

SEE IT: BELIEVE IT

THE MOST IMPORTANT MOVIES TO WATCH ARE THE ONES IN YOUR OWN HEAD

Did you know that you have access to the best movies out there everyday? Imagery is a tool that many people talk about all the time. Your brain can help you see things, and your body does not know the difference between imagining the skill or executing the skill. Imagery is your opportunity to rehearse your story.

Here's how to try it:

First, take a minute or two to breathe and settle your mind down (maybe try some [SEAS breathing](#) or [practice your ABC's](#)). Then try to secure an image in your head. In order to get started, grab an object related to your sport. For example, pick up a football or soccer ball.

- Open your eyes and look at it. Now close your eyes and imagine it in as much detail as you can.
- Feel the texture of the object in your hand, really pay attention to how it feels. Now put the object down and imagine it in your mind.
- Do a quick drill related to your sport. For example, put some cones out and do an agility drill. Once you are done, take a quick minute to see yourself do it in your mind. As you do it, try to feel what it felt like in your body, hear the sound of your foot as it pushes off or of the sensation of your breath. Notice what you can see. Now do it again and then see if you can watch yourself as if you are watching a movie as you complete the agility training.

How can you use imagery right now?

1. You can watch videos of your sport or of yourself doing your sport in the past. Then you can visualize yourself executing specific parts of your sport the next time you get to play.
2. You can think of things that you find distracting in your sport, write down how you want to manage them and then visualize yourself handling them in a positive way.
3. You can think about your ultimate goal in your sport, and then you can imagine yourself achieving it.
4. You can think of things that are challenging emotionally (such as getting really anxious or excited before a big game). You can imagine yourself experiencing that emotion and then you can visualize yourself calming down and executing in a way that works for you.
5. You can think of challenging skills that you execute in your sport, break down the steps to navigating it successfully and then visualize yourself doing it the way you want.
6. When you are working out or training, when you do something well, you can do an instant mental replay; or, when you are working out or training, when you do something not as well, you can do a corrective visualization where you exaggerate the correction and see yourself do it right.

Your brain is powerful. Some people like to imagine things as if they are watching a videotape and others like to imagine it as if they are executing the skill. The way you see it does not matter, just that you take the time to see it at all.



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