Learn To Think Like A Winner…
Think Positive And Visualize Your Strengths

A winner is confident in her skills and ability and does not overreact when she may not seem to be up to par.

A winner can visualize a winning shot, an effective move, a breakaway sprint and a game – winning play long before taking the field

A winner has a clear mind – relaxed and focused on the task at hand, no matter the circumstances.

A winner does not give up no matter how desperate the situation may seem to be.

A winner's mind can keep her legs moving even when they can't seem to go another step.

A winner doesn't always come in first but is always up for another challenge.

Today I will play like a winner!