

**How Did Cristiano Ronaldo
Develop Emotional
Confidence?**

1. Self-Esteem

- Self-esteem is built on action
- Believe you're the best
- Watch how you talk to yourself

2. Authenticity

- Be yourself
- Feel free
- Maintain your personality

3. Enjoyment

- You perform better when you're having fun
- Interpret nerves as excitement
- Don't take yourself too seriously