

# Beliefs

**Beliefs are opinions or convictions that you hold. They are true for you and maybe different to other peoples' beliefs. They will influence how you behave and what you do in response to the situations you face.**

In this activity we have included some prompts that may help stimulate some thoughts around the beliefs you have in different areas. Take some time to reflect on each prompt and write down your thoughts.

**I believe that sport is.....**

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**I believe that ability is.....**

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**I believe that making mistakes is.....**

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**I believe that a great athlete.....**

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**I believe that a good person.....**

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**I believe that to train effectively.....**

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