

41 Affirmations for Race-Day Nerves

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 locate the information point before assuming I am lost.
3. I can check which instructions apply to my event.
4. I can keep necessary belongings organised.
5. I can let a nervous thought pass without calling it a prediction.
6. An event result cannot contain my entire experience as a participant.
7. Other people's predictions do not require me to promise a performance.
8. Nerves can be present without giving me information about the final result.
9. I can follow the practical arrangements I prepared.
10. I can listen to event instructions.
11. I can focus on the next manageable step.
12. I can allow nerves without predicting the result.
13. I can ask an official about an unclear detail.
14. I can ask an official about a practical uncertainty.
15. I can notice the difference between excitement and a requirement to perform.
16. I can choose a helpful conversation before the start.
17. I can step away from another participant's alarming speculation.
18. I can check practical event details before making assumptions.
19. I can focus on the next relevant instruction.
20. I can let current conditions and appropriate guidance inform my choices.
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 follow the preparation I actually completed.
24. I can decide whether discussing expectations before the start would help me.

25. I can recognise that faces around me reveal little about their experience.
26. I can make responsible choices as conditions develop.
27. I can ask an official about a procedural question.
28. I can seek support without asking someone to guarantee the outcome.
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 let a supporter know what would be useful.
36. I can value showing up without promising a result.
37. I can allow the event to unfold one part at a time.
38. I can carry nerves without treating them as a verdict on my readiness.
39. A result can be reviewed after I have made room for my first reaction.
40. I can recognise preparation without pretending every factor was in my control.
41. Participation can hold lessons that are not captured by a finishing position.

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/race-day-nerves-affirmations/>