

41 Affirmations for Receiving Coaching Feedback

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 ask which action the coach wants changed.
3. I can distinguish a technical cue from a judgement of character.
4. I can try one relevant instruction rather than all of them at once.
5. I can explain what I did not understand.
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 ask what the coach wants changed.
10. I can try one clear cue.
11. I can raise a concern respectfully.
12. I can separate useful instruction from harmful comments.
13. I can recognise progress in understanding the skill.
14. I can ask how the correction relates to the skill.
15. I can recognise a helpful observation even when it surprises me.
16. I can say when a comment becomes humiliating.
17. I can seek clarification at a suitable moment.
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 compare the feedback with the task I was trying to perform.
24. I can keep a note of a useful practice focus.

25. I can avoid defending an error before hearing the explanation.
26. I can retain what is already working.
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 ask for a demonstration where appropriate.
36. I can choose a learning environment that respects questions.
37. I can notice an improvement in understanding before expecting a result.
38. I can receive guidance while keeping dignity and judgement of my own.
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/receiving-coaching-feedback-affirmations/>