

# Video 31 - The Champion's Creed

## Discussion Exercise & Questions

**Teachers** - Visit [TheChampionsCreed.com](http://TheChampionsCreed.com) and print a copy for your classroom. You might even want to frame it or laminate it.

**Have your students write their own Champion's Creed.**

10-12 short affirmations written in the present tense.

The affirmations must be about a character trait, not about something you're great at.

Ex) "I'm the world's best basketball player" doesn't work because it wouldn't be true.

"I'm a hard worker" is much better.

Affirmations that begin with the words "I am" are the most powerful.

—

**Have your students share some of their affirmations.**

**Lead your students through reading "The Champion's Creed." Make sure they repeat the phrases with passion (they should sound like they are angry).**

**It's like they are cheerleading for themselves.**

**Afterwards ask them how they feel. Powerful? Strong? Determined? etc.**



© - Ruben Gonzalez - [TheLugeMan.com](http://TheLugeMan.com)

