

**JUST FOR TODAY** by Dr. James Loehr - Sport Psychologist

- JUST FOR TODAY** I will become challenged when problems come my way. Today I will be a great problem solver.
- JUST FOR TODAY** I will love the battle. I can create my own state of enjoyment. I will accept the hand that is dealt to me. No complaining!
- JUST FOR TODAY** I will exercise, eat and train right. Self-discipline will bring the confidence I search for.
- JUST FOR TODAY** I will take charge of how I feel. I am not at the mercy of my emotions.
- JUST FOR TODAY** I will set aside some time to relax and simply let go. Relaxation is an essential part of my training.
- JUST FOR TODAY** I will have a plan to follow. The plan will keep me focused and organized.
- JUST FOR TODAY** I will stop saying "If I had time." If I want time, I will take it.
- JUST FOR TODAY** I will find humor in mistakes. When I can smile inside, I am in control.
- JUST FOR TODAY** I will do things the best I can. I will be satisfied with what I have done.
- JUST FOR TODAY** I will do ordinary things in my training extraordinarily well. It's the little things that make the big difference.
- JUST FOR TODAY** I choose to believe that I can make the difference and that I am in control of my world.

**THE CHOICE IS MINE**