

41 Affirmations for Wheelchair Sports Confidence

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. Learning the sport's vocabulary can help me ask clearer questions.
3. I can discuss how a last-minute venue change affects my access.
4. I can choose which personal achievements I want to share publicly.
5. I can respect a teammate's different access preferences.
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 ask for guidance suited to my sport.
10. I can communicate equipment concerns.
11. I can learn the team's expectations.
12. I can recognise a developing skill.
13. I can set a boundary around patronising comments.
14. I can decide whether a competitive or recreational format fits my interest.
15. I can ask how a venue supports the activity.
16. I can choose a role or goal that interests me.
17. I can expect instruction to respect my experience level.
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 value teamwork beyond anyone's assumptions about disability.
24. I can ask for a clear explanation of an unfamiliar rule.

25. I can keep personal health details separate from casual sporting conversation.
26. I can discuss appropriate equipment support with a suitable person.
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 recognise effort without demanding an inspirational narrative.
36. I can have an ordinary frustrating practice like any participant.
37. I can appreciate respectful encouragement.
38. I can let sport be part of my identity without representing everyone who uses a wheelchair.
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/wheelchair-sports-confidence-affirmations/>