

Imagery Exercise 4: Controlling Outcome

The key to imagery as a performance enhancement tool is not just to make vivid images, but ones that **you** can control--making happen what you want to have happen.

Go back to Exercise #3, but decide beforehand how you **want** to be feeling and saying to yourself before you approach that competition site. Repeat each step, but with the addition of changes that reflect those changed thoughts and feelings.

1. Approach a place, through imagery, where you have recently competed or have vivid memories of a competition.

How I **want** to be feeling:

What I **want** to be saying to myself:

2. Imagine yourself at varying times before competition.

How I **want** to be feeling:

What I **want** to be saying to myself:

3. During competition:

How I **want** to be feeling:

What I **want** to be saying to myself:

If this is a difficult change to make, you may find yourself lapsing back to images of what typically happens rather than what you wanted to happen. If this happens, "rewind" or repeat the image experience until you are able to control it. It is counterproductive to image scenes that you cannot control or that lead to undesirable outcomes.