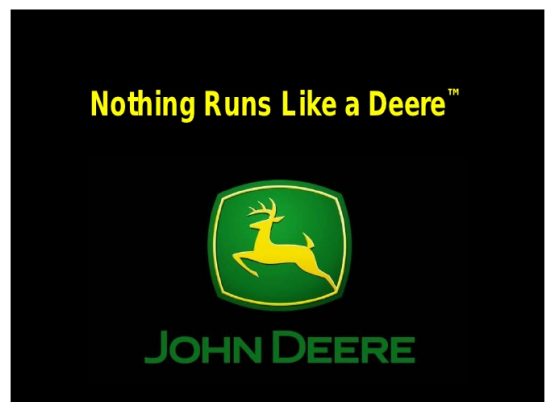


Using Affirmations

- to build confidence
- to enhance motivation
- to sharpen focus

An affirmation is a statement about yourself, and about your ability or desire

“float like a butterfly, sting like a bee”



from Hockey:

- ✓ I make a difference on every shift
- ✓ I am attack and smooth
- ✓ I have great jump
- ✓ I love to score goals
- ✓ I get stronger, tougher, and sharper with every shift

In your sport:

- ✓
- ✓
- ✓

Select those affirmations that address your strengths or aspects of your sport that you want to develop, or just those that feel good to you. If you prefer, come up with your own statements that fit you and your challenge. Write them down and say them to yourself often! Whether you are relaxed or facing a challenge, take a breath and affirm the positive. Remember to choose power thoughts that create a feeling and a picture that increases your confidence, direction, and sense of what is possible.