



CONFIDENCE AFFIRMATIONS PROTOCOL

	WEEK 1	M	T	W	T	F	S	S
Write Morning Affirmation 2X	X							
Write Midday Affirmation 2X	X							
Write Evening Affirmation 2X	X							

	WEEK 2	M	T	W	T	F	S	S
Write Morning Affirmation 2X								
Write Midday Affirmation 2X								
Write Evening Affirmation 2X								

Affirmation to Write:

I used to be afraid at the plate but now I feel great. Tension gone. At the plate, I feel safe and playful. My balance is strong. My feet are rooted. My swing is free and easy. Hitting is fun. Hitting is easy.

[Remember: *FEEL* the feelings of this reality as you write]

PLAYERS WHO CHECK ALL BOXES OVER 2 WEEKS GET A FREE BASEBALL NOTES T-SHIRT