SSB PERFORMANCE
SMARTER STRONGER BETTER MINDSET TRAINING

VISUALIZATION SCRIPT

Everything in life happens twice! First it happens in our mind. Then it happens in reality!

If you can see what you want to happen in your "mind's eye," you are more likely to achieve it. Approximately 80 percent of our learning and how we experience life comes to us through our visual channel and our brains record everything we experience. It then retrieves these experiences when needed, consciously and subconsciously. Because the brain does not ascertain if what it experiences as is real or imagined, our visualized practice is considered equal to those things that happened outside of our mind's eye. Because of this indifference, there is incredible power in visualization.

As you look ahead to what you want to do or who you want to be, be sure to capture those thoughts fully. Write the details of your affirmation or skill related to each section below on the back of this sheet.

1. Definition: Make your images as vivid as possible. Include details, color and every little detail that exists or will exist when the vision becomes reality.
2. Action: Break down the image into small components. See each part of the experience or skill – movements, gestures, facial expressions, etc.
3. Detail: Incorporate as many of your senses as possible. Hear the sounds that surround you – the crowd cheering, the shoes squeaking. Smell the smells, feel what you would touch – the ball, the court, someone's hand, etc.
4. Emotion: Feel everything you have felt or will feel in this experience or action. Feel your excitement, pride, joy, confidence, etc.
5. Positive Outcome: See yourself succeed or complete the action flawlessly. Watch yourself win the award, achieve the goal, perfect the skill, etc.

I am visualizing: _____

My simple script is: _____

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