

THE POWER OF VISUALIZATION



Peak performers in any field prepare by visualizing what they desire to achieve in advance of the actual situation. Visualizing through mental rehearsal and creating positive mental pictures for yourself, allows you to 'see' yourself doing well and without anxiety or fearful anticipation.

Create a Clear Intention

1

Ask yourself what it is that you intend to achieve in your performance. For example, "I intend to give my presentation in a calm, relaxed way, feeling in complete control of myself!"

Take a Slow, Deep Focused Breath

2

to center yourself physically and mentally in order to slow down any anxiety or stress during your visualization.

Imagine what your intention would look like.

3

See, hear and feel yourself doing well as you give a powerful presentation. Break up your rehearsal performance into segments, i.e., see yourself preparing to give your presentation, then picture as you are introduced, then see yourself walking up to speak, etc. Picture each of these segments as clearly as possible.

Use All of Your Senses

4

An example in a speaking situation: Picture yourself walking up to speak, feel your hands on the podium, hear yourself as your words come out effortlessly and smoothly, listen to the audience applauding your speech, and feel how great it feels to walk off knowing you did a great job!

Correct your 'mistakes'

5

in your visualization. If, while practicing, you visualize feeling afraid or making a mistake, 'stop the tape', go back in your rehearsal to the place when you became anxious and continue from there with a picture of yourself doing well. Continue to correct where you feel you 'messed up' until you can clearly visualize yourself speaking without anxiety.

Be creative and have some fun!

6

Use this powerful technique as you prepare for new performance situations which make you anxious until you get better and better at it. Practice mental rehearsal and make it a valuable skill in your performance enhancement 'toolbox'.