Folsom High Wrestling Positive Affirmations

For confidence and mental strength:

I am mentally and physically tough.

My confidence radiates through every move I make.

I stay calm and focused under pressure.

I trust my training and my abilities.

I wrestle aggressively and fearlessly.

I am a force to be reckoned with.

I am the strongest wrestler in my weight class.

I believe in my potential to achieve my goals.

For motivation and hard work:

I am committed to excellence in every practice.

I am constantly pushing my limits to become stronger.

My hard work is paying off with every match.

I embrace challenges as opportunities to improve my skills.

Champions are made from hard work, sweat and technique.

The mat reveals my truth and I always give my best.

For performance and competition:

My focus is unshakable and my technique is sharp.

I perform my best under any and all circumstances.

I will make first contact and control the pace of the match.

I am in the best shape of my life and will outwork my opponent.

I am capable of achieving anything I set my mind to.

I will not give in or give up!