

**Four Point Play Presents...**

# **BEYOND THE GAME!**

**Straight Talk Addressing the Emotional and  
Mental Needs of our Athletes through  
Positive Affirmations!**

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### **The Purpose of this Book:**

As a Family Life Coach, I have counseled families that have struggled with a variety of issues. In order to begin the work to change their situation, we first had to focus on changing their mentality. An effective tool to use is the practice of speaking positive affirmations. The definition of affirmation is the practice of positive thinking and self-empowerment, fostering a belief that a positive mental attitude supported by affirmations will achieve success in anything. Therefore, if you think it, believe it, it shall happen. Within this book you will find 31 affirmations to speak over your athletes daily.

### **How To Use This Book:**

Say each Affirmation every day for thirty one days. The time, place, with who and how many times you do it a day is up to you. A suggested way would be to say it with your athlete at the beginning of the day so you both can meditate on it throughout the day. To see this work effectively, it is important to do it consistently for thirty one days, if done, you will see the transformation take place in your athlete's life! We also have included a Reflection section to write down any comments, concerns or revelations you have received during this journey. Once you reach the end of your thirty one days, you repeat the same process the following month.

### **The Themes Behind The Positive Affirmations:**

This book of Affirmations takes a wholistic approach on addressing the needs of an athlete. We break it down into the four important aspects of an athlete. In addition, we created ten subtopics that you would find at the end of each Affirmation, that addresses the goal desired to be reached from the Affirmation.

Here are the four aspects of an athlete and their definitions as well as their subtopics:

**Physical:** Encouraging healthy food and physical activity for their bodies inside and out. (*Elevation in Gifts & Talents, Safety & Protection, Nutrition*)

**Emotional:** Understanding and improving their emotional health. (*Emotional Maturity, Social Awareness, Leadership*)

**Spiritual:** Guiding and encouraging their spiritual growth and relationship with GOD. (*Spiritual Growth*)

**Mental:** Encouraging transformation to a positive, wise, open-minded mindset. (*Money Matters, Academic Advancement, Mental Health*)

**Affirmation 1.**

Our athlete will be financially wealthy and stable. He/she will learn how to manage their money responsibly. He/she will learn and apply principals of saving money. He/she will invest in their present and future to provide a better life for themselves and eventually their family. *(Money Matters)*

**Affirmation 2.**

Our athlete will learn and apply principals to invest in themselves. He/she will learn how to utilize their talents and gifts inside and outside of sports. As a family, we will provide the opportunities for our athlete to learn these principals and create opportunities for them to actively use them. *(Elevation of Gifts/Talents)*

**Affirmation 3.**

Our athlete will overcome any financial hardship that comes their way. As a family, we will teach them not to allow any financial challenges to hinder them or encourage them to make poor decisions. As a family, we will seek and teach solutions that will allow them to overcome any financial challenge they may encounter in the present or future. *(Money Matters)*

**Affirmation 4.**

Our athlete will be protected as he/she enters and exits out of our homes. Our athlete will not walk in fear as he/she journeys throughout their day. Our athlete will meet each day with peace and harmony and celebrate the blessings that has manifested in their lives. *(Safety/Protection)*

**Affirmation 5.**

Our athlete shall not be pressured to fall for anything tempting to destroy or harm him/her. He/she will stay grounded and faithful to their morals and values. He/she will not allow temptations of drug or alcohol to deter them from living a positive and healthy lifestyle. He/she shall live with integrity and honor. *(Spiritual Growth)*

**Affirmation 6.**

Our athlete will continue to demonstrate a lifestyle that represents the principals of God's word. He/she will profess testimonies of how God is real and how He lives through us each and every day. *(Spiritual Growth)*

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**Affirmation 7.**

Our athlete will be surrounded by God’s angels as he/she travel hence and forth to their destinations. As a family, we will provide an atmosphere in our home that creates safety and security and will provide peace and solace for our mind, body and souls. *(Safety & Protection)*

**Affirmation 8.**

Our athlete will continue to advance their knowledge daily. He/she will seek opportunities to evolve in their lives through education and teach others through their actions and words. They will influence others in a positive way to want to learn and grow academically. *(Academic Advancement)*

**Affirmation 9.**

Our athlete will allow their minds to be a vessel that only receives positive, informative and wise thoughts. Our athlete will not allow their minds to grow idle and be entertained by anything that is not beneficial them. Our athlete will continue to meditate on information beneficial to them which in turn will reflect in their words and actions. *(Academic Advancement)*

**Affirmation 10.**

Our athlete will enter academic environments ready to learn and enjoy the journey of learning. As a family, we will reinforce the information they learn within our lives and share it with others and encourage our athlete to stay the course. *(Academic Advancement)*

**Affirmation 11.**

Our athlete will not be intimidated by others or themselves. He/she will encounter each challenge with courage and utilize God’s wisdom to guide them along the way. Our athlete will not be plagued by mental issues that will keep them from thriving. We will provide them with the solutions or resources to address any issues that are present with the hope and belief they will overcome those issues. *(Mental Health)*

**Affirmation 12.**

Our athlete will be equipped to mentally handle challenges they will encounter. Our athlete will not allow the enemy to hold their spirit and mind captive. Our athlete will push through, conquer it and be the victors they are destined to be. *(Mental Health)*

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**Affirmation 13.**

Our athlete will be informed of any mental health issues that they have inherited as well as those suffering with mental health issues within our family. Our family will be transparent and honest about our mental health and encouraging and resourceful to resolve any mental health issues we possess. We will surround our athlete with an environment that encourages positive language surrounding the topic and transparency. *(Mental Health)*

