

POWER AFFIRMATIONS



**BECOME
YOUR
GREATEST
VERSION**

Unlock the Power of Your Mind

Chapter XII – PERSONAL AFFIRMATION

Attitude is the key source for your top performance. Develop a list of power phrases or positive affirmations to ignite your inner drive. Make sure each statement is meaningful, so it really speaks to you. Then, write your statements down on index cards and read them for a mental boost as needed. The more often you repeat your power phrases with meaning and conviction, the more concrete they will become in your mind and allow you to manifest change in your life.



“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives,” wrote author and philosopher Henry David Thoreau.

Keep to the present tense in creating personal affirmations. For instance, say, “I am” rather than using the future tense, “I will become.” Why? Because we always live and perform its present time, not in the future. The unconscious mind does not recognize the future, it only understands the here and now. Here are some power phrases that you can repeat to help you perform at a champion’s level:

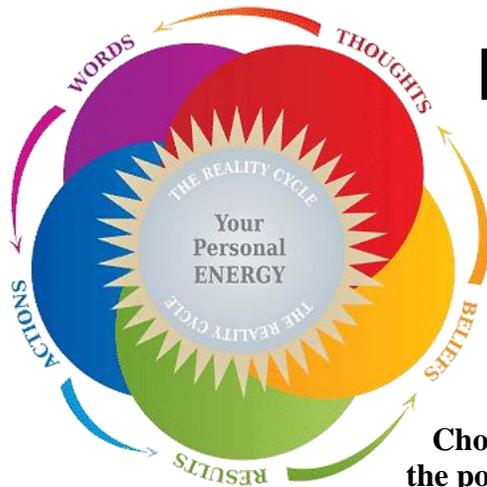
- I think, feel, and perform as a champion
- The next play/race will be my best play/race

- I practice and compete with purpose and passion
- I quickly forget mistakes because all athletes make them
- I have the courage to face and overcome my fears
- I am the racer who is the best prepared
- I will go through fire to accomplish my goals
- I strive to be my best in all conceivable ways
- I *bring it* every day
- I start strong and finish stronger



How to Write Your Own Affirmations

You can write effective affirmations fairly easily when you know how. Find a quiet place where you can be alone and can focus on writing statements that will improve your self-esteem. Keep the following in mind:



Choose one negative thought you have about yourself and write down the positive opposite that counteracts that belief. For example, you may often think, “I make so many mistakes.” In this case, you would write an affirmation like, “I am capable and experienced.”

Make your affirmations short so they’re easier for you to remember. Even statements as short as four or five words can be powerful.

Start your affirmations with “I” or “My.” Because you’re making a statement about yourself, it’s most effective if it starts with you. “I choose to be positive” is much better than “Positive thoughts are coming into my mind.”

Write your affirmations in the present tense. Write as though you’re experiencing what you desire right now, not in the future. For example, “I easily see my own worth and value” is superior to “I will easily see my own worth and value.” It’s also better not to put a time frame on your affirmation such as a certain date or “within three months,” because doing so limits when what you desire can happen.

Don’t begin your affirmations with “I want” or “I need.” You don’t want to affirm that you’re wanting and needing. Rather, write your affirmations as an expression of being grateful for already having and being what you want.

Make sure all your affirmations are positive statements. If you tell yourself you are discarding negative behavior and thoughts, your focus will be on those rather than on what you

want to do and be. Don't include words like "don't," "won't," "am not," "can't," "not," "doesn't," or "am stopping." Instead of "I'm eliminating my miserable thoughts," create an affirmation such as, "I'm happy being who I am."

Add emotion to your affirmations by inserting, "I am [emotion] about . . ." or "I feel [emotion]." For example, you could say, "I am excited about being able to express what I think."

Create affirmations that will work. If you don't believe your statement, you'll take timid actions and be hesitant, sure that you won't be able to succeed. If you write an affirmation that is truly difficult for you to believe, write another one that starts with, "I am open to . . ." or "I am willing to believe I could . . ."

Write these sayings down and post them where you will see and read them **every** day.

The will to win, the desire to succeed,
the urge to reach your full potential...
these are the keys
that will unlock the door to...
personal excellence.
~Confucius~

Most have the will to win...
Few have the will to practice to win...
Be one of the **few**...
~Bobby Knight~

Whether you think you can...
Or think you can't...
You'll be correct.
~Henry Ford~

Good skiers make good racers...
Great skiers make **Great** racers!!!
~Ed "Animal" Bassett~

Conclusion

To perform at your best level, you must possess and then need to cultivate that mind-set. The aim of these articles was to provide you with an increased understanding of the mental side of sports (and life.) You now have, at your disposal, the mental skills – such as mental imagery, confidence, and focus – for creating a mind-set to achieve consistently higher levels of personal performance. Follow the exercises and recommendations provided to build a rock-solid mental approach to your sport. As a result, you will manifest better on and off field performance.

