



@soccermindset



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Power Talk

Using Affirmations

Affirmations are fantastic for building confidence, and for positive behaviours. An affirmation is a short statement that is related to something that is true, or has a very real chance of becoming true. They provide positive self-talk. They provide a sense of direction for the way that you want to be. You may not totally believe them when you first say them, but eventually you will become your affirmation if you use them regularly enough.

5P's

1. POSITIVE

What do you want? (not what don't want!)

2. PERSONAL

Include yourself(I...)

3. PRESENT TENSE

Act as if you have it NOW!

4. POSSIBLE

Achievable but challenging

5. PUNCHY

Short, concise and easy to remember



Examples

"I am strong and fast"

"I make great runs behind"

"I am positive and confident in my ability"

It is a great idea to write your affirmations down on small cards. You can have them in your sports bag, by your bedside table, by the mirror etc. The more often you say and see them the better!

To 'program' yourself with your affirmations, use the Say Visualise Feel Affirm process below.

SV
FA

SAY

say with feeling.

VISUALISE

visualise yourself doing it clearly in your mind.

FEEL

feel yourself acting that way.

AFFIRM

affirm to yourself that this is true now..."That's Me!"



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