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All negative experiences in my life, including pressure and challenges, are opportunities for me to grow and rise to the top. I feel excited when I am under pressure. **It means I have the opportunity to do something meaningful.**

My mind is free from the effects of adversity. My mind is more powerful than my circumstances.

I know that being a champion in life, or any other endeavor, requires the ability to handle stress and pressure. I have a high tolerance for pressure.

My ability to handle stress gracefully is growing stronger each day.

I accept pressure and turn it into motivation to be my best. I have the best chance to excel when I am under pressure. The energy it provides allows me to put forth intense effort.

Managing stress and pressure effectively allows me greater control over my life. I understand that stress and pressure only

exist in my mind, and I have the power to control my thoughts.

I focus most intensely when I feel pressure. My concentration is sharpened and my mind is alert. I give my best efforts when I am under pressure to deliver.

Today, I am having an exciting and productive day. I embrace the pressure I feel in my life. I prepare for my greatest successes and use pressure to my advantage. Pressure brings out the best in me.

Self-Reflection Questions:

1. When have I conquered pressure in the past? Why was I successful?
2. When have I succumbed to pressure? What went wrong?
3. How do I typically react to pressure?