friends
- Practice My Sport
- Exercise
- Play Outside for 60 Minutes
- Complete My Goals!
- Try Something New
- Introduce Myself to a New Friend
- Cheer on My Teammates
- Give Someone a Compliment

“Baseball is 90 percent mental and the other half is physical.”
- YOGI BERRA