

Sport Affirmations

Use the space below to start brainstorming your list of sport affirmations. If you're having trouble getting started, pretend like you're giving yourself a pep talk or imagine the positive things your coaches and teammates would say about you and start your brainstorm there.

Sport Affirmation Brainstorm

Affirmations are powerful and positive statements that instill you with feelings of strength and confidence. They are written as if they are already true. Here are some examples of refined affirmations:

FROM:	TO:
"I will try to do my best."	"I'm strong. This is my race."
"I don't know if I can do this, but I'm going to try"	"I'm capable of handling the challenges that come."
"I trained as much as I could."	"I trust my training. I'm prepared and ready."

Use the worksheet below to refine your affirmation list from your brainstorm:

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