

41 Affirmations for Sport after Changing Bodies or Abilities

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 acknowledge what feels different now.
3. I can seek individual guidance rather than force an old plan.
4. I can ask about a suitable adapted activity.
5. I can choose a current goal that has personal meaning.
6. An adapted route into activity is still a route into activity.
7. My present circumstances deserve attention rather than comparison with the past.
8. I do not have to prove toughness by hiding a concern.
9. I can seek appropriate individual guidance.
10. I can explore a suitable adapted option.
11. I can allow grief about a change.
12. I can choose a current meaningful goal.
13. I can respect the participant I am now.
14. I can recognise experience that still helps me understand the sport.
15. I can allow sadness about a change without condemning my present body.
16. I can tell a coach which practical needs are relevant.
17. I can keep a boundary around comparisons with my past.
18. I can seek individual guidance from the relevant qualified professional.
19. I can ask which practical conditions matter for responsible participation.
20. I can name an access or equipment concern clearly.
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 choose whether to remain in the same setting.
24. I can learn a different role without erasing earlier participation.

25. I can ask who can advise on equipment or access questions.
26. I can have an ordinary enjoyable sporting moment now.
27. I can tell a coach or instructor what information is relevant to my participation.
28. I can set a boundary around assumptions about my abilities.
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 appreciate support that respects my preferences.
36. I can let competition or recreation take a new form.
37. I can recognise the participant I am today.
38. I can belong without recreating every earlier ability.
39. A revised goal can honour the person I am now.
40. I can stay connected to an interest without forcing one form of participation.
41. Changing the plan does not erase the effort already made.

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/sport-changing-bodies-abilities-affirmations/>