

41 Affirmations for Hockey Confidence during a Match

A moment to pause, reflect, and choose a useful next step.

1. My place in an activity does not depend on looking like an advertisement.
2. I can use clear communication when play changes.
3. I can follow the role agreed with the team.
4. I can make a responsible decision instead of proving myself recklessly.
5. I can return attention after a missed opportunity.
6. One visible error does not describe everything I bring to a team.
7. I can care about a result without turning it into a verdict on my character.
8. Another player's success can be good for the team without making me smaller.
9. I can listen to the team's plan.
10. I can focus on the next useful decision.
11. I can communicate respectfully.
12. I can respond to a mistake without reckless proving.
13. I can recognise the range of team contributions.
14. I can recognise an opponent's skill without becoming smaller.
15. I can listen when a tactical instruction needs adjustment.
16. I can support a teammate who is frustrated.
17. I can respect the rules when emotion rises.
18. I can focus on the next responsibility rather than replaying the last error.
19. I can use a clear call when communication would help.
20. I can follow the agreed rules instead of trying to prove myself recklessly.
21. Respectful participation includes how I treat other people and myself.
22. I can ask for a clear explanation rather than copy something I do not understand.
23. I can notice useful movement that does not produce a visible reward.
24. I can ask what to focus on in later practice.

25. I can let the previous phase of play finish.
26. I can keep a team result separate from an individual identity.
27. I can encourage a teammate without denying their disappointment.
28. Useful feedback describes an action rather than humiliating a person.
29. My value is not a result, ranking, body shape, or number on a device.
30. I can notice enjoyment without turning it into another target.
31. A change of plan can be thoughtful rather than a failure of commitment.
32. Physical activity can have a place in my life without occupying every part.
33. I can recognise a useful experience without turning it into a public achievement.
34. I can carry one lesson forward instead of judging the entire session.
35. I can acknowledge my own error without blaming everyone nearby.
36. I can communicate a relevant concern through the appropriate person.
37. I can value thoughtful effort in a fast-moving situation.
38. I can leave room for learning in a serious contest.
39. My contribution can include preparation, communication, and respectful effort.
40. I can recognise that a shared result has many contributing moments.
41. I can leave space for enjoyment alongside a serious sporting goal.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/hockey-confidence-match-affirmations/>