

Jeff Salzenstein's



# SINGLES STRATEGY SECRETS

Create Positive  
Affirmations

Singles Strategy Secrets

# CREATE POSITIVE AFFIRMATIONS

- Write down negative statements you say to yourself on or off the court
- The goal is to reframe those negative statements and thoughts into positive affirmations unique to you
- Create and say specific affirmations to reprogram your thought patterns
- The key to playing your best tennis is being proactive with your positive, directed thoughts
- Hold a necklace with beads or any tool where you can count off every time that you say your affirmation
- You can recite the affirmations on a walk, in the car, after meditation, upon waking, before bed, or any other time that works for you
- Include words like “worthy and deserving” in your affirmations
- Include phrases like “no matter what,” “regardless of,” and “even though” in your affirmations



## Example of **negative statements** that you have (pick the most important ones):

- "Winning/losing defines who I am as a person"*
- "You suck- the training I am doing isn't paying off"*
- "If I don't meet my expectations, I feel like I failed"*
- "If I'm not playing well negative thoughts take over: you can't hit a ball, I'm playing like crap,*
- "I can only play well in practice"*
- "If I lose to this player my ranking will go down"*



## Examples of **positive affirmations** based off the above statements:

- “Regardless of the outcome of my matches, I am still a well rounded and complete person that deserves amazing success.”*
- “Even though the last couple of months of practice hasn’t been the best, my overall training has helped me tremendously with my game. I have learned more about my game and about myself.”*
- “Regardless of the result I focus on getting 1% better each day because I am worthy and deserving of unlimited success.”*
- “No matter how I am playing during a match/practice, I concentrate on key thoughts like keeping my head at contact, cutting off the angles with great footwork, and my winning patterns. These key thoughts keep me calm and focused ready to perform my best.”*
- “No matter what situation I am in, I always have confidence and belief in myself every time I step on court. I am excited to keep learning and improving and having fun with my tennis.”*
- “Even though the result might not always be exactly how I want it at the time, I trust that everything will come together and I stay there focused on the process each and every day. I am worthy and deserving of my success.”*

