

Athletic Domination

Excel at All Sports

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you are excelling in any type of sports, whether alone or in a competition. Visualize the crowd mesmerized by your skills.

Tips for Success

Keep a daily journal and record any objective evidence that you are becoming more and more skilled in your chosen sport, or sports in general. Write down any positive comments others say about your sports performance.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I am a natural athlete

I dominate in all sports

I learn all sports quickly

I am flexible

I am strong

I heal quickly

I have explosive power

I have incredible stamina

I have powerful hand eye coordination

my body is a perfect machine

my body obeys my mind

I excel at any sport

I quickly dominate any sport I try

I am a natural athlete

I am a gifted athlete

my skills are beyond science

my skills are beyond biology

my skills are beyond comprehension

scientists are baffled at my athletic skills

scientists are baffled at my physical strength

scientists are baffled at my flexibility

I quickly learn any sport

I am incredibly strong

I am incredibly fast

I am incredible flexible

I am incredibly deft

I am an athletic genius

when I play sports it is a thing of beauty

I am poetry in motion

I am pure bliss to watch

I am an inspiration to all

I move with incredible grace

I move with incredible skills

I move with incredible prowess

my strength is unlimited

my speed is unlimited

my flexibility is unlimited

my accuracy is unlimited

my coordination is unlimited

I have perfect balance

I have incredible balance

I am always balanced

I am always in control

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