



Coach T Morning Routine Cheat Sheet

Morning Routine for Young Christian Athletes

Highlighting I AM Statements

6:00 AM

- Wake up and get out of bed.
- **I AM bold and confident in the Lord. (Proverbs 3:26)**

6:15 AM

- Read a passage from the Bible and pray.
- **I AM loved and accepted by God. (Romans 8:38-39)**

6:30 AM

- Do some light stretching and warm-up exercises.
- **I AM strong and powerful in the Lord. (2 Timothy 1:7)**

6:45 AM

- Eat a healthy breakfast.
- **I AM fueled by the Spirit of God. (Ephesians 5:18)**

7:00 AM

- Visualize yourself succeeding in your day and at your sport.
- **I AM a champion in the making! (Philippians 4:13)**

7:15 AM

- Go out and conquer the day!
- **I AM more than a conqueror through Christ Jesus! (Romans 8:37)**



This is just a sample morning routine, of course. You can customize it to fit your own needs and schedule. But the important thing is to start your day off right, by focusing on your faith and your potential in Christ.

Here are some additional tips for incorporating I AM statements into your morning routine:

- **Write your favorite I AM statements** on sticky notes and post them around your room or locker.
- **Say your I AM statements out loud** in the mirror as you're getting ready for the day.
- **Pray about your I AM statements** and ask God to help you believe them and live them out in your life.
- **Share your I AM statements** with other Christian athletes and encourage them to do the same.

Remember, you are a child of God, and He loves you unconditionally.

You are bold, strong, and powerful in Him. And you are a champion in the making!

Grace and Peace!

Coach T