

BULLDOG VOLLEYBALL - 23 STEPS TO VICTORY

1. I visualize the successful completion of every match I play. I can see and feel the thrill of personal achievement, satisfaction, and pride of winning. I expect to win!
2. Fear and worry accomplish nothing except to take away from my strength. Each negative thought triggers a positive thought of what I can do. I visualize positive and take positive action now.
3. I play my game. I concentrate so intently that my performance is always at its best. I am an intricate part of a fine volleyball machine. Each part works perfectly.
4. I cannot always avoid frustrating circumstances or people, but I can choose the attitudes and actions with which I respond.
5. I concentrate only on the immediate match and the immediate point.
6. I maintain a positive attitude in everything I do. I choose to concentrate. If I get upset or worry, I am not concentrating. I realize that I cannot always win, but, I can always have a winning attitude. I expect to win!
7. I am in excellent physical condition. I can ignore little aches or pains, but I never risk serious injury.
8. I enter every competition without giving mental recognition to the possibility of defeat. I am a winner; I expect to win!
9. All of my family and friends are proud of my accomplishments.
10. Success is the feeling of personal achievement, satisfaction, and pride of winning. Everyday, I visualize the gold medal I will receive. Each day we get closer to the state tournament, my concentration and intensity grows, and, I will not be denied!
11. My coach is my friend. He cares about me as a human being. I can openly talk to him for guidance and support.
12. I am a great volleyball player. I've earned the right more than anyone else to win this state tournament. I will use controlled attention, concentrated energy, and sustained effort. I have total confidence in my ability to overcome any obstacles, and, I will not be denied!
13. I have the courage to take the steps necessary for the success I want and owe myself.
14. I will never quit on the road to success!
15. Courage is loving the possible!
16. It is thrilling and exciting to succeed!
17. 92% of what we worry about will never happen.
18. I follow through on the path to victory, regardless of obstacles, criticism, circumstances, or what others say, think or do.
19. I give totally of myself to my team; I am a team player.
20. I give myself the gift of courage daily.
21. I am a champion. I remind myself of past victories and goals accomplished.
22. I get stronger and more courage everyday.
23. I have more courage today than I had yesterday, and I'll have even more courage tomorrow.