



## **Competition Self-Talk Script**

**Attitude + Skill + Performance = Success x Every Day = Greatness**

***I love being a Truck Driver***

***I am a safe driver***

***I am a skilled driver***

***I am a professional driver***

***I am a TopTrucker***

***I believe in myself***

***I always do my best***

***I make great decisions***

***I have an excellent attitude***

***I am in complete control of my thoughts and emotions***

***I love to learn new things***

***I am a quick learner***

***I am a winner in every sense of the word***

***I love to compete***

***I deserve to be in the competition***

***I deserve to win***

***I train for competition every day – and I enjoy it!***