

Power Phrases - “Mantras”

- I am strong enough
- I have what it takes
- I am strong
- I can
- Dig Deep
- I got this
- I am powerful
- I can do it
- Pedal dammit!
- No whining!
- Breathe in strength, push out power
- Pain is temporary.
- I can do hard things.
- Find your strong.
- Deep breaths, quick legs
- If it doesn't challenge me, it doesn't change me
- Earn the burn
- Light and smooth
- Don't give this away
- Get after it!
- Let the race come to you
- Unstoppable, Fearless
- The moment is now
- I own this race, I chose the outcome
- As it gets harder, I get stronger
- This will pass.
- I have what it takes
- Temporary pain, big gains
- Move thru this
- “RESET!” (reset your mind after a mechanical or crash and then move forward)
- Other people are suffering too but I can suffer better!
- I thrive on adversity
- I will
- Go because you can
- This won't last forever
- Suck it up buttercup!
- Stay on Pace.
- Keep moving Forward.
- All Miles are Good Miles

POWER PHRASES- “Mantras” or Affirmations

A power phrase or mantra is a word(s), a statement of positivity, a verse, or a saying. It provides something to focus on during a difficult or stressful time. These words can be spoken aloud, quietly to ourselves, or written and observed before or during an event. I have seen them as stickers on bikes, taped to mirrors at home or even written in pen on an athlete’s arm. These phrases can be used during a challenging time such as a race; when you feel worried, anxious, or doubtful about yourself; or when you need a kick in the butt or a bit of extra motivation! Ask yourself, “What is the outcome I want by using this phrase?” That should help you figure out which one is right for you.

This is just another tool to remind your mind that your body is AMAZING and capable of hard things!

These are just samples; this does not work for everyone; come up with words that work for you!

Reciting a mantra actually shuts off a part of your brain that releases cortisol, otherwise known as the stress hormone, says certified mental performance consultant and former professional basketball player [Bianca Latham](#). “So when you’re saying an affirmation or a mantra, you’re literally decreasing your level of stress,” she says.

However, Latham tells the athletes she works with that a mantra is not something you just whip out on competition day. “It has to be a part of your routine,” she says. “That’s how you strengthen those neural pathways.”

It’s possible to recite a mantra enough times that when it’s repeated during a stressful moment, it helps activate alpha and beta waves in your brain that can relax you. Oftentimes, it puts athletes into an “flow state” where athletes can just trust themselves and their training and leave it all out on the competition floor.

“It causes your mind and body to really connect so that you’re responding off an instinct instead of overthinking,” Latham says. “When you’re off in these negative ‘What ifs’ and you’re just talking to yourself in circles—having a mantra, it keeps you focused and it keeps you on track.

A mantra can help you remain calm in the storm. Or fuel a burning desire for the win.

