

MY ATHLETIC JOURNEY

by Brendan J. Fox

I go forth as an **empowered athlete**,
with **steadfast focus** I am able to transcend ordinary physical limitations.

I **open** my mind to the **wisdom of the universe**,
which guides me, and **unifies** me with a **power** greater than the individual self.

I have a **global** influence on mankind, and I use this influence to **share** my ability to **serve**
the greatest benefit of all. Through **my performance**
I **encourage** the possibility of human self-mastery,
and I **inspire** fans and teammates to **awaken** every form of their own potential.

I am **privileged** to **humbly** represent the
honour of my country, the Toronto Argonauts, my friends and family

I come from **Love and Gratitude**, and I bring **excellence** into all that I do.
I was meant to be here.

This is my journey.

This is my destiny.

INSTRUCTIONS

Repeat this statement before bed each night.

Also consider keeping this statement where it is clearly visible, so that it is read regularly.

Additionally, make a daily habit of mentally rehearsing your best performance in each upcoming game.

Visualize making spectacular plays, breaking personal records, and achieving greatness.

Make your visualizations very detailed, take note of the sights, sounds, and smells.

Train your mind to expect success, and the body will follow



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