# THE MENTAL ATHLETE
# AFFIRMATION REFLECTION

My internal voice is positive and strong.

I only engage in self-talk that is supportive and encouraging. The things I say to myself matter. My internal voice influences me, so I insist that it be positive and strong.

When I say good things to myself, good things happen in my life.

My attitude and perspective are under my control. Negative thoughts and words lead to negative results. Positive thoughts and words bring desirable results.

I may sometimes engage in negative thinking, but it is very short-lived. I catch myself immediately and eliminate those thoughts from my mind. Then, to redirect my thoughts to more supportive ideas, I make a mental list of seven positive things in my life right now.

I also check my expectations and ensure they are positive.

I can turn down the volume of my negative self-talk at will. I forgive myself quickly, easily, and completely. When I fail to forgive myself, my internal voice can become negative, so I forgive myself before that happens.

Consistent and positive self-talk is one of the greatest gifts I can give to myself. It is an excellent way to dispel fear, anxiety, and emotional pain.

I nourish myself with positivity and transform my life for the better each day.

Today, I am caring and supportive of myself. I observe the little voice in my head to ensure the only messages I receive are positive. I choose how I think and speak about myself. My internal voice is positive and strong.

## SELF-REFLECTION QUESTIONS:

**1. HOW DOES MY NEGATIVE SELF-TALK HURT ME?**
**2. HOW WOULD MY ATTITUDE AND PERSPECTIVE CHANGE IF MY INTERNAL VOICE WERE POSITIVE AND STRONG?**
**3. WHAT ARE MY BEST QUALITIES?**