

Foundation Statements

The Foundation of Your Confidence and Mental Toughness

*Foundation Statements are similar to positive affirmations. They are true statements about who you are, and who you want to be in performance. Use them to maintain confidence and mental toughness while you compete. These statements form the **FOUNDATION** of your fortress of mental toughness and you want to have a strong foundation.*

Examples of Foundation Statements:

1. I will compete at my best; 100% effort
2. I am physically fit and ready to play
3. I am excited to play
4. I have good skills and can perform my best at any time
5. I am consistent no matter my opponent
6. I am a good player/athlete; I know how to play the game
7. I will never give up
8. I love competing
9. I am mentally tough on the court/field/ice
10. I embrace the challenge of playing a match/game
11. I am mentally unbreakable

Using the above examples as a guide, determine at least 5 Foundation Statements for yourself that you can repeat to yourself daily, including before and during a performance.

My **FOUNDATION** Statements

- 1.