

# STEP 5 - ASSIGNMENT



**Fill in the blanks below with objective evidence - the evidence is important! These affirmations are impactful for most players as they counter the most common doubts for players.**

1. I deserve to be here, and I have earned this!

Evidence:

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2. I can adjust to this situation or anything I face this game!

Evidence:

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3. I have done this before and am ready for this moment!

Evidence:

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4. I am prepared and ready to compete with everything I have!

Evidence:

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# STEP 5 - ASSIGNMENT



**Come up with some of your own Power Statements and Evidence. Think about the doubts or worries that often come up for you (when it does happen). Give a statement that counters the doubt AND the evidence that your statement is true.**

Statement/My Affirmation:

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Evidence

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Statement/My Affirmation:

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Evidence

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Statement/My Affirmation:

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Evidence

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