

GETTING GOOD AT IMAGERY

Mastering Imagery

UNDERSTAND: Visualization is an important factor in sport performance. What we create in the real world, we first create in our minds. This exercise will help with the skill of visualization. We will be practicing in a variety of modalities, including visual, auditory and kinesthetic in order to get really good at the skill of visualization.

INSTRUCTION: Think of a past performance situation that was one of your best experiences. We will then pull out each component and do mental practice.

VISUAL: What did you see when you were in this awesome experience? Close your eyes for a moment and re-create the visual elements. Now write down what you see.

AUDITORY: What did you HEAR when you were in this awesome experience? Close your eyes for a moment and notice what sounds are present. Now write down what those sounds were.

KINESTHETIC: What did you FEEL when you were in this awesome experience? Close your eyes for a moment and re-create the felt sense in your body. Now write down what you see.

FURTHER MENTAL PRACTICE:

Take 5 minutes now. Take few deep relaxing breaths, and recreate this experience, first thinking of the visual, then switch to the auditory, then switch to the kinesthetic. As a stretch, put them all together and see it all and feel it all and hear it all. Practice for 5 minutes a day to refine your visualization skills.



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