

Affirmation ideas...

- I am going to play well today
 - This I will do
- I am working towards my goal
- I am committed to do whatever it takes
 - I love exercise
 - I look and feel great
 - I can.....
 - I love.....
 - Today is my day
 - We can win this
- I am strong and smart and know exactly what to do
 - I am good enough
 - I love what I am doing
- I am great at running and getting even better
 - I am going towith ease
 - I am going towith confidence
 - I've got this
 - I know we will play well
 - We are the better team
 - I have a winning attitude
- I keep my head up and mindset strong regardless of what others say