**Affirmative 14.**

Our athlete will not allow negative and destructive comments and images on social media to influence his/her behavior in any way. Our athlete and our family will behave as positive, productive, giving and empowered individuals which will exemplify the example we want to see in the world. Our athlete will reflect these positive traits in and outside of sports. *(Social Awareness)*

**Affirmation 15.**

Our athlete will recognize his/her talent and gifts and not measure it off of validation from others. As a family we will encourage and cultivate his/her gifts and talents, but teach him/her that their excellence and success does not lie in the hands of others but within themselves. *(Emotional Maturity)*

**Affirmation 16.**

Our athlete will express their gratitude by providing service to others. Our athlete will apply the principals within the word of God to assist others, our families, communities and the world and be grateful for all things we have within our lives *(Emotional Maturity)*

**Affirmation 17.**

Our athlete will be welcomed into an environment where he/she can be open to express their issues, concerns and problems with no judgement. We will support our athlete and encourage him/here to gain trust in us as a family to have open communication about the highs and lows within their life. *(Emotional Maturity)*

**Affirmation 18.**

Our athlete will strive to be the head and not the tail in all situations. Our family will teach our athlete through resources, experiences and the Bible how to be above and not beneath. We will encourage our athlete the importance of being an example and leading others in their environments. *(Leadership)*

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**Affirmation 19.**

Our athlete will learn to welcome change and embrace their journeys at every point. As a family, we will teach our athlete change is inevitable and can have a positive outcome given time. We will encourage our athlete to strive to look for the positive in everything and we will strive as a family to do the same. *(Leadership)*

**Affirmation 20.**

Our athlete will be conscious of what they put in their body. We will provide healthy and nutritious choices that will benefit them inside and out. We will introduce and explore different eating habits that will assist our athlete in all areas of their life. As a family we will adapt healthy eating lifestyles and lead by example for our athlete to follow. *(Nutrition)*

**Affirmation 21.**

Our athlete will foster positive relationships with their families, friends, peers, coaches, teachers, authoritative figures and other figures that play an important role in their lives. As a family we will teach the importance of networking and cultivating relationships that will in turn benefit their future. *(Social Awareness)*

**Affirmation 22.**

Our athlete will learn how to communicate with others in a healthy and productive manner. As a family we will teach our athlete how to discuss their concerns from a loving place and resolve conflict in a healthy manner. As a family we will stress the importance of having open lines of communication and being involved in each other lives. *(Emotional Maturity)*

**Affirmation 23.**

Our athlete will take preventive measures in consuming toxic and unhealthy foods that will make their bodies weaker and sicker. As a family we will do the work to research foods we are putting in our bodies and refrain from indulging in traditional ways of eating and adapt healthier choices. By leading by example, our athletes will treat their bodies as temples and sacred entities *(Nutrition)*

**Affirmation 24.**

Our athlete will strive to live a healthy lifestyle. He/she will nourish their bodies with nutrients that will sustain their bodies to perform to the best of their abilities. Our athlete will utilize their bodies in ways that will promote a healthy living *(Nutrition)*

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# BEYOND THE GAME

## POSITIVE AFFIRMATIONS

### **Affirmation 25.**

Our athlete will be encouraged to embrace their spirituality and cultivate a relationship with God. We will encourage healthy and transparent conversations about temptation and secular ways of living that may interfere with living a righteous life. As a family we will be transparent and honest about our spiritual journeys and continue to utilize the Word of God to assist us along the way. *(Spiritual Growth)*

### **Affirmation 26.**

Our athlete will be introduced to a variety of options that will cultivate their gifts and talents. As a family we will not force our own agendas on our athletes and encourage them to make informed and wise decisions on their paths in and outside of sports. *(Elevation of Gifts/Talents)*

### **Affirmation 27.**

Our athlete will be surrounded by positive influences that will encourage them to lead God-fearing, healthy, positive, invested, prosperous lives. As a family we will seek mentors and role models that exemplify the morals and values we possess. As a family we will trust the village mentality and believe we can make our athlete the best he/she can be. *(Elevation of Gifts/Talents)*

### **Affirmation 28.**

Our athlete will love their sport of choice and not be pressured to meet up with other's expectations of him/her. As a family we will encourage our athlete to participate in the sport in healthy and fun manner. Our athlete will set their own goals, expectations and prospects for themselves and strive to succeed on their own terms. *(Elevation of Gifts/Talents)*

### **Affirmation 29.**

Our athlete will not succumb to generational curses that have plagued our families in previous generations. As a family we will collectively overcome and move forward despite how challenging this task may be. We will complete our goal through resources, strategies, support and the Word of God. As a family we will allow mistakes and challenges to happen but we will handle it with grace and effort *(Mental Health)*

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**Affirmation 30**

Our athlete will learn to practice forgiveness and healing from issues that have caused conflict within themselves and others. As a family, we will teach our athlete not to stay in a place of pain, sorrow, revenge, guilt or loneliness. We will encourage our athlete to seek healthy solutions to the problem and work together to grow and heal from the troubles plaguing him/her. (*Emotional Maturity*)

**Affirmation 31.**

Our athlete will be surrounded by a family that will embrace them will love, support, honesty, transparency and peace. As a family we will encounter our fears together and work towards a solution that will bring our family closer in unity and in power (*Emotional Maturity*)

**YOU DID IT!**

**You completed the book and my pray is that you see your athlete as well as your family transformed in a positive, healthy and productive way. As stated at the beginning of the book, once you complete it, you can restart the process again until the Affirmations are cemented to memory. Thank you for allowing this book to be incorporated into your family lives and many blessings to you and yours.**