

Performance Affirmations

Affirmations are short, powerful sentences you say to yourself. When you repeat positive statements, your brain begins to believe them.

Strong athletes train their thoughts, not just their bodies.

How to use affirmations

Say them:

- Before practice
- Before competition
- When you feel nervous
- During hard training sets



Good affirmation rules

- Say I am, I can, or I do
- Speak like it is already true
- Keep it short and powerful

Examples for Artistic Swimmers

- I've got this!
- I am strong and confident in the water.
- I stay calm under pressure.
- My hard work shows in my routines.
- I am mentally tough and physically strong.
- I give 100% every time.

Remember

- Stay calm
- Trust your training
- Believe in yourself



Positive Thoughts When You Feel Overwhelmed

Even great athletes sometimes think negative thoughts. The trick is to challenge the thought. Sometimes competitions feel stressful. When that happens, remind yourself of positive truths.

Remember Your Strengths

- I am a talented athlete with great skills.
- I work hard and keep improving.
- I like the person I see in the mirror.
- My teammates and coaches support me.



Remember Past Success

- I have done well in competitions before.
- I have overcome hard things in training.
- Mistakes help me learn and improve.

Remember Your Preparation

- I train hard and show up ready.
- My coach helps me improve every day.
- I get better a little bit each practice.



Important things to remember:

- You can't control everything
- You can control your effort, attitude, and focus
- One mistake does not define you
- Every competition helps you improve