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Affirmations for the Tough Games

1. This game will not last forever.
2. My child is so much more than a player on this team.
3. Life isn't about who is best. It's about doing your best.
4. Will this matter in a week? A year? Ten years?
5. I can rise above my feelings in this moment.
6. Breathe. My physical state affects my mental state.
7. I can pray about this situation.
8. I can use this opportunity to be a positive influence.
9. I don't need to be afraid.
10. God loves me.
11. God loves my child.
12. God is using this experience for my good and the good of my child.
13. I am self-disciplined and will control myself.
14. I am thankful in all circumstances.
15. I trust God right now.

From *GAME ON: THE CHRISTIAN PARENTS' SPORTS SURVIVAL GUIDE*

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