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Confidence Is Key

 Keys are used to unlock all sorts of items, doors and secrets, but my key unlocks my confidence, and it runs through my mind, and changes the way I play the game of softball. Confidence is when I rely on myself and others, and I believe in them. Formerly, on Saturday mornings, when I stepped into the thick white outlined box, as a result, everything disappears. All I can see is a large black movie screen, and on the screen I see videos of myself hitting when I was younger. Big captions fill up the screen, “Play for the little girl you once were.” High pitched cheering fills my head as if it was my last at bat. I need confidence; breathe in and out, blue skies in and grey skies out. I need to soak up my doubts and wring them out. Fill myself with big clouds of hope. My mind then goes into a stage of focus. For instance, I see myself making contact and smacking the ball out of the park. For that reason, it’s clear that I need confidence to push myself in the right direction in softball.