

BUILDING THE INNER ATHLETE

The
**Champion
Within**

A mini-guide for youth athletes & their families

INTRODUCTION

Why Mental Training Matters

Sports are one of the greatest teachers in life — but only when we train more than just the body. Real confidence, consistency, and growth come from athletes who believe in themselves at a deep level.

"Performance rises when self-worth rises. When self-worth is strong, discipline and healthy habits become natural."

Confidence is not a personality trait. It is a trained nervous system — built through repetition, intention, and learning how to respond after mistakes and challenges. This is building the inner athlete.

If you've been putting in the hours but still feel inconsistent, anxious, or stuck — this guide was made for you. Just 8 minutes a day of the two practices inside will build confidence that becomes part of who you are.

DAILY PRACTICE

How It Works

8 minutes a day · repeat every day

1

READ ALOUD DAILY

Read "The Champion Within" affirmations out loud. The more times per day, the faster you grow.

2

BREATHWORK PRACTICE

Choose one breathwork tool based on what you need: calm, energy, or clarity.

3

TRACK & REPEAT

Check off each day you complete both steps. Consistency is where the magic lives.

DAILY AFFIRMATIONS

The Champion Within

SECTION 1

I Am Powerful

- I am powerful. Everywhere I go, people are excited to see me. I bring energy, light, and confidence wherever I am.
- I am strong and healthy. My body is built for greatness and helps me achieve amazing things.
- I see the good in others and shine the good in myself.
- I am kind, and people feel stronger when they are around me.
- I am focused. I set clear goals and take action to achieve them.
- I am always learning and growing into my best self.
- I am worthy of love, respect, and success.

SECTION 2

I Believe in Myself

- I believe in the power of my mind.
- I believe I can shape my future with my thoughts, actions, and choices.
- I believe strength, love, and light flow through me.
- I believe my self-worth creates my success.

- I believe in the power of practice and repetition.
- I believe I am courage, discipline, and joy.
- I believe in lifting others up with my words and actions.
- I believe I am a leader and a shining example of success.
- I believe in myself fully, always, and in every situation.

SECTION 3

I Rise Through Sports

- The game brings out my greatness and helps me rise higher.
- I grow stronger through every practice, every challenge, and every game I play.
- I trust my training, my body, and my mind to work together as one.
- I am focused, fearless, and steady in all situations.
- I know that discipline, effort, and resilience make me unstoppable.
- I respect my teammates, coaches, and opponents — they all sharpen my skills.
- I play with unshakable confidence, courage, and joy.

— I honor my sport by giving my full heart — with passion, gratitude, and love.

DAILY PRACTICE

Breathwork Tools

Choose one per day based on what you need. Each takes under 5 minutes.

FOR CALM

Box Breathing

- 1 Inhale through your nose for 4 seconds.
- 2 Hold for 4 seconds.
- 3 Exhale slowly through your mouth for 4 seconds.
- 4 Hold again for 4 seconds.
- 5 Repeat 3–5 rounds.

FOR ENERGY & FOCUS

Breath of Fire

- 1 Sit tall and relax your shoulders.
- 2 Inhale and exhale rapidly through your nose, pumping your belly.

- 3 Keep breaths short, quick, and powerful.
- 4 Continue 30–60 seconds, then take one deep breath and relax.

FOR CLARITY

Alternate Nostril

- 1 Thumb on right nostril, inhale through left.
- 2 Close left, exhale through right.
- 3 Inhale through right.
- 4 Close right, exhale through left.
- 5 Repeat 5–10 rounds.

MINDSET BREATH

Affirmation Breath

- 1 Close your eyes. Take a slow, deep inhale.
- 2 On the inhale, silently say: *"I am strong."*
- 3 Exhale slowly, silently say: *"I get better every time I practice."*
- 4 Sync each breath with your affirmations.
- 5 Repeat for 5–10 breaths.

OPTIONAL EXTRAS

Brain Boosters



AFFIRMATION POWER WRITE

Choose one affirmation. Write it 20 times while saying it out loud. Repetition builds it deep in your brain.

"I am a powerful athlete." × 20



MIRROR PEP TALK

Stand in front of a mirror, look yourself in the eyes, and say 3 affirmations confidently — like you're hyping your best teammate. Smile. Use strong body language.



GRATITUDE JOURNAL

End each day, practice, or game by writing 3 things you're grateful for — even small wins count.

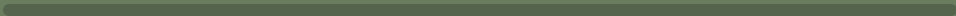
"Grateful for my quick feet. I stayed focused on defense."

90-DAY CHALLENGE

Consistency Tracker

Your goal is 90 days. Check off each day you completed your affirmations + breathwork. Your progress saves automatically.

PROGRESS TO 90 DAYS



0 / 90

Start your streak today

SUN	MON	TUE	WED	THU	FRI	SAT
WEEK 1						
1	2	3	4	5	6	7
WEEK 2						
8	9	10	11	12	13	14
WEEK 3						
15	16	17	18	19	20	21
WEEK 4						
22	23	24	25	26	27	28
WEEK 5						
29	30	31	32	33	34	35
WEEK 6						
36	37	38	39	40	41	42

WEEK 7

43	44	45	46	47	48	49
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WEEK 8

50	51	52	53	54	55	56
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WEEK 9

57	58	59	60	61	62	63
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WEEK 10

64	65	66	67	68	69	70
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WEEK 11

71	72	73	74	75	76	77
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WEEK 12

78	79	80	81	82	83	84
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WEEK 13

85	86	87	88	89	90
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Train Your Body. Train Your Mind.

Used consistently, this guide will build the confidence, resilience,
and focus you need — not just in sports, but in every area of life.

True mastery begins internally.