

Imagery Exercise 1: Imagery Sensory Checklist

This is an exercise designed to help you begin to integrate your senses into your imagery. As you create each of the following images in your mind, rate your ability to do so based on this scale:

0 = No Image 1 = Some Image 2 = Clear Image

- ___ 1. The room you are currently in
- ___ 2. The suit you will wear in practice this afternoon
- ___ 3. Tasting a juicy lemon
- ___ 4. The sound of your alarm clock
- ___ 5. The pool you last competed in
- ___ 6. The feel at the end of a long kick set
- ___ 7. Performing dryland exercises
- ___ 8. Jumping into a cold pool at 5:30 in the morning
- ___ 9. The roaring approval of a crowd
- ___ 10. Feeling dry mouthed and tired after a workout
- ___ 11. The discomfort in your muscles during the last 50m of a race
- ___ 12. The anticipation and anxiety waiting in the ready room.

You may notice as you review your scores, that certain senses produce clearer images than others. This may provide direction for extra attention and practice--create your own images to test those senses you have the most difficulty with.