

# Building, Improving and Increasing **CONFIDENCE** in Physical Fitness

Effective Self-Talk With P3 Power Statements Boosts Confidence and Gets You Refocused.

## **P3 POWER STATEMENTS TO BUILD CONFIDENCE**



### **PURPOSEFUL THINKING**

Having intent behind the thought rather than reactive thinking in the moment.

### **PRODUCTIVE THINKING**

Focusing on what to do rather than what to avoid.



### **PRESENT-MINDED THINKING**

Staying in the moment and embracing mindfulness principles.

## **BELIEFS**

- + Beliefs that individuals hold impact performance.
- Limiting beliefs block confidence in physical fitness.



For more ways to strengthen your resilience, connect with us at:  
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